



MAY 2024

# WELLNESS NEWS

*Roshau Wellness & Rejuv Center Monthly Newsletter*

## FEATURES OF THE MONTH:

### **Headaches**

- *Triggers*
- *Treatments*

### **Supplement Highlight**

*Magnesium Glycinate*

### **Recipe of the Month**

*Breakfast Power Bowls*



## COMMON TRIGGERS & TREATMENTS FOR HEADACHES

*For more information, visit our website [roshauwellness.com](http://roshauwellness.com) or ask Dr. Brad and Dr. Riley!*

Some common triggers for headaches include food sensitivities, hormones, posture, lack of physical activity, physical activity, medication, eating and sleeping patterns, noise, glare, anxiety, and vertebral spinal column (spinal misalignment). Every body is different, but knowing what works for you (and what doesn't) can help you avoid headaches in the future. Review these stressors with Dr. Brad or Dr. Riley, listen to your body, and get to the cause!

One of the first lines of defense against headaches is regular adjustments. Your Doctors will recommend a care plan for you to follow in order to treat and reduce symptoms. Secondly, you want to keep track of your water intake and stay hydrated. Lastly, focusing on your stressors and managing those will usually decrease any remaining symptoms you may have!



## SUPPLEMENT HIGHLIGHT

### *Magnesium Glycinate - Pure Encapsulations*

Magnesium activates the enzymes necessary for a number of physiological functions, including neuromuscular contractions, cardiac function, and the regulation of the acid-alkaline balance in the body. In a cross-sectional study involving 210 elderly individuals, optimal magnesium intake was associated with positive mood, lipid metabolism and lean body mass. Magnesium is necessary for the metabolism of carbohydrates, amino acids and fats, as well as energy production and the utilization of calcium, phosphorus, sodium and potassium. In a 15-year study involving almost 5,000 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization. Another large cross-sectional study found that magnesium intake was positively associated with bone mineral density in certain subgroups. This vital mineral also helps utilize some vitamins, including vitamin B6, vitamin C and vitamin E. Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium.



- Well tolerated
- Highest dose pure magnesium glycinate per capsule\* among leading professional brands
- Supports the metabolism of carbohydrates, amino acids and fats for energy production
- Promotes healthy cardiovascular function‡
- Provides support for cognitive and neuromuscular function‡
- Helps with calcium metabolism and bone mineralization
- Available in a variety of highly bioavailable, chelated forms including aspartate, citrate, citrate/malate and glycinate
- Convenient capsule, powder and liquid delivery systems
- Made with high-quality vegan ingredients backed by verifiable science

**While there are a lot of benefits to taking Magnesium Glycinate, there has been evidence that proves it will reduce inflammation, pain, and migraine headaches.**



**The best sources of magnesium are unprocessed foods such as:**

- dark green, leafy vegetables, such as Swiss chard and spinach
- nuts and seeds, such as pumpkin, chia, and sesame seeds
- seaweed
- beans and lentils
- whole, unrefined grains
- fruits, such as bananas, dried figs, and blackberries
- fish, especially halibut

**Tips and Tricks!**

- You want to soak the cooked quinoa, gluten free oats, and the chia seed in non-dairy milk (or yogurt) → This helps break down the phytic acid (in seeds and grains) so you can digest it better and absorb nutrients.
- Natural sweeteners → Adding a bit of vanilla extract, honey, and coconut milk to the chia and quinoa will give it more sweet flavor without the extra sugar.
- Splash of lemon! Adding an acidic medium water/juice like dash of lemon juice or juice from the fruit will continue to help break down the phytates (think of phytates as anti-nutrients)
- Texture! Soaking the grains will give this power bowl more of a porridge chia pudding like texture. Which is of course fun and easy to eat!
- Fiber and Omegas! Gluten free oats and quinoa are full of insoluble fiber, which keep you full. Chia seed are also rich in plant based protein, fiber, and omegas! Gotta love those healthy fats.
- Quinoa, the POWER grain — > Overnight oats are popular, but why not add more variety to boost nutrients! Yes? This is why we mixed the oats with quinoa. Quinoa, a “pseudo” grain, is rich in plant based amino acids; complete protein.



## RECIPE OF THE MONTH

### *Breakfast Power Bowls*

Breakfast Power Bowls provide real energy from REAL FOOD! These gluten free breakfast power bowls are made with gluten free oats, cooked quinoa, and chia seed soaked in coconut milk or almond milk. Antioxidant rich bowls can help POWER you through the day! A make ahead breakfast that is easy and delicious.

Make (prep) breakfast power bowls the night before (soaking the grains) to maximize your nutrient intake and ease digestion.

#### **Ingredients**

- ⅔ cup to 1 cup cooked quinoa
- ¼ cup to ⅓ cup or less gluten free rolled oats (if desired, use as a topping versus mix in).
- 2 to 3 Tablespoons chia seed
- 8 ounces coconut milk or almond milk + extra for topping
- 1 to 3 Tablespoons maple syrup or honey, to taste
- splash lemon juice
- ¼ teaspoon ground cinnamon
- Toppings – 1 cup fruit (berries, banana, kiwi, etc), 3 Tablespoons chopped nuts or seeds, 1 Tablespoon cocoa nibs or dark chocolate chips, and yogurt
- Optional Mix-in – 1 Tablespoon creamy nut butter
- Cook Mode Prevent your screen from going dark

#### **Instructions**

- Cook the quinoa according to package instructions or use leftover cooked quinoa.
- In a large bowl, mix together cooked quinoa, optional oats, and chia seed. Pour the milk on top to cover the grain/seed mix. Stir in maple syrup and cinnamon.
- Let this mixture sit in the fridge for 30 minutes or overnight. The mixture will thicken into a chia pudding-like texture.
- Once the mixture has thickened, remove from the fridge and stir in optional nut butter and toppings. If desired, pour a splash of milk on top and a drizzle of honey.
- Keeps well in fridge in an airtight container for up to 5 days for the perfect make ahead breakfast bowl or spoon portions into mason jars for breakfast on the go.