



SUMMER

Integrative Physical Therapy

“We get results!”

Front Porch News:

New to IPT!!



We would like to welcome the newest member of our staff to Integrative Physical Therapy. Jolene Wilts is our new receptionist and started here at the beginning of April. She moved here to Alliance almost two months ago from Perry, GA and is originally from Eastern South Dakota. Jolene will be starting classes this summer with WNCC to obtain a Bachelor of Science in Nursing. Jolene will be here Monday through Thursday to answer any questions you may have and to schedule appointments. You can give her a call at (308)762-3609

CONGRATULATIONS!!

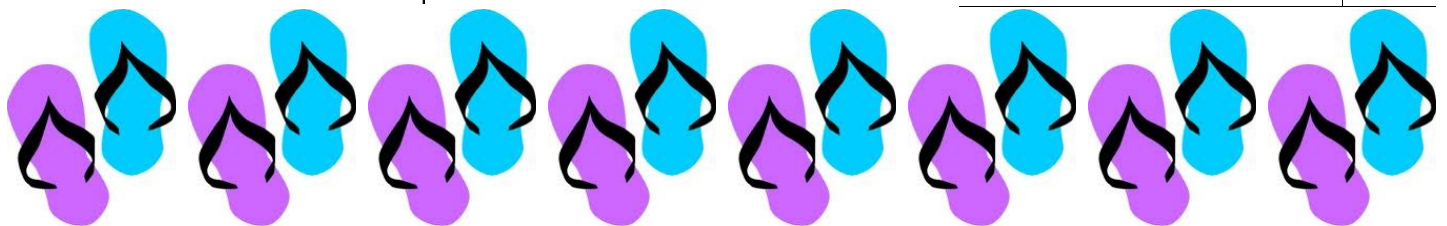
We would like to congratulate Shauna for working hard through college and obtaining her PTA degree. Shauna graduated on May 14th from Laramie County Community College. We are very proud of all of her hard work!

We would also like to congratulate Nikki for working hard through college and obtaining her Bachelors of Science in Paralegal Studies. Nikki graduated on May 15th.

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...from the Kitchen: Summer Treats

Sugar Free/Gluten Free Pulled Chicken Sandwiches:



Adapted from the book "Eating Well"

1 cup reduced-sodium tomato sauce
1 small onion, finely chopped
2 large cloves garlic, grated
3 tablespoons cider vinegar
2 tablespoons agave nectar
1 tablespoon tomato paste
1 tablespoon smoked Spanish paprika
2 teaspoons dried, ground mustard
1 teaspoon ancho chili powder
1/2 teaspoon salt
2 1/2 pounds boneless, skinless chicken thighs trimmed of fat

Stir tomato sauce, onion, garlic, vinegar, agave, tomato paste, paprika, mustard, chili powder, and salt in a 6 quart slow cooker. Add chicken thighs and stir to combine.

Cook on low for 5 hours or until chicken thighs can be easily shredded with a fork. Transfer chicken to a cutting board and shred. Return to the slow cooker and stir well. Serve as sandwiches, in omelets, in tacos, or any other way that makes you smile.

Servings: 6-8 people

Can be served on gluten-free sandwich bread (see next recipe)

Gluten-Free Sandwich Bread

Makes 1 Loaf

Adapted from Karina's Kitchen

2/3 cup sorghum flour
1/2 cup buckwheat flour
1/2 cup millet flour
3/4 cup potato starch
2 1/4 teaspoon xanthan gum



1 1/4 teaspoon kosher salt
3/4 cup 1% milk
1/2 cup water
1 tablespoon instant or bread machine yeast
2 teaspoons agave nectar
1 large omega-3 free range egg, at room temperature, lightly beaten
4 tablespoons extra virgin olive oil
3 tablespoons agave nectar
1/2 teaspoon cider vinegar
1 tablespoon of sesame or other seeds to top bread

Whisk together sorghum, buckwheat, millet, potato starch, xanthan gum, and sea salt. Set aside.

Mix milk and water in a glass measuring cup. Heat to 110 – 120 degrees F. Use an instant read thermometer to check the temperature. Add 2 teaspoons of agave nectar and yeast. Stir to combine. Cover and set aside for a few minutes or until it's a little bubbly.

In a medium mixing bowl, combine the egg, olive oil, agave, and vinegar. Stir in bubbly yeast and milk mixture. Pour wet ingredients into the bottom of your bread maker. Top with dry ingredients. Turn on Fast Bake or equivalent cycle. Remember to scrape down sides to help incorporate flours.

