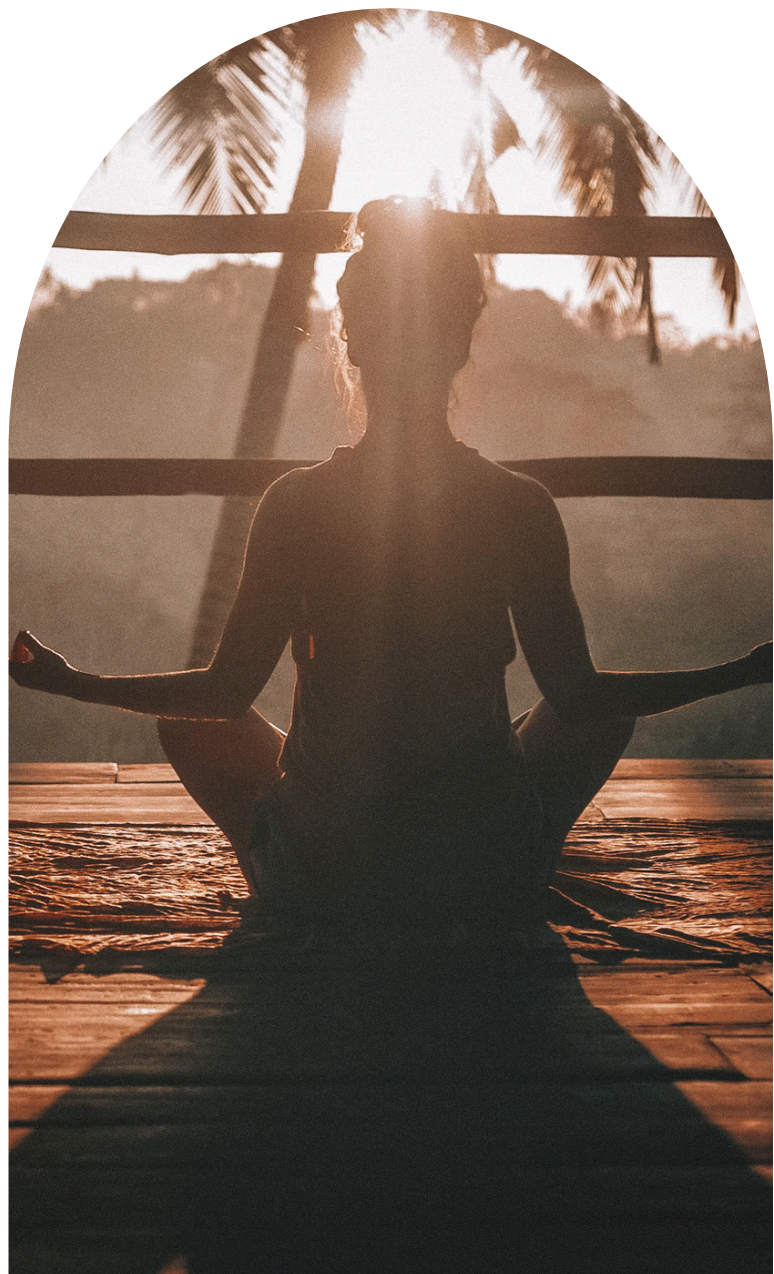


FALL INTO BETTER HABITS



Your morning and evening routines set the tone for how your body feels and functions throughout the day. A healthy routine can help you start the day feeling more prepared and finish it with time to recover and reset.

Gonstead chiropractic care focuses on the relationship between the spine and nervous system, helping support proper alignment and movement so your body can function at its best throughout your daily routine.

Your morning routine matters. The way you get out of bed, move, stretch, exercise, and prepare for the day can influence how your body feels for the hours ahead. Maintaining proper spinal alignment and addressing areas of restricted movement may help support mobility and make everyday activities feel more comfortable. Regular chiropractic care is essentially a part of a proactive wellness routine designed to keep your body functioning well—not just something to consider when discomfort occurs.

