

HALL CHIROPRACTIC PC
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DrEstherHall.com

HALL CHIROPRACTIC

FALL 2022

SPECIAL POINTS
OF INTEREST:



We'd like to thank our amazing patients for once again voting

Dr. Esther Hall, DC
#1 favorite Chiropractor in El Dorado County Foothills in Style Magazine!



✦ We are happy to welcome Nicci Culver, RN, Functional Nutritionist, to our office! Call us for info on scheduling an appointment with Nicci.

✦ Follow us on Facebook
WWW.Facebook.com/ConnectionChiropractic

✦ Check out our website for news and events!
www.DrEstherHall.com

Fertility and Chiropractic



Does chiropractic help with fertility? A few years ago, a couple walked into my office seeking to change their health and lifestyle. They both already had children from previous relationships, but desperately wanted a baby together. They had been trying to conceive naturally for five years already. They tried changing their diets, adding more vegetables and fruits. They also added light exercise and reduced their stress for over a year. Changing your eating habits, light exercising, and reducing stress are fantastic ways to boost your health and well-being!

These changes definitely made a difference, but they still struggled with infertility. After spinal evaluation of the couple, the wife, Janine, was shown to have a scoliotic curvature in her low back. A scoliosis

is an abnormal curvature of the spine that puts pressure on the nerves, causing impaired function of the nervous system. The nervous system is the most important system of the body. It consists of the brain, spinal cord, and all the nerves that feed into and control other functions of the body. The nerves in the low back feed into and control the reproductive organs.

On one visit, after I had been adjusting Janine for several months, I asked the date of her last menstrual period. She told me she was late. She and her husband decided to take a pregnancy test in the office, at my suggestion. They walked out of the bathroom with tears running down their faces. The test was positive! When I asked if there was anything they had done differently, they said, "We started chiropractic care!"

According to the American

Pregnancy Association, "In many cases, fertility issues may be associated with improper nervous system function, poor nutrition, high stress, and poor lifestyle habits." Chiropractors are nervous system specialists, and reducing interference in the nervous system is their primary goal.

Janine received chiropractic care throughout her pregnancy, and vaginally delivered a healthy baby boy.

Chiropractic care does not "cure" infertility. Chiropractic care simply removes nerve interference, allowing the body to function and heal better.

Courtesy of Kristina Givens Parlier, D.C.



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COZY AUTUMN WILD RICE SOUP

This Cozy Autumn Wild Rice Soup features fresh seasonal produce, hearty wild rice, and a zesty creamy broth.

Prep: 40 minutes **Cook:** 45 minutes
Yields 8 servings

Ingredients

- 6 cups vegetable stock (*or chicken stock*)
- 1 cup uncooked wild rice*
- 8 ounces baby bella mushrooms, sliced
- 4 cloves garlic, minced
- 2 medium carrots, diced
- 2 ribs celery, diced
- 1 large (*about 1 pound*) sweet potato, peeled and diced
- 1 small white onion, peeled and diced
- 1 bay leaf
- 1 1/2 tablespoon Old Bay seasoning
- 1 (14-ounce) can unsweetened coconut milk \
- 2 large handfuls of kale, roughly chopped with thick stems removed
- fine sea salt and freshly-cracked black pepper

How To Make This Recipe

- **Sauté the veggies.** Heat (an extra) 1 tablespoon butter or olive oil in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until soft and translucent. Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.
- **Add base ingredients.** Add in the vegetable stock, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf and Old Bay seasoning. Stir to combine.
- **Simmer.** Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer for 30 to 40 minutes until the rice is tender, stirring occasionally.
- **Add final ingredients.** Add the coconut milk and kale to the soup, and stir gently until combined. Taste and season with salt and pepper (plus any extra Old Bay seasoning, if you would like) as needed.
- **Serve.** Serve warm and enjoy!