



Bulletin Board

CLOSED

Monday, July 4
for 4th of July

OPEN full day

Tuesday, July 5
7:30 - 11:30 a.m.
3:00 - 6:00 p.m.

CLOSED for vacation

Wed., July 27 - Tues., August 2

OPEN Tues., July 26

7:30-11:30 a.m. & 3:00-6:00 p.m.

OPEN Wed., August 3

7:30-11:30 a.m.

Wellness

Orientation Workshop

~ Thursday, July 14 &
Tuesday, July 26

6:15 p.m. in the Education
Center ~ Let us WOW you
with health & wellness tips.

Eat Well ~ Cook Well

~ Tues., July 19

7:00 p.m. ~ Roudenbush
Community Center, Westford



~ Our Mission ~

To help people
get well & teach them how
to stay well through
natural chiropractic care!

The Bread Trap

by Colleen Huber N.M.D., *Pathways magazine Issue 29 Spring 2011*

If this article doesn't convince you to stop eating bread, I don't know what will!

Until modern food distribution and storage was developed, wheat played an essential role in sustaining populations through long periods between harvests when there was no other food. However, the wheat our ancestors ate is different in form, quantity and antigenicity from what we eat today. Until the 19th century, wheat was generally mixed with other grains, beans and nuts. Only in the last 200 years has pure wheat flour with high gluten content been milled to the point of refined white flour. Generally, the wheat people eat today is no longer stone-ground from whole meal flour, as even our recent ancestors ate. Almost all of us alive today have been given white wheat-flour products on a daily basis from a few months of age ~ before our intestinal lining can properly filter anything other than mother's milk to our blood stream.

An Inescapable Trap

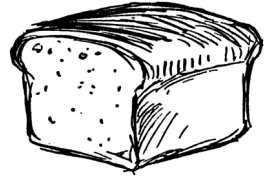
Even if an individual attempts to eliminate all grains from their diet except for stone-ground grain, it's too late. The high-gluten, refined grain that we have all eaten from infancy has created a ubiquitous problem, from the gut to the bloodstream to the brain; and sometimes the joints, cardiovascular system and endocrine system as well. The food sensitivity

that our culture has dropped on us has done the kind of damage that leaves no easily identifying marks. Bread inflicts wounds so subtly and gradually that most of us consider ourselves immune to any such damage.

The proportion of gluten in wheat has been enormously increased by hybridization since our distant ancestors first started making food from wild grasses. Gluten's name comes from the Greek word for glue, and its adhesive, elastic property is the very thing that holds a loaf of bread or bite of cake together. But when that glue hits the intestines, it interferes with the breakdown and absorption of nutrients in the accompanying foods of the same meal. And because gluten is of almost no nutritional value itself ~ nutrients having been bred out in favor of its adhesive properties ~ little value is gained from that meal. At best, even the person who considers himself immune to wheat allergy is getting a worthless, glued-together, constipating lump in the gut from what was considered a nourishing meal. A run-down, mildly fatigued feeling is a constant symptom of adults with the most minor reaction to wheat. We actually ruin every meal of the day with one of the most antigenic foods on the planet.

At worst, such diseases as rheumatoid arthritis, lupus, multiple sclerosis

Continued on page 2



The Bread Trap (continued from page 1)

sis and lymphoma can result from severe celiac disease or extreme gluten sensitivity. Less severe reactions are experienced by many and include occasional unexplained diarrhea or intestinal gas and bloating, joint pains, infertility or brain fog.

Replace Wheat in Your Diet

In order to effectively replace wheat in our lifestyle, we need to find a way to mimic some of the adhesive/elastic properties of wheat flour and bread products. A sandwich thus becomes a lettuce wrap or its contents are placed on a plate or in a bowl. Meat, vegetable and fruits play a more prominent role. A spoon scoops up the last bit of sauce on the dinner plate and lunch goes in a thermos.

Gluten-Free Products?

