

Wilson Family Chiropractic Newsletter



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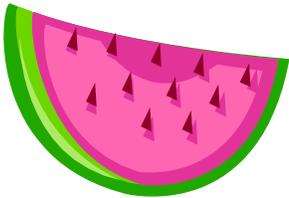
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Cucumber Salad

Ingredients: Cucumber, Apple Cider Vinegar, Garlic Powder, Pepper, Onion Salt, Dried Parsley and Sugar

Directions: Combine vinegar with spices and sugar. Toss cucumbers with vinegar mixture and refrigerate for at least one hour.



During the first three to four months of pregnancy it is a good idea to avoid the following essential oils due to their high potency:

- Basil
- Oregano
- Bay Leaves
- Clove
- Clary Sage
- Sage
- Marjoram
- Thyme
- Wintergreen

Chiropractic for Chronic Ear Infections

More and more parents are beginning to look to chiropractors to complement their children's health care. Chiropractic care involves diagnosing spinal misalignments and correcting them by adjusting the spine. A slight pressure is most commonly used with children rather than the more forceful manipulation sometimes used with adults.

Chiropractors attempt to get to the root cause of a health problem rather than just treat the symptoms. Misalignments of the spine (also called subluxations) can occur during childbirth, from tumbles or falls, or from any other normal activity. Misalignments left untreated can irritate the nerves and eventually disrupt the body's ability to function properly. The purpose of a chiropractic adjustment is to help to restore the normal functioning of the nervous system so the body can heal itself without the use of drugs or surgery.

Ear Infections and Chiropractic

Ear pain is the number one reason for child visits to chiropractors. Many chiropractors believe that there is a strong link between the birthing process and recurrent ear infection, also known as otitis media. During the birthing process, cervical (neck) vertebrae can become misaligned, disrupting nerve function, which can affect the eustachian tube. This may lead to fluid buildup in the middle ear and cause otitis media.

Ear infection or otitis media accounts for over 35% of all pediatrician visits in the United States. Antibiotics, the usual treatment, are not always effective and may even lead to a recurrence of ear infections. Many children are dealing with a continuing cycle of repeat ear infections, which lands them back at the pediatrician for more antibiotics. For nearly 100 years, the chiropractic profession has claimed that ear and other upper respiratory infections respond favorably to chiropractic adjustments.

A promising study published in the *Journal of Clinical Chiropractic Pediatrics* indicates that there is a strong correlation between chiropractic adjustments and the resolution of ear infections. 332 children with chronic ear infections participated in the study. Each child, ranging in age from 27 days to 5 years, was given a series of chiropractic adjustments. The results show that close to 80% of the children did not experience another ear infection within the six-month period following their initial visits. The six-month period included maintenance treatments every four to six weeks. Joan M. Fallon, D.C., the author of the study and the chiropractor who treated the children in the study, states that this pilot study can serve as a starting point from which the chiropractic profession can begin to examine its role in the treatment of children with chronic ear infections. She asserts that large-scale clinical trials need to be undertaken in the field.

Side Effects of Chiropractic

Even though this study is not definitive and more scientific research needs to be done in this area, chiropractic treatment is a conservative, drugless approach to consider trying if your child has a history of chronic ear infections. Under normal circumstances, chiropractic adjustments are painless and will not hurt your child. There are no invasive procedures and chiropractors do not use drugs that can have harmful side effects.

Each time you look at your child you see something mysterious & contradictory—bits & pieces of other people—grandparents, your mate, yourself, all captured in a certain stance, a shape of a head, a look in the eyes, combined with something very precious—a new human soul rich in individuality & possibility. - Joan Sutton

Tick Season

It's that time again, tick season. Ticks may not be noticeable and can easily hide. Check you & your family daily!!!

"The only safe vaccine is one that is never used." Dr. James R. Shannon, former director of the National Institute of Health.

Blackberry

Endive Salad

Drop a few blackberries in the bottom of a salad bowl and lightly mash with a fork to release the juices. Scatter in some sliced endive. Stir in ripe, chopped avocado. Grate in some Pecorino cheese (an aged sheep's milk cheese and a switch from your usual Parmesan). Add a bit of orange zest. Drizzle in a high quality extra virgin olive oil and good balsamic vinegar. Season with sea salt and freshly ground pepper, toss, and you have a salad that will wake up your palate with fresh summer flavors.

Chiropractic Testimonial

Before receiving chiropractic care I experienced extreme pain in my lower back, hips and neck. This pain occurred after two extensive surgeries on my ankles due to torn tendons in 2005. My body alignment became intolerable. I began taking Vicodin daily just to make it through the day. The thought of going to a chiropractor never entered my mind until my cousin suggested a chiropractor might alleviate my pain. I began seeing Dr. Katie at Wilson Family Chiropractic in 2009. Chiropractic adjustments have changed my life. I wish I had before and after pictures. Before treatment, my alignment was so bad that you could visually see my left shoulder was much higher than my right, now they are even. My neck and hip pain are gone and while I occasionally experience low back pain after exerting myself, I am always remedied by an adjustment with Dr. Katie. I plan to continue routine chiropractic treatment as it has been my saving grace. My husband also began seeing Dr. Katie after witnessing my results and suffering an injury from a fall. He has had similar results and great relief from his pain. We are continuing maintenance treatments twice a month and thankful our problems have not returned.

—Lynn Hyde



20 Ways to Cope with Stress

1. Take care of your own needs
2. Balance your checkbook often
3. Admit you do not know it all
4. Do volunteer work
5. Eat Right
6. Go to bed an hour early
7. Set realistic goals
8. Make a "To Do" List
9. Let out a big sigh
10. Walk instead of drive
11. Set priorities
12. Sing in the Shower
13. Laugh a lot and often
14. Avoid negative people
15. Clean up the clutter
16. Give the benefit of the doubt
17. Keep a diary / journal
18. Make a duplicate set of keys
19. Be in the moment
20. Forgive and Forget



Sue Larreau's Recommended Gallbladder / Liver Cleanse

Begin by purchasing 5 quarts of organic apple juice, a quality cold-pressed 8 ounce bottle of olive oil and organic pure grapefruit juice (this can all be purchased at Kountry Kupboard or another local health food store). Also purchase epsom salts if you don't already have this in the cabinets at home.

Enjoy 5 days of apple juice (1 quart / day), salads, fruits, veggies, protein, water, etc...then on night 5 take one of your empty apple juice bottles and mix with pure water & 4 tablespoons of Epsom salts. Beginning at 6pm, drink 8 ounces. Within an hour you will begin dismissing bowel feces. Repeat again at 8pm. Then, at 10pm drink 8 ounces of olive oil & 8 ounces of grapefruit juice. I did this by mixing 4 ounces of each twice (it actually is tolerable). Go to bed soon after. You will likely get up several times in the night to go to the bathroom. I drank pure water at this time to stay hydrated. Then drink the remaining epsom salt water beginning at 6am & again at 8am. During the AM hours you will be dismissing cholesterol and stones. Drink water, juice too. By noon you should be back to normal. You should eat light for the following days as your bodies gone through a lot.