

# HILLTOP WELL-NEWS



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## Welcome to the Newsletter!

Hello everyone and welcome to the first edition of the Hilltop Well-News newsletter! I can't believe we have entered the thralls of winter, calendar-wise of course, not really weather-wise. I'm excited to begin this project, which I hope will become a great source of information for the patients, families, and friends of Hilltop Wellness & Chiropractic.

I've set out to create a newsletter that I hope will be as entertaining as it is informative. This newsletter may utilize recent health news or ground-breaking research to keep you up to date on events that are important to your health... because that is my main concern!

In addition to this paper-version of the newsletter, I'll also be preparing an online version that will be available on our website: [www.hilltopwellness.com](http://www.hilltopwellness.com). If you haven't been there, or maybe didn't even

## Avoiding Osteoporosis? When to Start and What to Do

An estimated 30 million American women either have or are at risk of developing osteoporosis, a condition that can lead to fragility, low bone mass, structural deterioration of bone tissue and increased susceptibility to fractures. However, researchers may have established a link between calcium and bone development that suggests efforts of avoiding the condition could start before puberty.

**In a study that followed the calcium effect on bone density in over 350 girls ages 8 to 13,**

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know about the website, I'd like to invite you to take a look and explore it for a few minutes. You'll find some information about the clinic, a frequently-asked-question section, and even a coupon that can be printed and brought in for new patients. I only ask that you ignore the typographical errors, as the site is relatively new and still undergoing regular construction and maintenance.

So, with all that said, I hope you enjoy this newsletter...and please feel free to leave questions, comments, or feedback by phone, writing, or email! Your questions may be answered in a future edition!

### researchers found:

- Elevated calcium use during pre-adolescence could help prevent fractures and osteoporosis later in life, as the pubertal growth spurt accounts for nearly 40 percent of the gain in the entire adult skeletal mass.
- Calcium supplementation's effects on bone density decreased after the onset of menstruation.

Please see *Avoiding Osteoporosis* on page 3

## Recipe of the Month

Provided by Keren Gosselin

This pie contains no sugar! See Page 3 of this newsletter for the benefits of organic honey.

### HONEY PECAN PIE

¼ C butter

3 Eggs

¾ C Honey – warmed (organic honey optional)

2 Tbsp Milk

2 tsp Vanilla

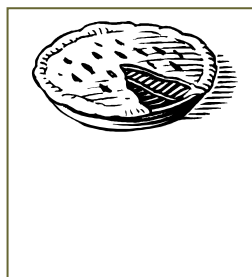
1 Tbsp All purpose flour

1 Pinch nutmeg

¼ tsp Salt

1 C Pecan halves – heaping

1 pie shell – unbaked



*In each newsletter we will try to provide a delicious recipe with more healthy alternatives to sugar.*

1. Preheat oven 325\*
2. Beat butter until light and creamy
3. Beat in eggs, honey, and milk
4. Add vanilla, flour, nutmeg and salt
5. Place Pecan halves in pie shell
6. Pour custard over pecans
7. Bake 35-40 minutes

## The Natural Life

By Keren Gosselin

Happy New Year! I am sure most of you have already been introduced to Jack, the 18 month old Chiropractor-in-training (as some of you have experienced firsthand). To those of you I have yet to meet (which hopefully will be soon), I am Jack's mom and Dr. Scott's wife. Dr. Scott and I met in high school and according to me, I made the first attempt at conversation although, his side of the story begs to differ. Nonetheless, we met, we kissed, and the rest is history.

After we married in 2002, we moved to Davenport, Iowa where Scott earned his D.C. at Palmer College of Chiropractic – the fountainhead of modern day chiropractic. It was there we learned the body's innate ability to heal itself and the role chiropractic plays in allowing it to do so. I feel as though God designed things to work a certain way and be it health, nutrition, or

spirituality, the more we mess with them (i.e. surgery, medication, food additives/processing, religion, etc.) the more complicated and harmful they become.

