

Wellness NEWS

SEASONAL NUTRITION & IMMUNE HEALTH

As the seasons change, so do our routines, food choices, activity levels, and exposure to the sun. Seasonal nutrition is an important part of supporting overall wellness, especially as we move into the cooler months. Filling your plate with a variety of colorful fruits and vegetables, quality proteins, healthy fats, and nutrient-dense whole foods can help provide the vitamins and minerals your body needs to function properly. Nutrients such as vitamins A, C, D, E, selenium, and zinc all play important roles in normal immune function. Refer to our office cookbook for some useful guidance.





PREPARE YOUR BODY FOR THE SEASON AHEAD

At Roshau Chiropractic and Rejuv Wellness, we understand that wellness involves looking at the body as a whole. Gonstead Chiropractic care as applied by our Doctors focuses on a proper functioning nervous system. This is a critical part of a healthy lifestyle alongside good nutrition, regular movement, adequate sleep, hydration, and stress management. Rather than viewing an adjustment as a replacement for healthy nutrition or immune care, chiropractic complements these habits by helping you maintain a healthy nervous system and supporting your overall wellness routine.

Immune health is especially important as we enter fall and winter. Your immune system depends on adequate nutrition and a variety of lifestyle factors to function properly. Eating a diverse diet that includes seasonal produce, leafy greens, citrus fruits, berries, squash, quality proteins, nuts, seeds, and other nutrient-rich foods can help you meet your nutritional needs. Adequate sleep, regular physical activity, stress management, and staying hydrated are also important pieces of the bigger wellness picture. Please refer to our office wellness books; *The Power of True Alignment*™ for more guidance.

Maintaining your spine and nervous system through consistent Gonstead chiropractic care can be part of a broader approach to staying active and feeling your best.

This October, think of your wellness routine as a team effort: nourish your body with seasonal whole foods, keep moving, prioritize quality sleep, manage stress, stay hydrated, and maintain your consistent Gonstead chiropractic care as recommended by our Doctors.

Small, consistent habits can add up to a stronger foundation for overall health and help you move through the changing seasons feeling your best.



As we move into the fall months and spend less time outdoors, vitamin D is an important nutrient to pay attention to. Vitamin D plays several essential roles in the body, including supporting normal bone and muscle function and helping the immune system function properly. NutriDyn D3 5000 provides 5,000 IU (125 mcg) of vitamin D3 as cholecalciferol in a convenient softgel. NutriDyn specifically formulates this product to support bone, cardiovascular, and immune health.

Supplement of the Month

VITAMIN D35000 WITH K2

Vitamin D is particularly relevant during the changing seasons because our bodies can produce vitamin D when skin is exposed to sunlight, while spending more time indoors can reduce that source. There really is no "cookie cutter recipe" that fits everyone. We recommend 1,000 IU's per 40lbs of body weight. However, this varies depending on the patient's current status.

If you're considering vitamin D supplementation, talk with one of our Doctors about whether it is appropriate for you and what dosage they recommend for your case.



Recipe of the Month

CREAMY PUMPKIN & BUTTERNUT SQUASH SOUP

INSTRUCTIONS

- Melt the butter in a large stockpot over medium heat and saute the chopped onion, stirring occasionally for 10 minutes, until soft and golden.
- Add the chicken broth, butternut squash, and pumpkin to the pot and bring to a soft boil. Reduce the heat to a medium simmer. Stir in the thyme, ground cinnamon, chili powder, and pepper and cook, stirring occasionally for 20 minutes or until the squash softens and can be pierced with a fork.
- Using a handheld immersion blender, blend the soup until smooth or use a stand blender, working in batches ladle the soup into the blender and blend until smooth.



INGREDIENTS

- 1 tablespoon Avocado Oil
- 1 medium Vidalia Onion chopped
- 3½ cups Chicken Broth
- 2 lbs Butternut Squash
- 15 ounces Pumpkin Puree
- 3 sprigs Thyme chopped
- 2 teaspoons Ground Cinnamon
- 1 teaspoon Chili Powder
- 1 teaspoon Ground Pepper