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Baked Oatmeal

Ingredients

- 2 cups uncooked quickcooking oats
- 1/2 cup packed brown sugar
- 1/3 cup raisins
- 1 tablespoon chopped walnuts
- 1 teaspoon baking powder
- 11/2 cups fat-free milk
- 1/2 cup applesauce
- 2 tablespoons butter, melted
- 1 large egg, beaten
- Cooking spray

Preparation

- 1. Preheat oven to 375°.
- 2. Combine the first 5 ingredients in a medium bowl. Combine the milk, applesauce, butter, and egg. Add milk mixture to oat mixture; stir well. Pour oat mixture into an 8-inch square baking dish coated with cooking spray. Bake at 375° for 20 minutes. Serve warm alone or with vanilla yogurt and maple syrup.

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We like to make different variations by using other dried fruits, nuts and even chocolate chips! This is a really yummy breakfast treat! Make a tray (or double the recipe & make 2!), divide into individual containers & reheat each morning for a weeks worth of ready made breakfast the whole family is sure to enjoy.

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828.587.CARE / www.wilsonfamilychiropractic.net



Strengthen Your Immune System with Chiropractic

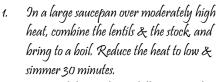
Chiropractic is a powerful immune system "wake-up call." Doctors of Chiropractic analyze your spine to locate vertebral subluxations, a serious condition that causes spine & nerve stress and impairs your immune function. Over a hundred years of Chiropractic and osteopathic observations have demonstrated spinal care's effect on immune function. Psychoneuroimmunology (PNI) is increasingly revealing that the health of your brain, spinal cord and nerves profoundly influences your physical and emotional health, something Chiropractors and their patients have observed for over a hundred years.

Your body wisdom, your inner healer, is always working to balance your chemistry, strengthen your systems and awaken your connection to life.

See your Chiropractor on a periodic basis to correct your subluxations. Your immune system will function closer to its optimum level so you may fight disease, prevent illness and function at your best!

Lentil Soup

1 cup dried lentils, sorted & rinsed
6 cups of Chicken Stock
1 tablespoon of veggie oil
1 garlic clove, minced
2 1/2 cups chopped
fresh tomato
1 cup sliced carrots
1/2 teaspoon dried thyme
1/4 teaspoon dried marjoram



- Meanwhile, in a large skillet over moderately high heat, heat the oil. Add the onions & garlic, and sauté until tender, about 5 minutes. Pour the onion mixture into the saucepan with lentils.
- Add the tomatoes, carrots, thyme and marjoram to the lentil mixture. Cook the mixture until the lentils and vegetables are tender, about 30 minutes.

Makes about 8 servings. . .

This recipes was taken from **Reader's Digest "Homemade"** how to make everyday products, fast, fresh and more naturally.



"Birth can be a sprain in the neck!" according to Dr. Jennifer Barham-Floreani, author of "Well Adjusted Babies. Dr. Jennifer writes, "Ideally, babies should be checked & adjusted asap after birth to help alleviate spinal

problems caused by constraint or abnormal positioning in the uterus, or by spinal distress from the journey through the birth canal or during the delivery process itself."

Call 587.CARE and schedule your babies chiropractic care today!

A Generous Person

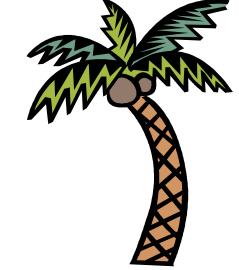
A generous person will never be poor for his wealth is not in money or possessions but in his heart of gold!

- Bill Montague

Coconut Oil - Miracle Food?

Who Knew coconut oil could be a miracle food? I sure didn't until I read "The Coconut Oil Miracle" by Bruce Fife, CN, ND. In this book I learned coconut oil's many uses in preventing heart disease, cancer, diabetes not to mention skin care benefits & strengthens the immune system. Did you know coconut oil can...

- * Eliminate Dandruff
- * Chronic Psoriasis
- * Speed recovery from Flu
- * Remove precancerous skin lesions
- * Relieve Hemorrhoids
- Strengthen gums & teeth from decay
- * Treats Alzheimer's



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, antiinflammatories 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
- 2. Interpersonal love
- 3. Positive Attitude
- 4. Laughter
- 5. Affirmations
- 6. Breathing
- 7. Relaxing
- 8. Meditation
- 9. Exercise, yoga
- 10. Herbs: Garlic, Licorice, Echinacea, Goldenseal, Ginseng
- 11. Dimethylglycine
- 12. Coenzyme Q10
- 13. Organo-Germanium
- 14. Staphage Lysate
- 15. Zinc
- 16. Selenium
- 17. Iron (excess iron can increase oxidation & weaken immunity)
- 18. Copper
- 19. Vitamin C
- 20. Bioflavanoids
- 21. Vitamin A
- 22. Beta-Carotene
- 23. Vitamin E
- 24. Pyridoxine
- 25. Pantothenic Acid

- 22. Folic Acid
- 23. Vitamin B12
- 24. Amino Acids: Arginine, Ornithine, Carnitine, Cysteine & Gluthathione, possibly Lysine & Taurine
- 25. Rotating Diet
- 26. Low-Fat, Low-Sugar diet
- 27. Wholesome Food
- 28. Dietary Protein
- 29. Chemical-Free Diet
- 30. Chemical-Free home & work
- 31. Filtered, purified water
- 32. Fasting
- 33. Essential Fatty Acids
- 38. Adequate Digestive Function
- 39. Digestive Enzymes, such as Bromelain, Papain, or Trypsin
- 40. Thymus Glandular (possibly also spleen, thyroids, and adrenal glandular as long as these are free of pesticides and viruses that could cause disease)
- 41. Allergies, Infections & Fever (May initially stimulate immune activity and the be suppressive)

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