Your evening routine is just as important. After a full day of sitting, standing, working, exercising, and moving, your body needs time to slow down and recover. Creating an evening routine that includes gentle movement, relaxation, adequate hydration, and quality sleep supports the body's natural recovery processes. Consistent chiropractic care complements these habits by supporting healthy spinal system function as you transition from a busy day into rest and recovery.



SMALL CHANGES. LASTING WELLNESS.

SIMPLE CHANGES FOR A HEALTHIER YOU

Daily movement is one of the most important pieces of long-term wellness. Our bodies are designed to move, and small movements throughout the day add up. Walking, stretching, changing positions, taking movement breaks, and staying active can all help maintain mobility. When the spine and joints are moving properly, it makes it easier to participate in the activities you enjoy and maintain an active lifestyle.



At Roshau Chiropractic and Rejuv Wellness Center, the goal isn't simply to help you feel better for a moment—it's to support your body's ability to function, adapt, and move well as part of your everyday life. Care in our office is better supported when paired with the healthy choices you make between visits. Being intentional about how you start your morning, how you move throughout the day, and how you allow your body to rest and recover in the evening can make a meaningful difference in your overall wellness routine. Consistent Gonstead chiropractic care from our Doctors, combined with regular movement, proper rest, hydration, and healthy daily habits, creates a strong foundation for your body to function at its best. This September, consider making small, consistent changes to your daily routine that support your spine, nervous system, and overall well-being—not just for today, but for the months and years ahead.

SUPPLEMENT OF THE MONTH

Perfect for increasing energy and maintaining a productive daily routine.

B-COMPLEX #12 BY THORNE

As we transition into fall and settle back into our daily routines, B vitamins can be an important part of nutritional support for energy production, nervous system function, and overall wellness. Thorne's B-Complex #12 provides all eight essential B vitamins, with additional vitamin B12 and folate in active, methylated forms. These nutrients support normal cellular energy production, red blood cell formation, healthy nerve cells, and proper nervous system function.

This makes B-Complex #12 a natural fit for September's focus on creating healthy morning and evening routines and staying active throughout the day. Our bodies rely on B vitamins to help convert nutrients from food into usable energy, while several B vitamins also play important roles in maintaining healthy neurological function. Making nutritious choices, staying active, getting adequate rest, and maintaining a consistent wellness routine can all work together to support how you feel throughout your day.

Thorne B-Complex #12 contains methylcobalamin (vitamin B12) and L-5-MTHF (folate) along with other B vitamins, providing a comprehensive formula for those looking to support their nutritional needs as part of a healthy lifestyle. As with any supplement, individual needs vary, so supplementation should be discussed with one of our Doctors when appropriate.



RECIPE OF THE MONTH



Apple Cinnamon Overnight Oats

- Add the ingredients to a 16-ounce mason jar or other individual storage container in the order listed above: oats, cinnamon, ginger, cloves, salt, diced apples, almondmilk, maple syrup, Greek yogurt, and flaxseed. Do not shake. Seal jar and refrigerate overnight (or up to 5 days). You can also layer the ingredients in a bowl, then cover the bowl with plastic wrap and refrigerate.
 - When ready to eat, shake the jar to combine the ingredients or empty the contents of the container into a serving bowl and stir to combine. Add a little more Greek yogurt or almondmilk if a thicker/thinner consistency is desired. Add any desired toppings and enjoy!
- ⅓ cup old fashioned rolled oats
gluten free if needed
 - ½ teaspoon ground cinnamon
 - Tiny pinch ground ginger
 - Tiny pinch ground cloves
 - Tiny pinch kosher salt
 - ½ medium apple cored and diced
(peeling optional), any kind you
enjoy eating (Most recommended:
honeycrisp)
 - ½ cup Almond Breeze
Unsweetened Vanilla Almondmilk
 - 1 ½ teaspoons pure maple syrup
 - ½ cup non-fat plain Greek yogurt
 - 1 tablespoon ground flaxseed meal
or substitute chia seeds
 - Optional toppings: Toasted
almonds or walnuts; dried fruit,
such as raisins, cranberries, or
apricots, additional maple syrup