

Wellness News

September 2024



Chiropractic Care for Kids!

"For Pediatric Development and Lifetime Adult Wellness."

The main goal for our office is to be of service to you and your whole family! Gonstead Chiropractic care has been proven to improve wellness and overall health in children of all ages.

Top 7 Reasons to Have Your Child Checked!

- Balances nervous system
- Revitalizes immune health
- Promotes healthier sleep cycles
- Improves digestion and constipation
- Reduces allergies, ear infections, and asthma
- Supports growth milestones and aids in posture, back pain, and injuries
- Improves mood, mental focus and ADHD

SEPTEMBER HIGHLIGHTS

Chiro 4 Kids

Importance of starting Chiropractic care for kids!

New Supplement!

Llama Naturals Kids' Gummy

New Recipe!

Banana Oat Muffins

Chiro 4 Kids

STARTING EARLY

Introducing your infant or child to Gonstead Chiropractic care at a young age can be one of the best ways to help set them up for a lifetime of health and wellness. Our Doctors help kids in a myriad of ways – from promoting healthier sleep and boosting immunity to improving behavioral issues and even aiding in digestion. In infants, Gonstead Chiropractic care will also sooth colic and reflux, among many other benefits.

Pediatric Gonstead chiropractic care is a specialty that concentrates on treating infants, toddlers, children, and teens in order to help align their spine and balance their nervous system. It promotes a broad spectrum of benefits such as supporting growth milestones, enhancing immune health, aiding in digestion, reducing ear infections and allergies, improving sleep, and more. Our pediatric Gonstead chiropractors have undergone specialized training to ensure that the care, evaluation, and adjustments they provide to kids correspond properly to their specific age, body type, and unique requirements.

Gonstead Chiropractic adjustments on kids are safe, non-invasive, and use only light and gentle pressure to achieve optimal results. Many parents comment that it looks like just a gentle touch, tickle, or massage.



WELLNESS WISDOM

“Having faith gives you the strength you need to do things you never thought you could do.”

Supplement of the Month

Llama Naturals Gummy

- Made With Real Apples & Strawberries, Not Sugar Cane or Sweeteners.
- 13 Natural Vitamins + Phytonutrients from Whole Foods for Better Absorption when Compared to Regular Synthetic Multivitamins
- Support Your Kid's Body and Brain Development in their Key Formative Years!*
- Great Fruit Taste that's Picky Eater Approved.
- Allergen Free: No Peanuts, Tree-Nuts, Corn, Gluten, Soy, Dairy, Eggs, or Shellfish



Recipe of the Month

Banana Oat Muffins

Ingredients

- Pioneer whole grain muffin mix (1.5 bags) 7½ pounds
- Bob's Red Mill rolled oats 2 cups
- Bananas 12 each
- Vanilla extract 2 tablespoons
- Water 2 quarts

Serving Size
1 muffin

Servings:
156

Instructions

1. Preheat oven to 375°F
2. Smash bananas in one bowl and add oatmeal. Fold together and let rest for 5 minutes.
3. In a separate bowl make muffin mix following the recipe on bag. Whisk while adding water.
4. Fold banana and oats in with the muffin mix and add vanilla. Whisk until well combined.
5. Place muffin paper into muffin tins, then pan spray tops of paper and tins.
6. Using a 2 oz scoop, fill each tin. Bake for 18 to 20 minutes. Check for doneness with toothpick and let rest.

For more information, check out our website!
roshauwellness.com