



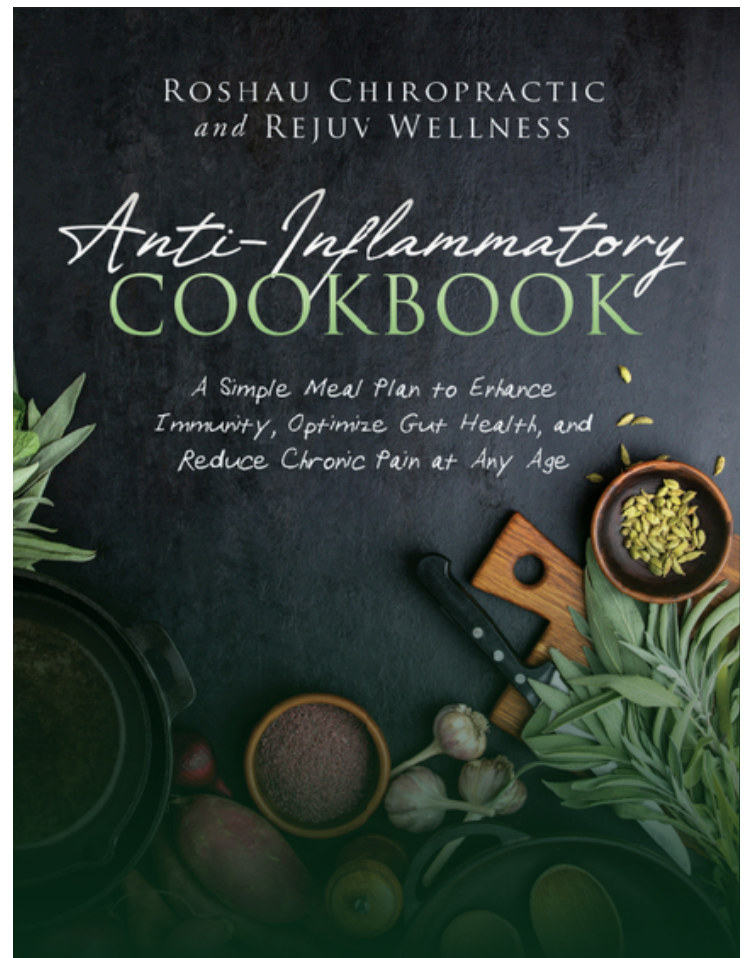
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# WELLNESS NEWS

In today's health-conscious world, the choices we make in the kitchen—from the cookware we use to the food we eat—have a profound impact on our well-being. Increasing awareness of toxic substances found in conventional cookware and chemically treated foods has sparked a growing movement toward safer, more natural alternatives. Non-toxic cookware and clean, chemical-free food are not just trends; they are essential components of a lifestyle that prioritizes long-term health, disease prevention, and environmental sustainability. By minimizing exposure to harmful chemicals and opting for wholesome, responsibly sourced ingredients, we can foster healthier bodies, homes, and ecosystems.

## THE IMPORTANCE OF NUTRITION: FROM COOKWARE TO THE FOODS WE EAT.

Chronic inflammation has been identified as the root cause of most modern health conditions. This fact has become a passion for our office as we navigate new ways to decrease inflammation for our community through Gonstead chiropractic. While acute inflammation is a natural and essential part of the body's healing process, long-term or excessive inflammation can silently damage tissues and organs over time. One of the most powerful tools we have to combat this is our diet. Anti-inflammatory foods—such as leafy greens, berries, fatty fish, nuts, and spices like turmeric and ginger—contain natural compounds that help reduce inflammation, support immune function, and protect against disease. Incorporating these foods into daily meals is a proactive way to promote overall wellness and longevity, while also supporting energy levels, mental clarity, and emotional balance. Now, Dr. Brad has released a cookbook with recipes that enhance immunity, optimize gut health, and reduce chronic pain at any age.



[roshauwellness.com](http://roshauwellness.com)

# ANTI-INFLAMMATION: DOWN TO THE COOKWARE WE USE



## WHAT ARE PFA'S?

When people refer to 'toxic-cookware' they're usually referring to any cookware that has a nonstick coating that's made with a class of manmade chemicals, that come from a parent class of over 12,000 chemicals known as PFAS or per- and polyfluoroalkyl substances. PTFE, GenX, PFOAs, PFOS, come from PFAS chemicals. PFAS chemicals are known as "forever chemicals" because they don't break down in the environment and can collect in human blood and organs. It's been linked to testicular and kidney cancer, infertility, liver damage, and thyroid disease.

## HOW PFA'S AND INFLAMMATION ARE LINKED

PFAS (per- and polyfluoroalkyl substances) are linked to body inflammation through their disruption of the immune system, increased production of pro-inflammatory cytokines, and promotion of oxidative stress. These chemicals can accumulate in organs like the liver, leading to tissue damage and chronic inflammation. PFAS also interfere with hormone signaling, which can further affect inflammatory pathways. As a result, long-term exposure is associated with conditions such as autoimmune disorders, thyroid issues, metabolic syndrome, and cardiovascular disease.

## SO WHAT IS THE SAFEST FOR YOUR HEALTH?

Let's face it, most cookware is generally safe. But there are things to consider about each material when purchasing your cookware. If you want to avoid coatings, then your choices are **pure ceramic, stainless steel, cast iron, and carbon steel** (read about the difference between stainless steel and ceramic cookware). And if you have serious concerns about cookware and want to stay away from heavy metals completely, please consult your primary physician for advice.



*ask the front desk for a more detailed cookware handout if you are interested in our Doctor's recommendations!*



## RECIPE OF THE MONTH

# Low Carb Zucchini Chips

## Instructions

1. Begin by heating your oven to 250 degrees F (20 degrees C).
2. Place the zucchini slices on a baking sheet. Drizzle them with olive oil and season lightly with sea salt.
3. Transfer the baking sheet to the oven. Allow the zucchini to bake until they become dry and resemble chips, about one hour per side. Let them cool on the tray before serving.

## Nutrition

- Calories 111
- Fat 7g
- Carbs 11g
- Protein 4g

## Other

- Prep time: 10 mins
- Cook time: 2 hours
- Serving: 2

## *INGREDIENTS*

- 2 large zucchini, thinly sliced crosswise
- 1 tablespoon olive oil, or to taste
- Sea salt to taste