

# THE WELLNESS REPORT

## NATIONAL HEART AWARENESS MONTH

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that’s 1 out of every 4 deaths.

Heart disease is the leading cause of death for both men and women.

The term “heart disease” refers to several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year. This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health.

There are many steps that you can take to help prevent this deadly disease.



- 1. Eat a healthy diet.** Adults should have at least 5 servings of fruits and veggies per day.
- 2. Maintain a healthy weight.** You can get your BMI checked to see if you are at risk.
- 3. Exercise Regularly.** You should partake in at least a 30 minutes workout most days of the week.
- 4. Don't smoke.**
- 5. Limit alcohol.**

Another great way is to take an L-Arginine complexer. A Nobel Prize was won in 1998 discovering this.

INSIDE THIS ISSUE:	
President's Day Facts	2
Eating out Well	2
Canned food month	2
Recipe of the month	3
Aloe Vera	3
Referring Patients	4
Coupon of the month	4

February						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

### WHAT'S HAPPENING THIS MONTH

**February 1-28:** National 'Canned Food month'. Bring in 5 cans to be entered to win a \$25 gas card.

**February 14:** Happy Valentine's Day! Get that special person a 30 minute massage, and I will give you a FREE 30 minute massage as a thank you.



**FREE Weight loss consultations!!**

## President's Day Facts

- Thomas Jefferson is the only president to have ever founded an institution of higher learning.
- John Quincy Adams Regularly Skinny-Dipped In The Potomac
- Andrew Jackson Taught His Parrot To Curse
- James Buchanan was the only president to never marry, instead remaining a bachelor his entire life.
- When Abe Lincoln moved to New Salem, Illinois in 1831, he ran into a local bully named Jack Armstrong. Armstrong challenged Lincoln to a wrestling match outside of Denton Offutt's store, where Lincoln was a clerk, and townspeople gathered to watch and wager on it. Lincoln won.
- Ulysses Grant was given a \$20 speeding ticket for riding his horse too fast down a Washington street.
- Benjamin Harrison was the sitting president when electricity was first installed in the White House. However, he was scared of being electrocuted and refused to touch the light switches.
- Harding really like to gamble, although it seems he wasn't very good at it. In one poker game, he bet the White House china collection and lost it all in one hand.
- In 1954, Ronald Reagan's acting career was going so badly that he took a gig as a Las Vegas stand-up comic for a few weeks.

## Eating out and still eat well. (Thanks Perfect Patient)

Who doesn't like to dine out? And with so many two working parent families and single working parents, it's often easier to pile everyone into the car and hit the nearest restaurant for dinner. Not to mention those who live alone find it difficult to cook for only one. Question is – is it really possible to eat well when you eat out?

The answer is yes, if you rule out fast food restaurants – major contributors to weight gain and the growing problem of worldwide obesity, especially among children and teenagers. One of the biggest offenders? Sugar-laden carbonated beverages that cause weight gain and interfere with the absorption of calcium. The sugar-free stuff is even worse.

### SO, WHAT CAN YOU DO TO MAKE BETTER CHOICES WHEN YOU'RE EATING OUT?

- Order healthy salads to start, with the dressing on the side, so you can dip into instead of pour over.
- Order fish and meats that aren't fried.
- Pick fruit for dessert instead of a sugar-rich and fat filled dessert – or order only one and share with the table!
- Avoid selections with mayonnaise, sour cream and butter.
- Steer clear of the all-you-can-eat buffets and specials!
- When you order pizza, ask for vegetable toppings instead of processed meats (pepperoni, sausage).



- Avoid bread and butter, fried potatoes, onion rings, cream soups, gravies, heavy sauces (Alfredo, hollandaise).

Take the time to look over menus carefully, and you can usually find healthy choices while still enjoying a meal out

## ATTENTION: It's 'Canned Food Month'



Are you looking to help people in need? So many people are hungry, and this month you can help.

I will be collecting canned food the entire month of February for our local food pantries.

So, to get more people on board, I will give a \$25 gas card to one lucky, contributing person who helps me help hungry people in our community.

All you have to do is drop off the food, enter to win, and be glad you are blessed.