You can make a lot of extra work for yourself by going to the supermarket and attempting to replace all of the breads and desserts in a typical diet with gluten-free goods, but you'll still be getting a nutritionally depleted meal ~ poor compensation for spending extra time reading processed food packages for gluten content. The whole-food solution is the simplest and most nourishing. Shop the produce aisle and meat counter. It will make you discover new and delicious vegetables that you have never tried before and it will set you free from the bread trap!

For additional info on the dangers of bread, read [The Primal Blueprint](#) by Mark Sisson or [The Paleo Diet](#) by Loren Cordain.

Book Review

I have read a *lot* of books on nutrition and exercise, but [The Primal Blueprint](#) by Mark Sisson is by far the best when it comes to healthy eating and the right way to exercise. Forget everything that modern medicine tells us about why we get sick and how to get well. The author shows how excessive grains trigger illness, disease and weight gain, and how eating the right fats can help you lose weight and maintain healthy body composition. He also shows us that most of us are over-exercising, particularly too much cardio, which is compromising our immune system and causing injury. He provides 10 Lifestyle Laws that are easy to follow and make sense. A great book to help reprogram your genes to lose weight, improve energy and get healthy!

~ Dr. Carla

The Sunscreen Myth

Every summer we write the same article about the sun, vitamin D and sunscreen...because it's so important! Your body needs adequate sun exposure (without sunscreen) to get a sufficient amount of Vitamin D. (Our bodies can't make enough without the sun.)

Vitamin D supports cardiovascular health, enhances muscle strength, produces optimal blood pressure, improves immune system and kidney function, promotes healthy teeth, helps keep bones strong, and reduces the risk of cancer. Dr. Joseph Mercola states: "The dangers of sun exposure have been greatly exaggerated and the benefits highly underestimated. Sun exposure is not the major reason

people develop skin cancer, but may be related to poor diet, exposure to environmental toxins and insufficient sun. A study from the Moores Cancer Center at UC San Diego suggested that 600,000 cases of cancer could be prevented every year by just increasing your levels of Vitamin D".

Of course, sunburns are damaging to your skin, but a tan from *regular, brief, daily* exposure to sunlight is the best way to obtain vitamin D for good health. You should expose 40% of your body to direct sunlight for 10-30 minutes every day (you can work up to longer periods). If you plan on being in the sun for longer periods (such as



a day at the beach or a sporting event), dress in light, loose fitting clothes and choose sunscreens free of toxic chemicals. According to Dr. Mercola, the ingredients you should definitely avoid are Oxybenzone, Retinyl Palmitate and Octyl Methoxycinnamate.

Safe sunscreen ingredients that are good for your skin are coconut oil, jojoba oil, shea butter, eucalyptus oil and vitamin E. So read the labels and choose wisely if you are going to use sunscreen!

For more details about vitamin D and the sun visit www.mercola.com.

Thank you!

FOR YOUR REFERRALS

The ultimate compliment is when our patients tell their friends and families about chiropractic. Thank you for helping us help others:

Lori **Kathy** **Charlene**
Melinda **Laura**



New Patients

Brent of Littleton
Cathie, Arianna & Christian of Shirley
Julia of Harvard
Nancy of Westford
Christina of Tyngsboro
Derek of Chelmsford

Happy Anniversary

The following patients have signed up for Wellness Chiropractic Care. They realize the benefits of getting regular adjustments to keep their nervous system in tip-top shape.

Gene **Vicki** **Andrea**
Sue **Chris**
Maureen **Liz**

Practice Member of the Month

July's Practice Member of the Month is **Kathy**. Kathy is following her recommended care plan and has achieved great results. She is making great efforts at improving her overall health and we applaud her for that. Congratulations Kathy!

Healthy Recipe

Lisa Allen's Quinoa Salad

Ingredients

3 cups quinoa, cooked
1/4-1/2 cup lime Vinaigrette
1/4 cup pine nuts, toasted
1 organic yellow bell pepper, diced
6 apricots, dried and diced
3 Tbs organic raisins
2 Tbs currants, dried
1 tsp salt
2 Tbs cilantro or chives, fresh and chopped
Lettuce leaves
Sprigs of flat-leaf parsley
Lime wedges

Directions

In a large bowl, toss quinoa and lime vinaigrette dressing.
In a separate bowl combine pine nuts, apricots, raisins, currants salt and cilantro or chives. Mix completely and add to the quinoa.
Ladle each serving onto a lettuce leaf. Garnish with parsley and lime wedge.

