

The Weekly Handout

Issue 2, 2013

Dr. Charles M. Laycock

GREEN ONION AS ALTERNATIVE MEDICINE

- normalizes blood pressure
- increases appetite
- stress and tiredness
- treats fungus infections
- reduces inflammation
- traditional medicine for the common cold

FOR SORE THROAT

Cut the green onion's white part into pieces. Put it in a cloth bag and steam it for a hot compress. You can also mix the green onion with grated ginger and some salt. Wrap the hot bag in a towel or gauze and place it over the throat, chest, soles, palms and back.

FOR NASAL CONGESTION (RUNNY NOSE)

Mash the green onion and wet some cotton balls with the juice of the onion. Place the wet cotton ball to your nose.

FOR SWOLLEN FEET

Boil the whole green onion for a few minutes. Grind it and mix with a little water-just enough to make a paste-and then place it to the swollen part of your feet. This simple method has been used for hundreds of years.



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**Today's
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Clinic** of Des Moines

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February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Fun Friday!	2
3 	4	5	6	7	8 Fun Friday!	9
10	11	12 	13	14 	15 Fun Friday!	16
17	18 President's Day	19	20	21	22 Fun Friday!	23
24	25	26	27	28		

Office Hours:

Mon: 8:30am-12pm & 2:30pm-6:30pm
Tues: 8:30am-12pm & 2:30pm-5pm
Wed: 8:30am-12pm & 2:30pm-6:30pm
Fri: 8:30am-12pm & 2:30pm-6:30pm



What's in a Regular Flu Shot?

-Egg proteins: including avian contaminant viruses
-Gelatin: can cause allergic reactions and anaphylaxis, are usually associated with sensitivity to egg or gelatin
-Polysorbate 80: can cause severe allergic reactions, including anaphylaxis. Also associated with infertility in female mice

-Formaldehyde: a known carcinogen
-Triton X100: a strong detergent
-Sucrose: table sugar
-Resin: known to cause allergic reactions
-Gentamycin: an antibiotic
-Thimerosal: mercury is still in multi-dose flu shot vials and only reduced to "trace amounts" in single-dose vials.

Better and safer flu prevention:

-Frequent hand washing
 -Getting plenty of rest
 -Eating lots of organic fruits and veggies

-Avoiding sugar
 -Avoiding processed foods
-Getting regular adjustments!!

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