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Yummy Recipes!

### Uncommon Cures for Every Ailments

#### Sore Throat?

#### Sweet –n– Spicy Treatment

The ultimate sore throat solution is sweet & spicy. To prepare it:

1. Mix 1/8 teaspoon of each of the following spices: clove powder, ginger powder & cayenne pepper – in 8 ounces of hot water. (The fresher the spices, the better).
2. Pour an ice cold glass of pineapple juice & set it aside.
3. Take a swig of the spicy mix & gargle.
4. Gargle with the pineapple juice.

The hot & cold fluids will feel soothing to a scratchy throat. And the spices & bromelain, an enzyme in the pineapple, will loosen & pull irritating mucus from the sore throat. Repeat three times a day.

–Taken from Uncommon Cures for Everyday Ailments from the Editors of Bottom Line / Health

#### STRESS? Hug Therapy



Hugs make life less stressful. A brief hug and 10 minutes of hand-holding with a romantic partner keep heart rate and blood pressure down in stressful situations.

–Taken from Uncommon Cures for Everyday Ailments from the Editors

#### Arthritis?

No Potatoes, No Tomatoes... If your joints are feeling a little achy, clean out your refrigerator. According to nutritionists, plants from the nightshade family, such as potatoes, eggplant, peppers & tomatoes contain solanine, a little-known inflammatory agent that can sometimes exacerbate arthritis.

–Taken from Uncommon Cures for Everyday Ailments from the Editors

## Wilson Family Chiropractic Newsletter

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## Wilson Family



## Chiropractic

It is so small a thing to have enjoyed the sun, to have lived light in the spring, to have loved, to have thought, to have done; to have advanced true friends, and beat down baffling foes?  
- Matthew Arnold

## Immune System Suppressors

1. Aging
2. Allergies: pollens, dust & food
3. Infections: viruses, bacteria, yeasts & fungi & parasites
4. Surgery
5. Radiation
6. Chemotherapy
7. Drugs: cortisone & other steroids, anti-inflammatories and insulin
8. Lack of sleep
9. Airplane travel
10. Stress: social, work and financial
11. Emotional extremes: depression, loneliness & overeating
12. High-fat Diet: sugar, excess iron, malnutrition (especially in infants & the elderly)
13. Nutrient Deficiencies: vitamin A, C & E, B vitamins, especially B5, folic acid, B6 and B12, zinc and selenium, essential fatty acids and protein
14. Chemicals in dirt and environment: phenol and formaldehyde, hydrocarbons, air/water pollution
15. Drugs, recreational: marijuana, nicotine, cocaine, amphetamines and alcohol



## Immune System Supporters

- |   |   |   |
|---|---|---|
| 1. Self-love  | 22. Beta-Carotene   | 38. Adequate Digestive Function   |
| 2. Interpersonal love   | 23. Vitamin E   | 39. Digestive Enzymes, such as Bromelain, Papain, or Trypsin  |
| 3. Positive Attitude  | 24. Pyridoxine  | 40. Thymus Glandular (possibly also spleen, thyroids, and adrenal glandular as long as these are free of pesticides and viruses that could cause disease) |
| 4. Laughter   | 25. Pantothenic Acid  | 41. Allergies, Infections & Fever (May initially stimulate immune activity and the be suppressive)  |
| 5. Affirmations   | 26. Folic Acid  |   |
| 6. Breathing  | 27. Vitamin B12   |   |
| 7. Relaxing   | 28. Amino Acids: Arginine, Ornithine, Carnitine, Cysteine & Gluthathione, possibly Lysine & Taurine |   |
| 8. Meditation   |   |   |
| 9. Exercise, yoga   |   |   |
| 10. Herbs: Garlic, Licorice, Echinacea, Goldenseal, Ginseng     |   |   |
| 11. Dimethylglycine   |   |   |
| 12. Coenzyme Q10  | 29. Rotating Diet   |   |
| 13. Organo-Germanium  | 30. Low-Fat, Low-Sugar diet   |   |
| 14. Staphage Lysate   | 31. Wholesome Food  |   |
| 15. Zinc  | 32. Dietary Protein   |   |
| 16. Selenium  | 33. Chemical-Free Diet  |   |
| 17. Iron (excess iron can increase oxidation & weaken immunity) | 34. Chemical-Free home & work   |   |
| 18. Copper  | 35. Filtered, purified water  |   |
| 19. Vitamin C   | 36. Fasting   |   |
| 20. Bioflavonoids   | 37. Essential Fatty Acids   |   |
| 21. Vitamin A   |   |   |



- Taken from *Staying Healthy with Nutrition* by Elson M. Haas, MD - *The Complete Guide to Diet & Nutritional Medicine*

**WE'RE MOVING!!! STAY TUNED... WE ARE MOVING TO 73 WEST MAIN STREET (BETWEEN RITE AID PHARMACY & THE DESIGN CENTER) VERY SOON! LOOK FOR MORE INFORMATION IN MARCH :)**

## For Neck Pain, Chiropractic and Exercise Are Better Than Drugs

The headline above is from a January 7, 2012 article in the health section of the New York Times. This article, as well as a similar one from Medical Press on January 4, 2012, is based on research published on January 3, 2012 in the Annals of Internal Medicine.

