

*April 2022*

## It's about that time to think about spring cleaning....

Spring is a time of many new beginnings. The temperature begins to rise as our part of the earth tilts closer to the sun. The birds come back to their home for the summertime. Blossoms and green grass begin to grow from the Sun and April showers. It's a time when an activity that has been dormant during the winter begins to flourish!

The same can be said for the humans who most often stay inside most of the winter and are typically less active than the rest of the year. For many of us, this means we begin to move more and partake in many outdoor activities that were impossible to do during the winter.

This increased activity on a body that has been somewhat dormant and inactive can cause wear and tear quickly if not done correctly. Our body must now adapt to new motions and stressors that it hasn't had for several months. Going about this the correct way will limit long term damage and enhance the likelihood of positive results.

Our nerve system, including our brain and spinal cord, is what helps our body adapt to these new stressors and create new positive patterns. If there is any interference to our brain's ability to coordinate this adaptability, problems will inevitably occur. This is why the #1 thing for everyone to do is get a check-up from their family's Chiropractor anytime they begin to become more active. It greatly enhances the ability to function at your best and minimizes the chances of causing problems that can damper your fun during the summer!

### The Essentials...

Have you ever heard Dr. Brad or Dr. Riley mention the "Fab 5"? These five supplements are essential for each person to maintain optimal health. Over the years many of these nutrients have been depleted from our food source. If you aren't already taking these five supplements, talk to one of our team members today!

**Magnesium**

**Multivitamins**

**Omega Fatty Acids (fish oil)**

**Probiotics**

**Vitamin D<sub>3</sub>**

When considering these supplements, be sure to pick high-quality ingredients as some brands have many fillers and ingredients that can actually be detrimental to your health.



Walk down the cleaning products aisle at your local grocery store and it may be a bit overwhelming. There is a cleaning product for every surface of your home, and rarely will they be recommended for use in any other space. Bathroom cleaners are different than kitchen cleaners and floor cleaners can't be used on windows; there are even specialty cleaners for appliances, ovens, microwaves, etc. Beyond the overwhelming quantity and expense, don't forget the toxic factor. Almost every single product on those shelves will contain some kind of toxin or dangerous substance.

The US Environmental Protection Agency has noted that many household cleaners contain volatile organic compounds or VOCs, such as formaldehyde and other harsh acids. This is important because exposure to VOCs can lead to several symptoms including: eye, nose and throat irritation; headaches; nausea; liver, kidney and central nervous system damage; loss of coordination and more. Toss the toxins and start cleaning green!

### *Top Nine Green Ingredients!!*

- 1. White Vinegar** – This is a stringent but safe antifungal that will kill germs and bacteria.
- 2. Baking Soda** – This will work as a gentle scouring powder and eliminates odors.
- 3. Club Soda** – Works well as a stain remover and polisher.
- 4. Olive Oil** – Can replace expensive furniture polishers.
- 5. Lemon Juice** – Can work well as a non-toxic bleach alternative, a stain remover and will help to cut grease.
- 6. Hydrogen Peroxide** – At 3% concentration this works well as a non-toxic bleach, a stain remover and a disinfectant.
- 7. Corn Meal** – Works wonders when poured on a carpet spill, allow time to dry and then vacuum it up!
- 8. Liquid Castile Soap** – The word “Castile” means that it is vegetable-based and not animal-based. This cuts grease and can replace any all-purpose cleaners while working as a disinfectant.
- 9. Essential Oils** – These can be added to any cleaning recipe for many reasons. First is the pleasant smell; typical cleaning products have a strong, stringent odor which can be quite unpleasant. Secondly, some essential oils actually have antibacterial, antifungal and insect repelling properties. Some of these include: eucalyptus, peppermint, lemongrass, lavender and green tea, just to name a few.

