



BOLETIN INFORMATIVO N° 3

Hello

Welcome to the third edition of Pacifico Rim Centro de Salud newsletter.

I hope you all have had a wonderful holiday and are embracing the New Year with enthusiasm. I hope you are striving to find balance in yours and your families' lives. I am excited about being back in Coyhaique and serving the community until July 2010.

In this issue we have some exciting news:

Nutrition: The inception of a Weston A Price Chapter here in Coyhaique..

Dr Michael will be giving a four-part lecture on What is a healthy Diet

Chiropractic Philosophy: We have an article about Breast Cancer

A new section called the **Kids Corner:**

And **Recipes:**

See you soon

Sincerely

Dra Michael

NUTRITION

Announcing the inception of the New Local Chapter of a worldwide foundation that promotes sustainable agriculture and traditional diets. Weston A. Price Foundation (WAPF) www.westonaprice.org was founded based on the principles that Dr Price discovered during his 10-year research in the 1930's where he visited indigenous people all over the world, which had not yet been exposed to the "Civilized" replacing food of commerce. He and his wife documented their health and examined their teeth. Their teeth were beautifully straight and they had very little cavities. Then discovered the underlying characteristic for their traditional diets.

This Chapter in Coyhaique is the first Chapter in all of Chile. The Coyhaique Chapter goals and responsibilities are to bring accurate nutrition information to our community and support local sustainable farming and agriculture. There are a few more in South America. There are Local Chapters all over the world. The foundation has over 11,000 members worldwide.

There is a Spanish section of this website www.westonaprice.org/Spanish included are some important articles that have been translated into Spanish. There are also several other language translations on the web site.

My web site www.pacificrimchiro.com has a section called Weston A Price (WAPF) you can visit anytime to resources, find out about meetings or lectures.



BOLETIN INFORMATIVO N° 3

Beginning in March Dra Michael will give a 4 part lecture at the Coyhaique Library on “What is a healthy diet,” You do not want to miss this compelling lecture that could drastically change the health of you and your family.

A Special Invitation,
Please join us
4 part lecture series

WHAT IS A HEALTHY DIET?

A COMPREHENSIVE SCIENTIFIC BASED STUDY ON HOW TO CREATE HEALTH, BEAUTY
AND STRENGTH WITH NOURISHING TRADITIONAL DIETS

Presented by Dr Ann Michael and translated by Sra. Ema Morales
Official Leaders
of the
Weston A. Price Foundation Coyhaique Chapter

Date: March 9 2010 **Part I** An Anthropological study on the incredible health of the indigenous peoples all over the world and the affects that Modern Diet has played in their and our demise.

Date: March 15 **Part II** The 11 underlying principle of the traditional Diets

Date: March 22 **Part III** The 11 changes you can make to have a healthier die and cure yourself and family of a lot of chronic diseases.

Date: March 30 **Part IV** The changes you can make at home continued from previous lecture

Location: the Coyhaique Libarary Cochrene

Room: SALA Mutiple

Time: 19:00-21:00 punto

We will start on time.

**you do not want to miss this informative lecture
that can change the course of health of your family.**

This lecture is a gift to our community and is free to the public



BOLETIN INFORMATIVO N° 3

Look for us at a booth at the Patagonia Expo this January 29th, 30th 31st.

We will have lots of information for you to REVIEW.



Chiropractic Philosophy:

Article on breast cancer.. Sorry only in Spanish only please refer to the Spanish section of our website to review article.

Kid's Corner:

How to raise healthy children (article from the Healthy Baby issue of Wise Traditions)
Children need chiropractic care too! (article from the brochure, Spanish only)

Recipes:

Cherry Chutney



The Cherries are ripe!

Celebrate the New Year with festive Cherry Chutney

4 cups of ripe Cherries, pitted and quartered

½ teaspoon coriander seed

½ teaspoon whole cloves

Grated rind and juice of one orange

1/8 cup natural sweetener, i.e. raw honey (never use white sugar)

¼ cup Whey (see vol. 1)

2 teaspoons sea salt (see vol. 1 for discussion on salt)

½ cup water

Mix cherries with spices and orange rind, place in a quart- sized jar, wide mouth Mason jar and press down lightly. Mix remaining ingredients and pour into jar. Adding more water if necessary to cover the cherries. The top of the chutney should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for 2 days before transferring into the refrigerator. This should be eaten within 2 months..

Chutneys and other lacto-fermented vegetables (see volume 1 on lacto-fermentation) are not meant to be eaten in large quantities but as condiments. They go beautifully



BOLETIN INFORMATIVO N° 3

with meats and fish of all sorts as well as pulses and grains. They are easy to prepare and they confer health benefits that cannot be underestimated.

This Recipe and the ones from Vol. 1, are from the *Nourishing Tradition* cookbook by: Sally Fallon and Mary G. Enig PhD (founders of the WAPF)