



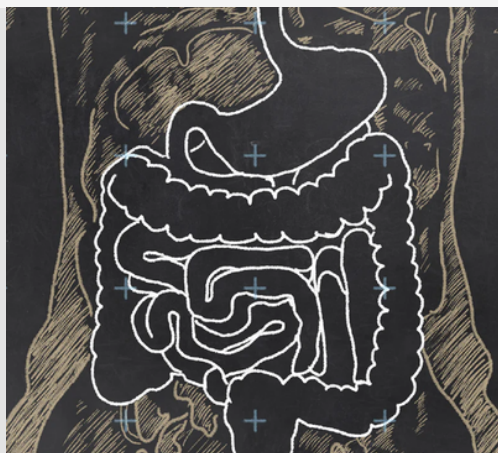
# WELLNESS NEWS

ROSHAU WELLNESS CENTER

JUNE 2024

## GUT HEALTH

Information provided directly from your favorite chiropractors, Dr. Brad and Dr. Riley! This month's focus includes recommendations from the Doctors regarding your gut health.



## GREEN-VIOLET LASER

Our newest therapy that can be stacked with our existing red-violet laser! This laser has many different wellness-based applications, including but not limited to dermatology, sport injuries, brain health, and gut issues.

## SBO PROBIOTICS ULTIMATE

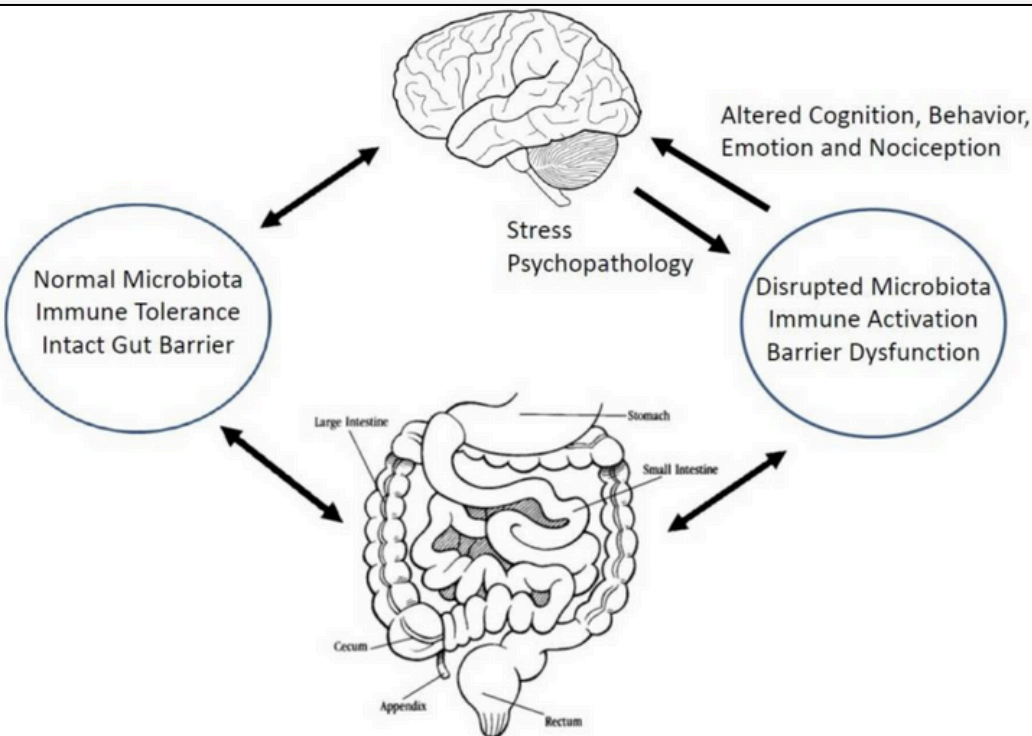
Our newest probiotic by Ancient Nutrition brings you our highest CFU count, plus digestion-specific superfoods, prebiotics and postbiotics for powerful gut benefits.



@roshauwellness | FIND US ON FACEBOOK!

WWW.ROSHAUWELLNESS.COM

# GUT HEALTH



Hello and welcome to  
*our June newsletter*

In this issue of our newsletter, we are highlighting the importance of maintaining proper gut health, stressors to avoid poor gut health, and ways to improve your gut health!

## Gut-Brain Connection; A Common Stressor for Gut Health.

Anger, anxiety, sadness, elation — all of these feelings (and others) can trigger symptoms in the gut. The brain has a direct effect on the stomach and intestines. For example, the very thought of eating can release the stomach's juices before food gets there. This connection goes both ways.

In addition, many people with functional GI disorders perceive pain more acutely than other people do because their brains are more responsive to pain signals from the GI tract. Stress can make the existing pain seem even worse.