The research studied 272 adults who were suffering with neck pain for 2- to 12-weeks duration. The subjects were divided into three groups, and received either chiropractic adjustments (called SMT or spinal manipulative therapy in the study), home exercise with advice (HEA), or prescription medication. The adjustments were delivered by one of five chiropractors while the medications were prescribed by medical physicians. The medications consisted mainly of nonsteroidal anti-inflammatory drugs, acetaminophen, or both.

The care in each of the three groups lasted only 12 weeks in this study. The people in the study were asked to rate their pain initially and at various points thereafter up to 12 months later. The level of pain was recorded for each of the participants at the intervals of at 2, 4, 8, 12, 26, and 52 weeks. The results reported that chiropractic adjustments did better in helping neck pain patients and showed "a statistically significant advantage over medication after 8, 12, 26, and 52 weeks."

Even though the care rendered for each of these groups was only for 12 weeks, the long term follow-up showed that 53 percent of the people who had received chiropractic continued to report at least a 75 percent reduction in pain. The exercise group also had similar numbers. However, the group taking medication showed only a 38 percent reduction in pain overall.

Dr. Gert Bronfort, an author of the study and research professor at Northwestern Health Sciences University in Minnesota, noted his reasons for the study included a lack of information on choices for people with neck pain. "There was a void in the scientific literature in terms of what the most helpful treatments are," Bronfort said. He noted that the results showed chiropractic superior to medications. "Even a year later, there were differences between the spinal manipulation and medication groups," Bronfort said.

Not only did the group taking medications not fair as well in pain reduction, there was also a problem with usage as people kept taking them in an attempt to get help. "The people in the medication group kept on using a higher amount of medication more frequently throughout the follow-up period, up to a year later," said Dr. Bronfort. "If you're taking medication over a long time, then we're running into more systemic side effects like gastrointestinal problems."

... Taken From [StayFitSeniors.com](http://StayFitSeniors.com)

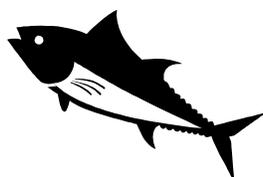
### Tuna Tarter

#### Ingredients:

- 1 lb. of sushi grade tuna diced in small cubes
- 2 avocados diced in small cubes
- 1/2 purple onion diced into small pieces
- Diced cilantro to garnish
- 1/2 lime's juice

#### Preparation:

Fold all together carefully as to not break the avocado cubes. Scope out a rounded mold and place atop a bed of mixed greens that have been lightly sprinkled with



### Blackened Ahi Tuna

Make sure you buy the freshest possible sashimi grade tuna, and serve it rare or medium rare for the best flavor. Sear the fish in a cast-iron skillet, so that it is cooked on the outside, but still pink on the inside.

#### Ingredients:

- 4 7oz. Center cut ahi tuna filets
- 1/2 teaspoon fresh ginger root
- 1/2 oz. each, sea salt & garlic powder
- 1/2 teaspoon fresh garlic, paprika, onion powder
- 1/4 cup white wine vinegar
- 1 dash of fresh lime juice
- 1/8 oz. each, cayenne pepper, thyme, oregano
- 3/4 cup olive oil
- 3 tablespoon wasabi
- 3 fluid ounces water

#### Preparation:

Preheat cast iron skillet. Rub filets with Cajun Blackening Spice. Sear both sides (no butter or oil needed) until rare or medium / rare. Paint plate with wasabi vinegar. Cut filet into 2 triangular piece; overlap.

To make Cajun Blackening Spice: Combine salt, garlic powder, paprika, onion powder, black, white and cayenne pepper, thyme, oregano. Mix well.

To make Wasabi Vinaigrette: Combine wasabi with water and put in blender. Add grated ginger, garlic, white wine vinegar and lime juice into the blender and drizzle in oil while on high speed. Adjust seasoning with salt and pepper.

Happy is the house that shelters a friend. - Emerson

### Fantastic Halibut

#### Ingredients:

- 3 cloves garlic, minced
- 1 teaspoon pepper
- 1 tablespoon olive oil
- 1/4 cup fresh lime juice
- 1 1/4 cup basil, fresh, chopped
- 1 1/2 lbs halibut fillets or steaks
- 1 tablespoon sea salt

#### Preparation:

Combine all ingredients except for fish in a shallow dish large enough to hold the halibut. Place fish in the dish and marinate for at least two hours, turning once or twice. Remove fish from marinade and broil or grill for about 5 minutes on each side (10 minutes total per inch of thickness). Transfer fish to a serving dish. Heat remaining marinade in the microwave for one minute, then pour over fish. Serve while hot.

### Grilled Eggplant Slices

These eggplant slices will melt in your mouth.

#### Ingredients:

- 1 large eggplant
- 3 cloves garlic, minced
- 3 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt
- 3 tablespoons balsamic vinegar

Preheat a gas grill to high. Slice eggplant 1/2 to 1/2 inch thick. In a small bowl, mix together the olive oil, balsamic vinegar, garlic, salt and pepper. Brush both sides of the eggplant slices with the mixture. Place eggplant on the preheated grill. If you wish to have nice grill lines, turn only once on each side. Grill eggplant slices 10 to 14 minutes.

Calories: 87, Fat: 7g, Carbohydrate: 7g, Protein 1g