Don't get me wrong – I believe there is a time and place for everything – in moderation. The danger we face is the abuse and over-use of drugs and chemicals on a daily basis for years on end. These days it seems everything we come in contact with - from the clothes we wear to the food we consume - is artificial or emitting some constant, toxic fume. There *is* an alternative way to live and think. But first we must become informed and educate ourselves. Then we must take responsibility for our lifestyles and break unhealthy habits and ways of living.

So when Dr. Scott asked me to write a column each month for this newsletter, I felt led to write what I am passionate about – living a healthy life the fullest way possible through natural healing, eating, and thinking. I will share what I have learned and continue to learn about how to

*“The danger we face is the abuse and over-use of drugs and chemicals on a daily basis for years on end.”*

*The Natural Life* continued on page 3

*The Natural Life* from page 2

simplify and refine all areas of life in order to get the most of what God has given me. We are required to be good stewards of the lives given to us and if we are sick, unhealthy, and stressed out, we have inhibited our ability to do so.

So, with no formal training or fancy letters following my name, I offer only my own thoughts and findings and in sharing them with you, hope to enjoy the gifts of this world together – naturally.

Naturally Yours,  
Keren Gosselin



## Healthful Honey Comes Straight From the Hive

Adapted from mercola.com

Many people think that just because honey is “natural”, any kind of honey is healthful and fine to use. This is simply not true.

Unfortunately, most of the honey eaten today has been heavily processed. Like most foods that have been chemically refined, many of the healthful benefits have been reduced or eliminated. Commercial honey is often treated with an excessive heating process that can destroy some of the critical natural enzymes, vitamins, and minerals.

Processing of honey also filters out many vital phytonutrients found in raw honey, products that exist in nature in the hive. These products of the hive (which are not found in refined or processed honey) include health-promoting factors like:

- **Protein- and enzyme-rich pollen**, collected by bees on their back legs as they buzz from plant to plant.

*Avoiding Osteoporosis* from page 1

- Calcium requirements differed according to body size: taller individuals need more calcium during growth than shorter individuals.

While the average calcium intake among all girls who participated in the study was 830 milligrams per day, the calcium bone density effects were found highest in the group supplemented with an additional 670mg (1500mg total). And, while the risk of developing osteoporosis is an aspect of old age, having a strong skeleton at a young age can sway the possibility of developing the condition toward better bone health in later years.

On your next visit, ask me about the calcium supplements proven to be the best and those that are nothing more than a waste of your money.

\*Data source: **American Journal of Clinical Nutrition, January 2005 Vol. 81, No. 1, 175-188**

- **Propolis or “bee glue”**, a sticky substance full of enzymes, formed when bees combine their own proteins with plant resins. (Bees use propolis to fix cracks in the hive.)

Both pollen and propolis contain super-abundant antioxidant compounds, which contribute to health-supportive properties. Raw, unprocessed honey contains little flecks of these nutrient-rich products, making it far superior to the clear filtered honey most of us are familiar with.

How can you tell if honey has been heated

It’s simple... While some people prefer their honey sparkling and clear, the only way to achieve this is to heat the honey by processing.

\*\*Please note that while raw honey is the safest sugar to use, you should not use it in excessive amounts. If you have elevated insulin/leptin levels, you will need to minimize or eliminate your use of *any* sugars – including raw honey. Also, honey should not be given to infants under one year old.





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**Hilltop Chiropractic:**  
*your bridge to wellness*

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*We're on the Web!*

*Visit us at:*  
[www.hilltopwellness.com](http://www.hilltopwellness.com)

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Looking for a great deal on products and services at Hilltop Chiropractic? Look no further!!

Warning: these deals expire January 31<sup>st</sup>, 2008!

- **Cervical support pillows:**
  - Retail price: \$79.99-89.99
  - **Sale Price: \$40.00-50.00**
- **Massage gift Certificate:**
  - **30 minute massage: \$30.00 (\$10 off)**
  - **60 minute massage: \$55.00 (\$15 off)**
- **Vitamins and supplements:**
  - **Liquid vitamins:** 2 for \$45 (while supplies last)
  - **Shaklee:** Additional 5% off (on top of the 15% off Hilltop patients always receive!!)
  - **Standard Process:** 25% off a customized nutritional program! Now is a great time to start!

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