## In the Kitchen with Dr. Wilson: Classic Coeur a la crème. (Thanks Food Network)

### Ingredients

- 4 ounces cream cheese, softened
- 1/3 cup plain yogurt
- 4 teaspoons granulated sugar
- 1 teaspoon very finely grated lemon zest
- 1/4 teaspoon lemon juice
- 1/4 teaspoon vanilla extract
- Pinch salt
- Raspberry Coulis (see recipe)
- 6 fresh raspberries, for garnish
- Fresh mint leaves, for garnish

### Directions

In a medium bowl, combine all of the ingredients and beat together with a whisk until smooth. Strain the mixture through a fine sieve. Line a 6-ounce, shallow heart-shaped ceramic ramekin or 6-ounce shallow oval ramekin with dampened

cheesecloth. Pour the cream cheese mixture into the ramekin and fold the over-hanging cheesecloth over the top. Refrigerate the mold in a shallow dish to catch any drips for at least 4 hours, and up to 2 days.

To serve the dessert, unmold the coeur and carefully peel away the cheesecloth. Place the coeur on the center of a dessert plate, smooth side down. Allow to sit at room temperature for about 20 minutes before serving. Drizzle the raspberry coulis around the plate and garnish with the fresh raspberries and mint.

### Raspberry Coulis:

- 2 cups raspberries (about 12 ounces), rinsed
- 3/4 cup Simple Syrup, recipe follows
- 1 1/2 tablespoons fresh lemon juice
- 1/2 tablespoon cornstarch



Bring the raspberries, syrup, and lemon juice to a simmer in a heavy medium saucepan over low heat. Simmer, stirring occasionally, until the berries are very soft, about 8 minutes.

Sprinkle the cornstarch over 2 teaspoons cold water and stir to dissolve. Pour into the simmering raspberry mixture. Cook, stirring occasionally, until the sauce thickens, about 3 minutes.

Strain through a fine-mesh sieve into a bowl; discard the seeds. Cool completely, then cover and refrigerate until ready to use. Freeze any leftover coulis in a plastic container for up to 1 month.

## Aloe Vera...not just for burns.

Aloe vera has been used as a healing agent throughout the ages, dating as far back as 4000 B.C. and beyond. The first detailed description of aloe's medicinal value is probably found in the Ebers Papyrus, dated around 1550 B. C. in Egypt. Some of the ancient medicinal uses of aloe included arthritis, gout, acne, dermatitis, headache, high blood pressure, indigestion, peptic ulcers, hair loss, mouth diseases, pruritis (itching), psoriasis, and burns. However, for all its recorded benefits and therapeutic effects, there was no clear comprehension or scientific explanation as to why or how it worked.

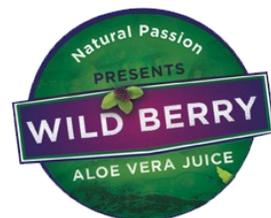
These observations about aloe become even more important when taking into consideration the commonly held opinion of many health specialists today that many, if not all, of modern chronic degenerative diseases are attributed to three main roots causes: *free radical damage, chronic inflamma-*

*tion, and excessive glycation* (cellular damage attributed to increased sugar levels in the various tissues of the body). The holistic approach to treatment of these same disease typically involves supplementation with antioxidants and other phytonutrients having anti-inflammatory and hypoglycemic effects.

In addition to all the previously stated benefits of aloe vera, aloe contains high levels of antioxidants, is a powerful anti-inflammatory and antimicrobial agent, and exerts a hypoglycemic effect on the body, making it an extremely powerful weapon in combating chronic degenerative diseases such as arthritis, infections, diabetes, and even cancer.

Anecdotal testimonies of people who have consumed aloe vera on a regular basis have also reported experiencing increases in energy, less

fatigue, fewer colds, headaches and infections, less pain in their spine and joints, smoother healthier skin, and even better mental focus.



It is with these stated health benefits of aloe in mind that Natural Passion Aloe Vera juices are formulated, utilizing sources of aloe vera that were carefully processed without enzymes or heat in order to preserve the highest amounts of acemannan possible to provide the most potent aloe vera products on the market today. Flavored only with natural fruit juice purees and concentrates and no added sugars, Natural Passion aloe juices are also very pleasing to the palate.

Get yours today at the front desk!



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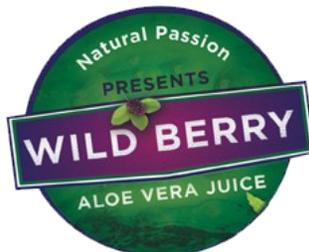
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Exp: February 28, 2014