



Integrative Physical Therapy

"We get results!"

Front Porch News:

Happy Holidays

The Holiday Season is upon us and we would like to wish you a healthy happy holiday season.

With the holidays approaching our stress levels and eating habits can change. With high volumes of sugar and stress we may notice that our aches and pains worsen. We have great programs here to help with stress management and the aches and pains that our associated with it. Inside this edition you will find some wonderful recipes for the holidays that are sugar and gluten free. We also have included a list of cookbooks that our available in our library to check out.

In November Kathy is scheduled for further training in Connecticut about genetic diseases that require Physical Therapy. Peggy has also been busy attending courses in holistic nutritional.

October was National Physical Therapy Month. Integrative Physical Therapy celebrated by having our third open house and Kathy did many talks about digestive health and how it effects your physical health. We would like to thank everyone that attended the events. Also in celebration of National Physical Therapy month there was a 5K walk/run sponsored by all the clinics that supply Physical Therapy services here in Alliance it was the second annual "Because I can" 5K. This raised \$1,500 which was donated to the APTA foundation for Physical Therapy research.



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HOLIDAY RECIPES

Gluten-Free Pumpkin Chocolate Chip Cookies Recipe

Preheat the oven to 350 degrees F. Line a [cookie sheet](#) with [parchment paper](#) or an [Exopat](#) .
In a large mixing bowl, whisk together the dry ingredients:

1 cup [sorghum flour](#)
1/2 cup [organic coconut flour](#)
1/2 cup [tapioca starch](#) /flour
1/4 cup [almond flour](#) or [hazelnut flour](#)
1 1/2 cups [organic light brown sugar](#)
1 teaspoon baking powder
1/2 teaspoon fine sea salt
3/4 teaspoon xanthan gum
1/2 teaspoon ground cinnamon
1/2 teaspoon ground ginger

Add in:

2/3 cup [organic pumpkin puree](#)
1/2 cup organic creamy peanut butter or [Sunbutter](#)
2 tablespoons light olive oil or grapeseed oil
2 free range organic egg whites, or [Ener-G Egg Replacer](#) for 2 eggs, mixed (1/4 cup liquid)
1 tablespoon [bourbon vanilla extract](#)

Beat until the ingredients come together and form cookie dough. The dough should stick together when you pinch it. If it is too dry, add a teaspoon of water. Add in:

1/2 cup dark chocolate chips
Stir by hand until the chips are distributed.

Using the palms of your hands, roll the 18 pieces of dough into balls. Place the balls on the prepared baking sheet and press down lightly with your palm to slightly flatten the dough. Shape into a circle if you need to. Press on a few extra dark chocolate chips.

Bake in the center of a pre-heated oven for about 15 to 20 minutes, depending upon your oven. Mine runs hot, so I checked it at 15. Cookies will be firm and slightly golden brown on the bottom. Don't over bake.

Cool cookies on a wire cooling rack.

My Delicious Gluten-Free Bread Recipe

Most gluten-free bread recipes rely on eggs for texture and rise. Not this one. This gluten-free bread is tender, crusty, vegan, dairy-free, rice-free, and egg-free. I bake it in my [Breadman bread machine](#).

First- whisk together your dry ingredients and set aside:

1 cup sorghum flour
1 cup potato starch
1/2 cup millet flour
2 teaspoons xanthan gum
1/4 teaspoon fine sea salt
1 tablespoon rapid dry yeast

You'll need sesame seeds for the top; set aside for later. Or omit.

Pour the liquid ingredients into the bread machine pan:

1 1/4 to 1 1/3 cup warm water (at 110 to 115 degrees F)
3-4 tablespoons extra virgin olive oil
2 tablespoons honey- or raw agave nectar to keep it vegan
1/2 teaspoon mild rice or white wine cider vinegar (or lemon juice)
1 tablespoon Ener-G Egg Replacer whisked with 4 tablespoons warm water till frothy

Gently pour the mixed dry ingredients on top of the liquid.

Set your bread machine program for 1.5 loaf medium crust. I used the [gluten-free cycle on the Breadman](#); if you don't have a gluten-free cycle, I believe a rapid rise cycle will also work.

Check the dough after a few minutes of kneading- it should be closer to a muffin batter than bread dough, soft but not too wet. Adjust dry to wet ratio with a tablespoon of flour or warm liquid, as needed. Humidity influences the dough. As does temperature (your bread will rise higher on a hot day).

If you like a crusty loaf, remove the bread from the pan and place it in the oven at 350 degrees F for an additional 10 minutes- keep an eye on it and don't let it get too brown. It should be a light golden color.



Fresh Herb Bread Stuffing

SERVES 8

Traditional bread stuffing gets a delicious makeover with fresh herbs. For a New England variation, try Oyster Bread Stuffing

1/2 cup butter or gluten-free, dairy-free margarine or oil
2 cups celery, diced
1 cup onion, diced
1 cup sliced leeks
5 cups dry gluten-free, dairy-free bread cubes (purchased or homemade)
2 tablespoons fresh sage, minced
1 cup fresh parsley, minced
1 tablespoon fresh thyme
1 teaspoon salt
1/2 teaspoon pepper
1-1 1/2 cups gluten-free, dairy-free chicken, turkey or vegetable broth

Preheat oven to 350 degrees.

In a large pan, heat butter (or margarine or oil). Add celery, onion and leeks and sauté over medium heat for 3 to 4 minutes. Let cool.

In a large bowl, mix remaining ingredients, except broth.

Add cooled vegetables. Gently mix in broth.

Loosely spoon the stuffing into an oiled 3-quart baking dish. Do not pack.

Cover and bake in preheated oven for



For your health...

