



The Chiropractic Voice

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Affirmation

**I am the Architect of my
life; I build its
foundation & choose its
contents!**

Dysbiosis

What is it?

It is alterations to the normal composition of your natural bacterial flora that lives in your gastrointestinal system. The entire gastrointestinal tract plays an important role in human health including nutrient absorption, waste elimination, protection against harmful bacteria and virus, and provides a home for symbiotic or healthy bacteria. Your gastrointestinal tract greatly influences the function of your immune system. Dysbiosis typically will result in decreased natural bacteria and an overgrowth in pathogenic bacteria. This can result in inflammation of the intestine and decrease immune function.

What is dysbiosis associated with?

Gastrointestinal Disorders

- Irritable Bowel Disease (IBS)
- Inflammatory Bowel Disease (IBD)

Inflammatory Skin Conditions

- Eczema
- Psoriasis
- Acne

What are the effects of dysbiosis? The mucosal lining will become leaky and inflamed. Dysbiosis triggers abnormal immune responses throughout the body.

What are common symptoms of dysbiosis? They are complaints of gas, bloating, fullness and changes in bowel movements such as constipation, loose stools, or watery stools. Uncommon symptoms that may be related to dysbiosis and leaky gut can be eczema, psoriasis, acne and autoimmune diseases.

What are causes of dysbiosis? The most significant contributors are usage of antibiotics, proton pump inhibitors such as Prilosec, Nexium, and Prevacid which help treat reflux, and non-steroidal anti-inflammatory drugs (NSAIDS) such as Naproxen, Ibuprofen, and Celebrex. Stress and aging are also significant contributors of dysbiosis.

How to prevent dysbiosis?

1. Avoid unnecessary antibiotic usage (especially when pregnant)
2. Avoid unnecessary usage of proton pump inhibitors and NSAIDS
3. Take a daily probiotic
4. Eat a high fibre diet
5. Eliminate refined sugar and simple carbohydrates

For the treatment of bloating, fullness, loose stools, reflux, irritable bowel, eczema, psoriasis, and acne consider making an appointment with a Naturopath. They are trained in the natural treatment of those symptoms and diseases. Also consider speaking to your chiropractor about getting adjusted in the areas that the nerves directly affect the function of the gastrointestinal tract.

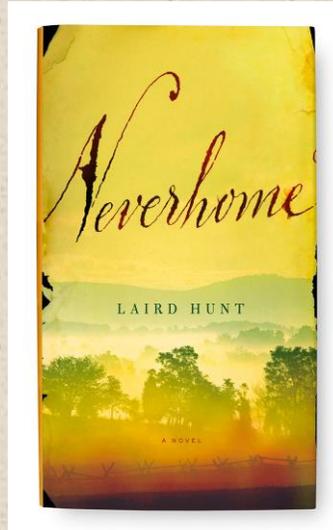


Dr. Pye's Hours Announcement

Dr. Pye will be changing some of his hours on starting in January 2015. Dr. Pye will now be seeing patients from 1pm-5pm on Fridays compared to 1pm-5:45pm. His hours from Monday to Thursday will remain unchanged. Thank you for your cooperation.

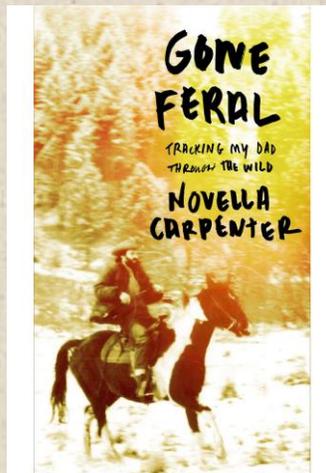
November Book of The Month:

Neverhome
By: Laird Hunt



December Book of the Month:

Gone Feral
By: Novella Carpenter



Recipe of the Month:

Butternut Squash Soup with Chicken

Directions:

Heat 1 tablespoon olive oil in a large pot over medium-high heat. Add the sausage and cook, stirring occasionally, until browned, about 4 minutes. Transfer to a bowl using a slotted spoon. Add the squash, carrots, celery, onion, chicken broth, 2 1/2 cups water and 3/4 teaspoon salt to the pot. Cover and bring to a simmer, then reduce the heat to low and continue simmering until the vegetables are tender, about 15 more minutes.

Puree the soup in a blender in batches, then return to the pot along with the sausage. Season with salt and pepper and keep warm.

Heat the remaining 1/3 cup olive oil in a small saucepan over medium-high heat. When the oil is very hot, add the sage leaves in batches and fry, turning, until dark green and crisp, about 1 minute. Remove with a slotted spoon and drain on paper towels. Ladle the soup into bowls and top with the fried sage.

Ingredients:

- 1/3 cup plus 1 tablespoon extra-virgin olive oil
- 12 ounces cooked chicken-apple sausage, cut into 1/2-inch pieces
- 4 cups cubed peeled butternut squash (1 small to medium squash)
- 3 medium carrots, chopped
- 1 stalk celery, chopped
- 1/2 medium onion, chopped
- 2 1/2 cups low-sodium chicken broth
- Kosher salt and freshly ground pepper
- 1/2 cup fresh sage or parsley leaves

Supplement Sale

15% OFF

Omega 3 supplements have become extremely important today because of our modern eating patterns. Naturally in nature a balance occurs between Omega Fats in a ratio of 4:1 of Omega 6 to Omega 3. In most of today's foods that ratio is closer to 20:1 Omega 6 to Omega 3. This occurs due to the processing of foods as well as processed feed and grains given to animals we eat that naturally would have had a grain free diet. The use of a Omega 3 supplement can play a major role in helping to reduce the inflammation process in our bodies that contribute to heart disease and high cholesterol, not to mention helping with arthritis, insulin resistance and with brain functioning. Try our Opti-EPA for your Omega 3 needs.

Opti-EPA:

Sale: \$27.60

Regular: \$32.50

Opti-EPA Enteric Coated

Sale: \$30.55

Regular: \$35.95

Sale Valid December 1st - 31st

