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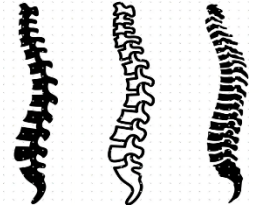
Omega Fish Oils  
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New Summer Recipe



June  
2022

We are the ONLY Gonstead Chiropractors in the region!

# Wellness Newsletter



## Omegas

### Making the best decisions for your health!

In last month's newsletter, the benefits of magnesium were discussed. This month we take a deeper look into fish oil and why it's important for your health and wellbeing.

Both omega-3 and omega-6 fatty acids are important components of cell membranes and are precursors to many other substances in the body such as those involved in regulating blood pressure and inflammatory responses. There is increasing support for omega-3 fatty acids in protecting against fatal heart disease and it is known that they have anti-inflammatory effects, which may be important in this and other diseases. There is also growing interest in the role of omega-3 fatty acids in the prevention of diabetes and certain types of cancer. The human body is capable of producing all the fatty acids it needs, except for two: linoleic acid (LA) - an omega-6 fatty acid, and alpha-linolenic acid (ALA) - an omega-3 fatty acid. These have to be consumed from the diet and are termed "essential fatty acids". Both of these fatty acids are needed for growth and repair but can also be used to make other fatty acids.

## Summer and Sandals

Many of us, male and female, wear sandals in the summer, but could those sandals be causing your knee, hip or back pain? Did you know custom made sandals are available here?

Sandals, especially flip flops, do not provide the correct support for your feet. Foot Levelers custom sandals are individually designed for your feet-helping achieve a balanced foundation and stabilized pelvis. Stabilizing orthotics are actually prescriptions for your feet. Custom-made orthotic sandals support the unique shape of your feet. Just as everyone has a unique personality, everyone has a unique body structure and foot shape. The benefit of using **custom-made orthotics**-rather than generic, mass produced ones-is that they're perfectly fitted to **you**. Only Foot Levelers customized orthotics support **all three arches** of the foot, which make up the plantar vault. Since the orthotics are custom made, no two pairs of Foot Levelers are alike! This higher-quality orthotic is extremely effective in reducing low back pain and other forms of pain typically related to foot conditions.

### Laid Back Comfort, Every Day Support



#### 1. Helps Reduce Nerve Pain

GLA, a type of omega-6, reduces symptoms of nerve pain in people with diabetic neuropathy.

#### 2. May Treat Rheumatoid Arthritis

Preliminary evidence suggests that primrose, prevalent in omega-6, may reduce pain, swelling and morning stiffness.

#### 3. May Help Reduce Symptoms of ADHD

Omega-6 and omega-3 treatment has shown the possibility to treat and lower ADHA symptoms.

#### 4. Reduces Blood Pressure

Both GLA and evening primrose oil help reduce blood pressure.

#### 5. Lowers Risk of Heart Disease

By substituting vegetable oils rich in PUFAs instead of using saturated fats, you can greatly benefit and possibly prevent heart disease.

#### 6. Supports Bone Health

PUFAs may help preserve skeletal formation as we age.

What is

# Low Level Cold Laser Therapy....

Cold Laser Therapy is a state of the art technology designed to repair tissue, reduce pain and inflammation and provide other benefits for patients with almost any medical condition when following recommended treatments from your provider.



## What have you used the laser for in your clinic?

Just a few examples of conditions we have used laser therapy for include but are certainly not limited to:

- Acne
- Inflammation
- Sinusitis
- Migraines
- Warts
- Brain Inflammation associated with Parkinson's/Alzheimers
- Fracture healing and any other bone injuries
- Soft tissue injuries (Sprains/Strains/ etc.



## Is it safe?

Yes! Cold laser therapy is extremely safe. A small low level laser therapy device emitting laser beam or visible nonthermal lasers is placed over the target area. The low levels of light penetrate the tissue without heating or damage the skin. With 17 FDA market clearances, Erchonia laser products have been proven to safely assist patients in pain management.



## Summer Recipes:



### Coconut Milk Strawberry-Banana Pops

#### Ingredients

1 can (13.66 ounces) coconut milk  
1 pint fresh strawberries, chopped, divided  
1 medium banana, sliced  
2 tablespoons maple syrup

#### Directions

Place coconut milk, 1-1/2 cups strawberries, banana and syrup in a blender; cover and process until smooth. Divide remaining strawberries among 12 molds or paper cups. Pour pureed mixture into molds or cups, filling 3/4 full. Top molds with holders. If using cups, top with foil and insert sticks through foil. Freeze until firm, at least 4 hours.

### Rosemary Salmon and Veggies

#### Ingredients

1-1/2 pounds salmon fillets, cut into 4 portions  
2 tablespoons melted coconut oil or olive oil  
2 tablespoons balsamic vinegar  
2 teaspoons minced fresh rosemary or 3/4 teaspoon dried rosemary, crushed  
1 garlic clove, minced  
1/2 teaspoon salt  
1 pound fresh asparagus, trimmed  
1 medium sweet red pepper, cut into 1-inch pieces  
1/4 teaspoon pepper  
Lemon wedges

#### Directions

Bake until salmon flakes easily with a fork and vegetables are tender, 12-15 minutes. Serve with lemon wedges.

Preheat oven to 400°. Place salmon in a greased 15x10x1-in. baking pan. Combine oil, vinegar, rosemary, garlic and salt. Pour half over salmon. Place asparagus and red pepper in a large bowl; drizzle with remaining oil mixture and toss to coat. Arrange around salmon in pan; sprinkle with pepper.