Vinaigrette Dressing

2 pressed garlic cloves
1/4 tsp salt
1/4 cup rice vinegar
1/4 cup fresh lime juice
1 tsp Dijon mustard (optional)
Salt and pepper to taste
1 cup extra-virgin olive oil

In a small bowl, mash together the garlic and salt until they are blended into a paste. Transfer garlic mixture to a glass jar with a tight-fitting lid. Add vinegar, lime juice, mustard, salt and pepper. Shake to blend ingredients. Add olive oil. Shake thoroughly. Use immediately. Refrigerate leftovers.

Quinoa

Pronounced KEEN-wah, this ancient grain is technically a seed. It contains no gluten and is high in protein, and B & E vitamins.

Look What's New!

Omega 3 for Kids

Research proves that fish oil boosts your child's brain power not to mention it's good for their heart and immune system. Have a hard time convincing your kids to chug fish oil every day? Try our new Nordic Naturals strawberry flavored gummy worms for children age 2 and over.

Eating Clean

You can now get a copy of Lisa Allen's cookbook at the office. Just \$20, **Eating Clean** features a collection of wheat and dairy-free recipes that will inspire you to a healthier way of eating. Available to purchase at the front desk.

Website Makeover

Our website has a new look! Be sure to check it often over the next few weeks as we continue to make changes. There is a huge resource section we hope you'll take advantage of and encourage your friends and loved-ones to visit. www.westfordcorrectivechiropractic.com

Congratulations to Justin Winner of the iPod shuffle!

Thank you!

to the following patients for participating in the Westford Road Race with us...

**Paul, Kim, Chris,
Heather, Justin**



Corrective Care Chiropractic 234 Littleton Road, Unit B Suite 1A
Westford, MA 01886
978-692-2900
www.westfordcorrectivechiropractic.com



Inside . . .

- The Bread Trap
- The Sunscreen Myth
- Quinoa Salad
- Looks What's New!

Closed July 4th ~ Open full day Tuesday, July 5

Closed for vacation ~ July 27-August 2

(Open full day Tuesday, June 26 ~ Open regular hours Wednesday, August 3)

~ SAVE THE DATES ~

July 19
Eat Well-Cook
Well Workshop

**Demo
&
Samples**

August 18
Oh My Aching Head!

November 1
Knock Out Stress

Guests Welcome!

First Ever Eat Well-Cook Well Workshop

July is dedicated to food and healthy eating! What??? How can you possibly eat healthy when you are surrounded by an endless array of mouth-watering, delicious food? After all, summer means cookouts, right? Burgers, hotdogs, potato salad, ice-cream, etc. While this is true, there is a way to eat healthy and enjoy yourself.

We don't expect you to give up your favorite summertime foods, but we do want to offer you some ways to eat healthier. Remember the 80/20 rule? Like exercise, good eating habits should be year-round, not just before bathing suit season. We want to teach you ways that you can eat healthy and how to cook your own meals at home. Please join us for our very first Eat Well-Cook Well workshop

where Dr. Dave (chiropractor by day, chef by night) will demonstrate his superb cooking skills and show you how easy it is to make delicious, healthy meals at home! Join us for this hands-on, fun workshop (with samples!) on July 19th at 7 pm at Roudenbush Community Center in Westford.



Eat Well-Cook Well

Tuesday, July 19 ~ 7:00 p.m.

Roudenbush, Westford



Dr. Dave will show you how easy healthy cooking is (and you can taste how good healthy eating is)

5 Easy Ways to Eat Healthy All Summer

1. Fill your plate with veggies and salad first
2. At a cookout, pass on the bun with your burger (see article inside *The Bread Trap*)
3. Drink water instead of soda or juice
4. Plan ahead – have a small snack (such as nuts or fruit) before you go to a party or cookout so you don't show up starving and pig out
5. Bring your own healthy dish (like the yummy Quinoa Salad page 3)

