

Vital Life News



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Gratitude for Mothers

Mother's Day...what a blessed time for celebrating the reason for jammed phone lines worldwide on Sunday, May 11. You know...the woman who picked up your socks, who made you wear rain boots, wiped the tears and then kissed the boo-boo. The person who hung your works of art on the frig, the one who lovingly sent you into time out; by the way-it hurt



her more than you, and to the mom who loves you unconditionally! We revere them, we honor them, we love them. Happy Mother's Day!

For those of you who are about to embark on this most wonderful journey, you're about to have the coolest ride of your life!

Offer your mom (or yourself) a complimentary consultation to see how NUCCA can help you take care of your children better.

This complimentary consultation is valid for moms in the month of May.

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Special Points of Interest:

- *My wedding was awesome and I will soon have a new name—Andrea Pritchett!*
- *NUCCA can help reduce your stress levels and improve your attitude!*
- *NUCCA can reduce high blood pressure.*

Mother's Day Tea

Drinking or soaking in tea, provide healthful and social benefits. There is a myriad of blends available to us—aromas and tastes that draw us to them. **Tea is strong in antioxidants and anti-cancerous agents.** In the past years we have been schooled in green tea, very high in vitamins and minerals, and their healthy paybacks. There are many other favorites that do not receive as much recognition that we all could profit from.

Raspberry tea has been used for many years during pregnancy, aiding morning sickness, strengthening the cervix and readying the uterus for the birthing process.

It's also known for relieving diarrhea. Vitex tea is useful for women in increased lactation for mom's who nurse, and also decreasing PMS symptoms. Mallow tea was highly used in the 16th century for increasing mother's milk, soothing swollen and sore breasts.

Oat Straw tea proves to be relaxing and nurturing to our nervous system, while it serves to be abundant in calcium and fiber. When used in the bath, oat straw tea soothes rheumatic pain, including backache.

Chrysanthemum tea is welcoming for a hot, stifling day. The effects are known to lower blood

pressure, improve eyesight and a comfort for red, stinging, and tired eyes.

You may also want to choose tea blends, seeds, flowers and leaves that compliment each other. An herbologist (ask Dr. Charlton for a recommendation) can assist you or simply seek out health benefits and aromas that please you, such as when desiring a sweet herbal tea, search for dried berries. **Remember not to use an herb that you cannot identify.** It is safe to only use and savor those which you know.

Bon Appe-tea!

Nurture your Moms

They nurture us, they discipline us, and they love us. A writer-friend, and mom says that “being a mom is the best job you’ll ever love.” It’s definitely not the easiest full-time job, however, the one most consider to be their passion!

Moms carry a well-loved, however cumbersome load in their roles. It may be wise to be patient as you will have many ‘hats to wear’-needing to ensure that ‘law and order’ is maintained, to provide as a ‘green grocer’, to instruct that ‘cleanliness is next to Godliness’, and to rule over the ‘love one another’ laws. You take this responsibility on because of the caring, nurturing person you are and nothing but the best is

good enough for your family.

With the above said, and if you’re considering parenthood or already counting down nine months, you may be seeking healthcare advice. Each healthcare appointment is a milestone in looking forward to the blessed event of your child’s birth. Your health during and after childbirth is vital to your wellbeing and that of your family. Moms play a significant part in ‘keeping it together’ and being there for them is innate.

Your medical doctor and child’s pediatrician will be instrumental in keeping you both in good health. You may want to consider other avenues such as

NUCCA care to evaluate your spine and neck after childbirth as a check and balance. Where most are best case scenarios, if there is a concern, your chiropractor can address any issues and help before a question becomes a concern.

NUCCA helps pregnant moms to feel more comfortable and relieves some of the pain of the birthing process. Plus, it can help your newborn baby to get rid of birth trauma to the spine.

They “Knead” Us

Ahhh....the rewards of massage! Wind down with a facial, body massage, or body scrub. These are all fabulous ideas for a Mom’s day gift! Any mom would appreciate this art of relaxation and rejuvenation. A massage, whether full body, shoulders and back, or a simple facial, can boost your spirit and bolster



energy levels. Physicians may suggest a massage to aid in tight muscles, anxiety, or simply a part of therapy. Stress melts away as

you relax under the hands of a skilled massage therapist.

When considering this form of respite, be sure to inform your massage professional if you are taking medications as this could have an effect on how they proceed. Also, be sure they are aware of any ailments or disabilities that could cause discomfort. They will ask if you prefer soft, medium, or firm pressure. If this is your first massage, it might be the difference in whether you enjoy your experience. A good massage therapist will pay attention to your needs and what you absolutely do not want them to do. They will also make suggestions and may concentrate on

areas that are ‘stressed’ and need more work. If you’re a veteran to massage, you may not have specific needs, just instant gratification.

There are many considerations when visiting a spa. You need not be tied to just a massage. Most offer an extensive menu from which to choose, including facials, body wraps, body scrubs and even hot stone therapies are often offered. If you desire, many places offer couples massages or experiences as well.

There is a myriad of choices when keeping a massage in mind. The ‘spa’ is the limit and you have nothing to lose except stress! Enjoy!

Chicken and Walnut Salad Tea Sandwiches

- 4 slices whole wheat bread
 - 2 1/2 oz. cooked chicken, finely chopped
 - 2 tablespoons mayonnaise
 - 1 celery stalk-chopped
 - 1 Tablespoon chopped walnuts
 - 2 teaspoons chopped fresh dill
 - 1/8 teaspoon salt
 - 1/8 teaspoon freshly ground pepper
 - 1/4 cucumber, thinly sliced (optional)
1. Remove crusts from bread. With a rolling pin, flatten the bread. Combine chicken, celery, mayonnaise, walnuts, dill, salt, & pepper; spread on bread slices.
 2. On 2 bread slices top each with ½ the chicken salad and half the cucumber. Top each with a slice of bread. Cut each sandwich in quarters on the diagonal.
 3. Enjoy