



NOVEMBER 2025

WELLNESS NEWS

*The Adjustment Your Sleep Has Been
Missing*

TAKE A PEEK AT
WHAT'S INSIDE:

THE BIG IDEA:
GONSTEAD
CHIROPRACTIC
AND SLEEP

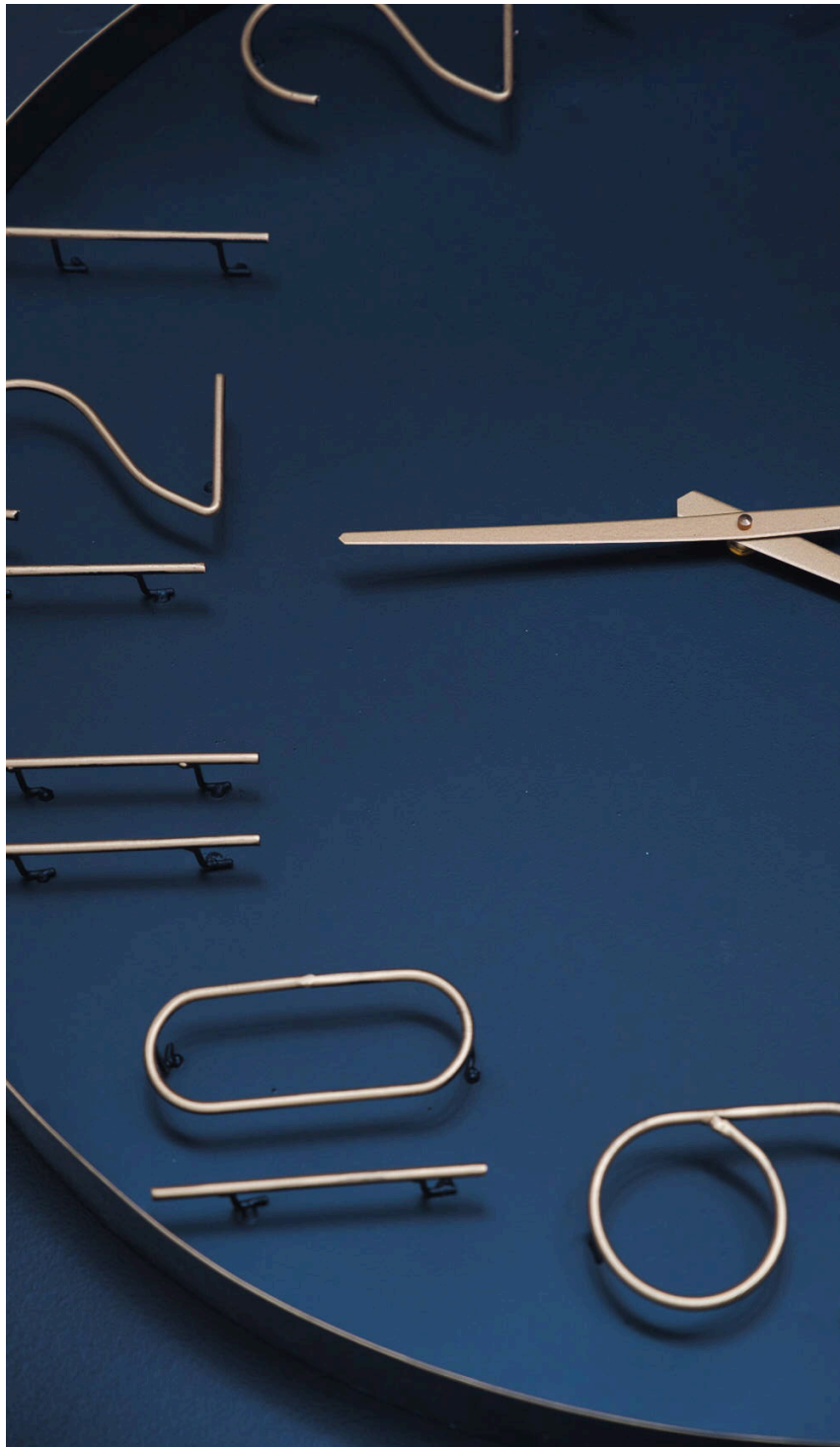
SUPPLEMENT OF
THE MONTH:
MAGNESIUM

RECIPE OF THE
MONTH:
THANKSGIVING
TURKEY

BETTER SLEEP STARTS WITH BETTER ALIGNMENT

How Chiropractic Care Supports Deeper Sleep

Quality sleep starts with a calm, balanced nervous system. When the spine is misaligned, it can place stress on the nerves that regulate your body's ability to relax and recharge. Gonstead Chiropractic adjustments help restore proper alignment and reduce interference in the nervous system—allowing your body to shift more easily into a rest-and-digest state. This promotes deeper, more restorative sleep. Our patients notice they fall asleep faster, stay asleep longer, and wake up feeling more refreshed after committing to regular Gonstead Chiropractic care. By easing tension, improving circulation, and enhancing nervous system function, Gonstead Chiropractic care gives your body the reset it needs to truly rest.