## Steps to Improve your Gut Health

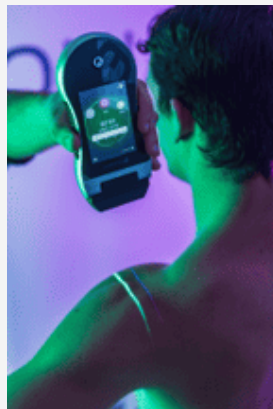
- Manage common triggers for chronic anxiety and sadness
- Avoid processed foods and added sugars
- Green-violet laser treatments
- Take a probiotic recommended by your chiropractor
- Add high-fiber foods to your diet
- Eat a diverse range of foods
- Eat slowly
- Have a healthy sleeping schedule
- Drink water
- Stay on track with your chiropractic adjustments

# Green-Violet Laser



The electron transport chain in the mitochondria uses high-energy electrons and hydrogen ions to convert ADP into ATP.

Because the process is so energetic, nonthermal laser light can stimulate it and improve the function and stability of the mitochondria by delivering highly energetic photons of energy into the cell. When photons of visible light energy from a non-thermal laser strike certain atoms in the inner membrane of the mitochondria, where the electron transport chain occurs, the energy may push an electron from that atom to a higher energy level, where an electron acceptor in the electron transport chain can pick it up.



When mitochondria become dysfunctional, their normal function can often be restored with a combination of lifestyle changes, nutritional supplements and low-level laser therapy.

Prediabetes, diabetes, obesity and metabolic syndrome can impair mitochondrial function by disrupting glucose breakdown, damaging the mitochondrial membranes and increasing oxidative stress and free radical damage.



## Package Deals Available!

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1 Session: \$40.00  
4 Sessions: \$152.00  
8 Sessions: \$288.00  
12 Sessions: \$408.00

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**Suggested Use:** Adults take 2 capsules per day.

## Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving		%DV
<b>SBO Ultimate Probiotic Blend</b>	808 mg (50 Billion CFU¹) +	
<i>Saccharomyces boulardii, Bacillus coagulans, Bacillus subtilis, Bacillus clausii.</i>		
<b>Organic Fermented Botanical Blend</b>	350 mg	+
Organic Fermented Black Pepper Fruit, Organic Fermented Ginger Root, Organic Fermented Turmeric Root.		
+ Daily Value (DV) not established.		

Other ingredients: Hypromellose, organic *Copernicia cerifera* wax.

¹At time of manufacture.

## Supplement Highlight of the Month

**Our Newest Probiotic, Conveniently Available Now for Our Patients!**

Nearly 80% of your immune system health lives in your gut. That's more than enough reason to nourish your microbiome on a daily basis. That's why using some of the most resilient probiotics on the planet is important for your health! Soil-based organisms (SBOs) are designed to thrive in harsh environments like the high temperatures and stomach acids they meet in our digestive tracts.

- 50 billion shelf-stable CFUs per serving\* (no refrigeration needed)
- Supports healthy digestive and immune system function†
- Supports healthy bowel transit time†
- Reduces occasional constipation, gas and bloating†
- Promotes healthy elimination†
- Featuring soil-based organisms (SBOs) probiotics, prebiotics & postbiotics

AVAILABLE NOW!	ANCIENT NUTRITION
In office: \$60.00	<a href="http://www.ancientnutrition.com">www.ancientnutrition.com</a>



# Recipe of the Month

## SHEET-PAN SPICED CHICKPEAS & SWEET POTATOES WITH HERBY YOGURT



### Instructions

- **STEP 1:** Position racks in upper and lower thirds of oven; preheat to 425°F. Toss sweet potato wedges, 1 tablespoon oil and 1/4 teaspoon salt together on a large rimmed baking sheet. Toss chickpeas, shallots, cumin, coriander, 1/2 teaspoon pepper, paprika, cinnamon, allspice, 1/4 teaspoon salt and the remaining 2 tablespoons oil together on a separate rimmed baking sheet
- **STEP 2:** Place the chickpea mixture on the upper rack; place the sweet potatoes on the lower rack. Roast, stirring and rotating the pans once (from front to back and between the top and bottom racks), until the chickpeas are crisp and the sweet potatoes are tender, about 30 minutes.
- **STEP 3:** Meanwhile, combine yogurt, herbs, tahini, lemon zest, lemon juice and the remaining 1/4 teaspoon each salt and pepper in a food processor; process until the mixture is smooth and the herbs are very finely chopped, about 1 minute. Cover and refrigerate until ready to use.
- **STEP 4:** Spread the herby yogurt on a large platter; top with the chickpea mixture and the sweet potatoes. Sprinkle with sesame seeds and drizzle with pomegranate molasses. Garnish with additional herbs and drizzle with additional oil, if desired

Brought to you  
by your Wellness  
Team ♥

### Ingredients

- 2 medium sweet potatoes, scrubbed and cut into 1-inch-wide wedges
- 3 tablespoons extra-virgin olive oil, divided, plus more for serving
- 3/4 teaspoon salt, divided
- 2 (15 ounce) cans no-salt-added chickpeas, rinsed and patted dry
- 2 medium shallots, halved lengthwise
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3/4 teaspoon ground pepper, divided
- 1/2 teaspoon paprika
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1 cup whole-milk plain strained yogurt, such as Greek-style
- 1 cup loosely packed mixed fresh herbs, such as parsley, mint and/or chives, plus more for garnish
- 2 tablespoons tahini
- 1 teaspoon grated lemon zest
- 1 tablespoon lemon juice
- 1 tablespoon toasted sesame seeds
- 1 tablespoon pomegranate molasses