Once the mixing cycle stops, run a clean hand under water and quickly remove the mixing paddle. Smooth the top with wet fingers. Sprinkle with sesame or other seeds. Now is when your bread maker works it's

magic. When the cycle is over, check to see if the bread is done – it should sound hollow when thumped. I needed 10 extra minutes of baking time.

Remove pan from bread machine. Leave the loaf in the pan for about 5 minutes. Remove and let cool completely on a wire rack. If the loaf starts to sink in the middle, turn it on it's side. That usually helps. Store in an airtight container in a cool, dark location. Wrap any leftovers after a day or two and freeze.

Berry-Lemonade Green Smoothie

Serves 1-2 people

1/2 cup organic blueberries
4 medium to large organic strawberries, stemmed
1 1/2 inch of cucumber, peeled and cut in half
1 stalk of organic celery, cut into several pieces
1 big handful of organic spinach
a small slice of lemon
1 teaspoon chia or flax seeds
powdered stevia to taste (optional)
1 cup of cold water
1/2 cup ice cubes



Put all ingredients in your blender in the order listed. Secure lid lightly, start on low and increase slowly to medium-high. Once the ingredients on the bottom are liquified, flip your blender to the highest speed and blend for 30 seconds to 1 minute, until desired consistency is reached. Use tamper as needed or stop your blender and manually stir if necessary. Taste and add more stevia if desired.

Difference Between Gluten Allergy and Celiac Disease

A gluten allergy is just like any allergy and releases histamines and causes issues like hives, sniffles, and anything else that your body can do reacting to it.

Celiac disease is a gluten intolerance caused by the gluten changing the lining of the small intestine, flattening the villi in the intestinal wall and eventually leaking through into the body where it causes problems. Plus the changes in the intestinal wall and flattening of the villi cause malabsorption of nutrients and disruption in the digestion and elimination cycles of the body.

The malabsorption of different nutrients can cause different symptoms that makes celiac disease hard to diagnose. Also the disruption in the digestive cycle also makes celiac disease mimic other symptoms and masks the diagnosis.

Now to complicate things, people can have either a gluten allergy or gluten intolerance or both. They could also have just a wheat allergy and gluten intolerance. All sorts of combinations.

People with celiac disease have to watch for cross contamination just like someone with an allergy. One reference I have read estimated that the tip of a knife of a piece of cake was enough gluten to cause troubles for a celiac. So not much gluten to cause problems.

Celiac disease is a condition in which the lining of the small intestine is damaged by an allergic reaction to the food protein gluten which is present in a number of grains. It is said to be an auto-immune disease since antibodies produced by the immune system against specific gluten components, namely gliadin, cross react with intestinal tissue which contains similar proteins.

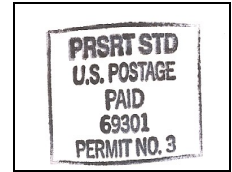
Gluten consists of many long elastic chains of proteins lined along each other, giving it the characteristics of a dough. Not all of them cause Coeliac disease, but some can cause irritation to the small intestine, enough to hinder the cells of the lining from enzymes production to break down foods. To confirm if a person is Non Coeliac Gluten Intolerant – NCGI – they should do an elimination diet.

Avoid all gluten food for at least two weeks and then introduce it. If symptoms return, and previous tests were negative or inconclusive then it shows that the person is NCGI. People with NCGI suffer from similar symptoms of food intolerance and Glutenzyme that is capable of breaking down gluten proteins can be the solution for a normal diet reducing or eliminating symptoms associated with NCGI.

Taken from www.allergize.com. Article written by MAYA



"We get results!"



Kathy McLaughlin P.T., S.I.M.T., M.B.A.

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"The greatest compliment you can give us is the referral of your friends" and family."



Nikki Morgan, Kate Delio, Kathy McLaughlin, Shauna Dye, Peggy Mau, Jolene Wilts

Helpful Information about IPT:

Our office will be closed in observance of Memorial Day on Monday, May 30th. We will be seeing patients again on Tuesday, May 31st.

We will not be seeing patients on from Wednesday, June 1st thru Monday, June 6th. We will be seeing patients again on Tuesday, June 7th.

Our office will be closed in observance of Independence Day on Monday, July 4th. We will be seeing patients again on Tuesday July 5th.