1. Balances the Nervous System

Gonstead Chiropractic adjustments help reduce interference in the nervous system, which controls sleep and wake cycles. When your spine is aligned, your brain and body communicate more efficiently—helping you relax and fall asleep more easily.

2. Reduces Stress and Tension

Time changes can increase stress, especially if you're feeling out of sync. Gonstead adjustments lower cortisol (the stress hormone) and activate the parasympathetic nervous system—your body's "rest and digest" mode—promoting deeper, more restorative sleep.

3. Relieves Physical Discomfort

Neck, back, or shoulder tension can make it difficult to find a comfortable sleeping position. Gonstead Chiropractic care restores mobility and alignment, making it easier to relax and stay asleep through the night.

4. Improves Melatonin Regulation

A properly functioning nervous system helps regulate hormones like melatonin, which controls your sleep cycle. Better alignment means your body can naturally adapt to new light patterns and time changes.

5. Encourages Healthy Routines

Our Gonstead chiropractors coach patients on sleep hygiene, posture, and evening routines to help the body wind down—crucial during seasonal clock changes.

SLEEP BETTER THROUGH THE TIME CHANGE

Adjusting to the Time Change Starts Here

As the clocks shift, so do our sleep patterns. Even a one-hour difference can throw off your internal clock, leaving you feeling groggy, irritable, or wide awake when you should be resting. Your body's circadian rhythm—the natural cycle that regulates sleep, mood, and energy—relies on balance and clear communication between your brain and body. That's where regular Gonstead Chiropractic care comes in. By supporting the nervous system and spinal alignment, Gonstead Chiropractic adjustments help your body adapt more smoothly to seasonal changes, improving both the quality and consistency of your sleep.

Magnesium

Supplement of the Month



Magnesium supports both better sleep and Gonstead Chiropractic health by calming the nervous system, relaxing muscles, and promoting balance throughout the body. It helps reduce stress hormones, supports melatonin production for deeper sleep, and eases tension that can interfere with spinal alignment. For Gonstead chiropractic patients, magnesium enhances muscle recovery, nerve function, and bone strength—making it an essential mineral for restful sleep, improved mobility, and overall wellness.

SPINE AND DINE

Thanksgiving Turkey

There's a reason that all of your uncles are sleeping on the couch after eating every single Thanksgiving — and it's not because they tired themselves out with all of the holiday excitement. Turkey, the main dish at many Thanksgiving dinners across the country, contains tryptophan. Tryptophan is an amino acid that promotes the production of serotonin and melatonin, neurotransmitters that regulate sleep-wake cycles. As tryptophan helps to create melatonin naturally, it helps you fall asleep more easily. Turkey is also a lean source of high-quality protein that supports muscle repair, immune health, and overall energy. It's rich in nutrients like B vitamins (especially B6 and niacin) that boost metabolism and brain function, plus minerals like zinc and selenium that strengthen the immune system. Turkey is low in fat and high in nutrients, making it a wholesome choice for maintaining strength, recovery, and overall wellness. Even if you don't have your whole extended family coming over for a holiday, pop a turkey in the oven and enjoy falling asleep not long after eating it.

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Prepare stuffing mix according to package directions. Set aside to cool.
2. With a sharp knife, butterfly breasts open to lay flat. Place each breast between two sheets of waxed paper, and flatten with a mallet. Spread the prepared stuffing to within 1/4 inch of the edge of each breast. Sprinkle each one with chopped pecans and dried cranberries, reserving some of the cranberries for garnish. Roll up tightly in a jellyroll style, starting with the long end. Tuck in ends, and tie in sections with string, about 4 sections around the middle and one running the length of the roll to secure the ends.
3. Heat olive oil in a large cast iron skillet over medium-high heat. Carefully brown rolls on all sides.
4. Place skillet in oven, uncovered. Bake in a preheated 350 degrees F (175 degrees C) oven for 1 hour, or until the internal temperature is at 170 degrees F (78 degrees C) when taken with a meat thermometer. Do not let these get overly dry.
5. Allow rolls to set for 15 minutes before removing string, and slicing into 1/2 to 3/4 inch circles. Leave one roll whole, and slice the other for presentation. Stuffing will be spiraled into meat. Present on your prettiest platter on a bed of curly lettuce, and garnish by sprinkling with the remaining 1/2 cup pecan halves and the reserved dried cranberries..

Ingredients

- 1 (12 ounce) package herb-seasoned bread stuffing mix
- 2 skinless boneless turkey breasts
- 1 cup chopped pecans
- 2 (8 ounce) packages dried, sweetened cranberries
- 2 tablespoons olive oil
- 6 lettuce leaves
- 1/2 cup pecan halves