Home remedies for the common cold:

It's that time of year again. The weather is getting colder and snow is just around the corner. This type of weather can lead to the sniffles, sore throats, coughing, and fevers. None of us like being sick, so here are a few natural, home remedies to help you through this year's cold season.

1. If you have an irritated or sore throat, you can steep one tablespoon of raspberry leaves or lemon juice into two cups of hot water; mix in one teaspoon of honey. Let the mixture cool to room temperature before gargling. (Honey should never be given to children less than 1 year old).
2. For common cold symptoms (runny nose, cough, etc.), you can mix one teaspoon full of the juice of ginger and one teaspoon of honey. Take this mixture twice a day (in the morning and evening).
3. If you have nasal drainage, especially down the back of your throat, you can clear this up by eating dates. Dates dissolve phlegm and eliminate it from the body.
4. If you have ear aches, put a few drops of **SLIGHTLY** warmed oil in both the ears and cover them with wads of cotton before you go to bed (remove in the morning).

Other useful tips for the common cold:

1. Remember to blow your nose often (make sure to wash your hands so you don't spread the germs)
2. Stay rested! This will help your body to direct its energy towards fighting that cold.
3. Don't forget to drink your fluids. You need water to stay hydrated and drinking warm fluids (herbal tea or broth) will help with congestion and aches and pains too.
4. Be sure to avoid fruits that can aggravate your cold. Steer clear of fruits such as oranges, papayas, and watermelons.

Remember, serious conditions can masquerade as the common cold and a mild infection can quickly turn into something more serious. If your symptoms persist or get worse, please see your physician.

These are some of the books in our library available for check out:

Gluten Sensitivity

Gluten Free Sugar Free Cooking

Adrenal Fatigue

Breakthrough— 8 steps to wellness

Baby Cakes Cookbook

Digestive Wellness

Disease Prevention and Treatment

Healthy Cooking Cookbook

Power VS. Force

Super Detox

The Inflammation Syndrome

The Gluten Connection

You Can Heal Your Life

Art of Reflexology

Dangerous Grains

The New Year brings new insurance benefits, for most insurance plans. If you used all of your Physical Therapy benefits in 2009 but would like to continue your therapy in 2010, check with your insurance company to see if your benefits renew on January 1st, 2010. Or give us a call at 308-762-3609 and Shannon (Business Office Manager) can call your insurance company to see if you have renewed insurance benefits.

Great network. Great people. **MidlandsChoice**



The Truth about Sugar

Lets face it, we all like the taste of sugar but do we really know the bad effects it has on our health? All carbohydrates are a form of sugar, and they eventually break down in your system into glucose, or blood sugar, its simplest form, where it is then metabolized as the body's primary energy source. The problem is that your blood sugar is strictly regulated as your body can only handle a very specific amount at one time. Fruits and other unrefined carbohydrate foods contain fiber that naturally slows the absorption of sugar in your body. Refined sugars have been stripped of these properties, allowing the sugar to go immediately to your bloodstream. Your body then reacts by pumping out insulin to stop the overflow of sugar. That's why after you eat something sweet you get a sugar high followed by a crash. After the crash, you feel like you need more sugar to bring your energy level back up again, and it becomes a cycle.

The constant battle to regulate your blood sugar will eventually wear out your insulin response, and any number of things will happen. First, the energy required to handle all that sugar will reduce the capacity of your immune system and you will become ill more frequently. You may become hypoglycemic (low blood sugar from too much insulin) and experience dizziness and shakiness between meals, mood swings, irritability and fatigue. You will probably develop candidiasis, which is an overgrowth of the dangerous yeast *candida albicans* throughout your digestive tract, causing digestive distress, fatigue and frequent yeast infections. Finally, you could become diabetic - and once that happens, there is no going back. Now your body cannot handle the slightest amount of sugar without going into shock.

Scientists are saying that 1 in 3 of today's children will develop diabetes in their lifetime.² The good news is, it can be prevented, and you don't have to give up your sweet tooth. There are alternatives. Here are a couple of great sugar substitutes: *Agave Nectar *Stevia *Xylitol



Gluten Sensitivity

Gluten is a protein found in wheat and other grains such as barley, rye, spelt, kamut, and sometimes oats (because wheat and oat fields are often rotated). It is extremely difficult to digest, and when an intolerance to it develops due to over-consumption or heredity, it irritates the lining of the intestinal walls, destroying the cilia that absorb nutrients, and causes inflammation and irritation of the bowels.

People vary in the severity of their response to gluten, from sensitivity to intolerance - a condition known as *Celiac Disease*. Symptoms of gluten sensitivity include a wide range of other health issues, such as arthritis, acne, eczema, lupus, migraines, chronic fatigue, Crohn's disease, irritable bowl, restless leg syndrome, depression, autism, dermatitis herpetiformis, etc. You can be tested for gluten intolerance, but it requires that you are consuming gluten at the time of the test so there are antibodies present. Even if you do not have a gluten sensitivity or intolerance, your digestion will benefit from a gluten-free diet.

Although awareness of gluten intolerance is slowly increasing, many times its missed as the cause to physical problems. However, the scientists who study gluten intolerance believe that anywhere between 1/4 and 1/3 of Americans will develop it in their lifetimes. Considering the fact that our industrialized food production and distribution relies on the cheap staple of wheat for most everything, that's a huge problem! Hopefully as people become more and more aware and demand more gluten-free items from stores and restaurants, that will change. However, the best thing to do is just eat whole foods and you can avoid the whole problem of food additives containing gluten.





"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."



Nicole Morgan, Peggy Mau, Kathy McLaughlin, Shauna Tyler, Shannon Rash



The Staff at Integrative Physical Therapy would like to wish everyone a Happy Holiday Season!

