

In This Issue:

Mango Pico de Gallo Recipe

Avocado Egg Salad Recipe

13 Alternatives Uses for Lemon

Chiropractic = Easier Labor & Happy Mommies to be!

Wilson Family Chiropractic Newsletter

Volume 4, Issue 4 April 7th, 2012

286 East Main Street, Suite 4 Sylva, NC 28779

828.587.CARE / www.wilsonfamilychiropractic.net



We're Moving!!! On Monday, May 14th we will start the day in our new building! - 73 West Main St Sylva -

Mango Pico de Gallo

Ingredients

- 1 bunch of [cilantro](#)
- 3 [roma tomatoes](#)
- 1/4 c. [red onion](#)
- 1/2 tsp. [salt](#)
- 1 serrano or [poblano pepper](#)
- 1 ripe [mango](#)

How to make it

- Rinse cilantro thoroughly. Remove any tough looking stems. Chop cilantro. Dice the tomato. Finely, chop onion. Red onion adds great color.
- Cut the serrano lengthwise and remove seeds. Chop, finely. For less heat you can use a poblano pepper. Cut the mango into small cubes.
- In a medium serving bowl make a bed of cilantro. Layer the tomatoes, onion, serrano, avocado and mango. Add salt. If you would like, add a squeeze of lime. Gently toss

Preliminary Study Results Show Chiropractic Care Could Make Labor Easier

On April 8, 2010, from the New Zealand news outlet Voxy News, comes a report on the preliminary results of a study that shows chiropractic care makes it easier for pregnant women to deliver their babies. The current study is being conducted at the New Zealand College of Chiropractic in Mt. Wellington, New Zealand.

This study looks at how chiropractic care may influence pelvic floor muscle function in healthy women before and after childbirth, and in women suffering from pelvic floor dysfunction. Researcher Dr. Jenny Kruger and research director Dr. Heidi Haavik-Taylor are in charge of the study and are optimistic about the final results.

Dr. Kruger noted, "We are working with a number of pregnant women here in New Zealand and the University of Australia in Sydney, which is also involved in the study, is testing hundreds of women." She continued, "We are using state of the art 4D ultrasound to visualize the pelvic floor of women, pre and post chiropractic adjustments. We want to see whether spinal adjustments can alter the way the pelvic floor works."

This new study should add to the body of evidence for the benefits of chiropractic for pregnant women. On their website, the American Pregnancy Association describes chiropractic by saying, "Chiropractic care is health maintenance of the spinal column, discs, related nerves and bone geometry without drugs or surgery. It involves the art and science of adjusting misaligned joints of the body, especially of the spine, which reduces spinal nerve stress and therefore promotes health throughout the body." The association explained some reasons for seeking chiropractic while pregnant. "Establishing pelvic balance and alignment is another reason to obtain chiropractic care during pregnancy. When the pelvis is misaligned it may reduce the amount of room available for the developing baby. This restriction is called intrauterine constraint. A misaligned pelvis may also make it difficult for the baby to get into the best possible position for delivery."

WE'RE HAVING A BABY! -- CHIROPRACTIC CARE GREAT FOR MOMS-TO-BE

On September 10, 2010, a feature article appeared in the Indiana Gazette with the above title. The article notes the reasons that pregnant women should seek chiropractic care and the benefits they get from this care.

In one instance the article reports that some women seek care due to a problem with the pregnancy that they feel can be helped by chiropractic. Such was the case with Kirsten who came to the chiropractor as a last resort. According to the story Kirsten was told by her medical doctors that she was probably going to need a c-section to deliver her baby.

The problem was that Kirsten's unborn baby was not in the proper position for birth. She was told by her doctors that if they could not manually "push" the baby into place that she would have to have a c-section. Instead of undergoing the medical procedure, Kirsten went to see a chiropractor, Dr. Santoro, who the article noted is a mother herself.

Dr. Santoro explained how chiropractic care could help Kirsten by saying that chiropractic works with the body. The article points out that Dr. Santoro finds a knot in the ligament supporting the womb, and through chiropractic care, works to help that ligament relax. The result is that the baby shifts into the normal head-down position after that knot has relaxed, and the baby can be born normally. According to Dr. Santoro it worked for Kirsten.

"The spine is a communication pathway," explained Dr. Santoro. "When it is in perfect alignment, all the nerves can send their signals smoothly. But when the vertebrae shift out of position, what chiropractors call a subluxation, those signals can be disrupted even if the person does not feel any pain or discomfort."

The article continues to tout the benefits of chiropractic care for both the mother to be, and the newborn child. Dr. Santoro further explained the importance of correction of subluxations so that the nervous system can function without interference. "Your body needs to be fully functional. By the time something becomes symptomatic, we now have damage," she said. "You need to know how important a properly functioning nervous system is." Dr. Santoro notes how important she believes chiropractic care is for pregnant women by stating, "I recommend every pregnant woman be adjusted. It's very, very safe, it's very effective."