



DECEMBER 2025

Wellness News



We hope your holidays are filled with laughter & love.

As we close out the year, we're reflecting on the wellness essentials that made the biggest impact to our health in 2025 and deciding which of our favorites are worth carrying with us into 2026. From daily habits that kept us well to therapies and tools that elevated our health routines, these standouts earned a permanent place in our lineup.

Here's a look at what we're bringing forward to help you start the new year feeling aligned, energized, and supported.

As we move into 2026, we're not just carrying forward our favorite wellness practices - we're doubling down on the power of Gonstead Chiropractic care. Known for its precision, specificity, and results-driven approach, Gonstead Chiropractic care helps us create a strong foundation for overall well-being. By focusing on the root cause rather than symptoms alone, this technique supports better alignment, improved nervous system function, and a healthier, more energized you. Bringing Gonstead Chiropractic into 2026 means choosing a year of clarity, intention, and elevated wellness from the inside out.

The Doctors and their 2025 Favorites



Dr. Brad - Increasing Overall Wellness

In 2025, I really leaned into refining the foundations of my personal wellness. I committed to enhancing and deepening my prayer life. Prayer keeps me grounded and intentional. I also worked on improving my sleep hygiene—setting better routines, creating a healthier nighttime environment, and prioritizing rest the same way I do my work and workouts. Speaking of workouts, I shifted my entire training protocol this year to better support my long-term strength, mobility, and recovery. One of the biggest steps I took was completing a full re-evaluation with my chiropractor, including updated full spine X-rays and a detailed nervous system re-exam. The findings gave us a clearer picture of what my body truly needed, and my chiropractor adjusted my treatment plan to better support my alignment and overall function. All of these upgrades—spiritual, physical, and structural—made such a difference that I’m intentionally bringing them with me into 2026.



Dr. Colton - Community Involvement

As I move into 2026, I’m doubling down on the wellness habits that keep me grounded, healthy, and connected—just like nature intended. One of my biggest focuses is strengthening real human connection, not through phones or screens, but through genuine human energy. I’m making it a priority to gather with people more often, whether it’s enjoying the camaraderie of sporting events, sharing ideas in educational settings, spending meaningful time with family, or even connecting through activities like pickleball. These moments refill my emotional batteries, regulate my nervous system, and support my overall wellbeing on every level. I’m also continuing to incorporate hydrogen-oxygen therapy into my routine to help decrease inflammation and neutralize free radicals—unstable molecules that can damage cells, speed aging, and contribute to chronic health issues. By reducing oxidative stress, protecting cellular integrity, and supporting recovery, this therapy helps my body function the way nature intended: balanced, resilient, and energized. Here’s to a year of deeper community, stronger health, and a more connected life.



Dr. Riley - Home Improvements

Over the past year, our family has really focused on creating a healthier living space. Some of the big things we focused on was water quality, reducing unnecessary technological stress, and creating a calmer sleep space. One of the most effective changes I made was installing a new reverse osmosis (RO) water system at home creating a better-tasting water and a simple way to stay hydrated. By filtering out common impurities found in tap water, it provides healthy and clean tasting water that encourages the entire family to drink more water. I also installed shower head filters throughout the house to improve the water we use on our skin and hair. Once I switched to filtered shower water, I noticed a gentler shower, less irritation, and an overall fresher feeling. We also worked to reduce unnecessary exposure to electromagnetic radiation. We have EMF-blocking accessories for phones, TVs, routers, and computers, as well as EMF blocking bands/bracelets for the kids to wear. Finally, we have grounding mats on every bed in our house. It has made a huge difference in the sleep habits for the entire family.

The Girls and their 2025 Favorites

Brianna - Air Purifiers

So many benefits! Such as removing allergens and pollutants like pollen, pet dander, dust mites, smoke, viruses, and bacteria. I have noticed since our windows are closed up its made a world of a difference in our house! :)

Faith - Yuka App

I have been using the Yuka App a ton to find clean ingredient swaps for my skincare! It's nice to know that my skincare doesn't have any ingredients that are irritating or potential carcinogens. I've found so many new things that I love, and my skin feels a lot healthier!

Trinity - Trizomal Glutathione

I noticed that it has given me energy and helps so much with the inflammation in my gut and with bloating, gut aches and over gut health! I would also like to highlight forah sunscreen because being fare skinned its hard to find a clean sunscreen that feels good on your skin and won't give you cancer.

Isabella - Magnesium Glycinate

I have noticed that it has helped my sleep so much. I don't wake up at all throughout the night anymore and it has also helped a ton with sore muscles :) Prob one of my favs for the year

Rylee - Pilates

I started Pilates because I wanted a form of movement that builds strength, improves posture, and helps me feel more connected to my body. It's been incredible for my core, flexibility, and overall balance, and I've noticed a big difference in how I move and feel every day. Pilates keeps me strong, aligned, and energized.

Becky - Magnesium Glycinate

One of the supplements I will for sure be carrying into 2026 with me is Magnesium Glycinate! I've noticed such an improvement in the quality of my sleep ever since I started implementing it in my life daily!



AS WE MOVE INTO 2026, WE'RE EXCITED TO SHARE THAT WE'LL BE BRINGING MS. BECKY INTO THE YEAR WITH US. WE LOVED HER FRESH ENERGY, NEW IDEAS, AND STRONG HEART SHE SHARED WITH US IN 2025. WE'RE GRATEFUL FOR THE OPPORTUNITY TO START THE YEAR TOGETHER, STRENGTHENED AND BLESSED FOR WHAT'S AHEAD.



Spine and Pine

As we celebrate come into the New Year and welcome a fresh cycle of renewal, it's a perfect reminder of the balance and alignment we strive for in our daily lives. Gonstead chiropractic care mirrors this theme beautifully—focused, precise, and centered on restoring the body's natural harmony so you can step into the new year feeling aligned and energized. And because wellness starts from the inside out, we're sharing a simple "Egg Roll in a Bowl" recipe this season—a lighter, nourishing twist on a classic that brings warmth, flavor, and a fresh start to your plate. Here's to alignment, celebration, and nourishing traditions as we head into the new year!

Egg Roll in a Bowl

Directions:

1. In a large nonstick skillet, heat the oil over medium-high heat. Add the light scallions and ginger and cook, stirring constantly, for 2 minutes. Add the garlic and cook 20 seconds more; do not brown. Add the pork and continue cooking, breaking the meat apart with a wooden spoon, until browned, 3 to 5 minutes.
2. Add the coleslaw and soy sauce to the skillet and cook, stirring occasionally, until wilted and cooked through, 5 to 7 minutes.
3. Stir in the sweet and sour sauce, sesame oil, cashews, and dark green scallions. Taste and adjust seasoning, if desired. Serve with sweet and sour sauce on the side.

Ingredients:

- 1 tablespoon vegetable oil
- 1 bunch scallions, thinly sliced, light and dark green parts separated
- 1½ tablespoons finely chopped fresh ginger, from a 1½ inch knob (see note)
- 3 cloves garlic, minced
- 1 pound ground pork (preferably 80% lean)
- 1 (1-lb) bag shredded cabbage or coleslaw mix (about 7 cups)
- ¼ cup soy sauce
- 3 tablespoons sweet and sour sauce, plus more for serving (I use Kikkoman No Preservatives Added)
- ½ teaspoon sesame oil
- ½ cup salted cashews, chopped
- Rice, for serving (optional)



GOD HAS GRANTED US ANOTHER YEAR
MAY YOU LOOK AHEAD WITHOUT FEAR
CELEBRATE THIS BRAND-NEW YEAR
WITH THOSE WHOM TO YOU ARE DEAR.