



Wellness News

October 2024

*Featured this month: Sleep Problems
Pillowwise Pillows
Cherry, Almond, Herb Salad*

Sleep Problems

REST IS CRITICAL TO GOOD HEALTH.

If you have trouble falling asleep or staying asleep, you are not alone. The [American Sleep Association](#) (ASA) says that 50 to 70 million people in the United States struggle with some sort of sleep disorder. Sleep disorders can prevent you from getting the sleep you need to stay healthy and feel good during the day. Fortunately, chiropractic care can be part of the solution for better sleep.

Many don't realize that our chiropractors can help with sleep issues. But, it's true! In fact, according to the [National Sleep Foundation](#), nearly one-third of people who have undergone a Gonstead chiropractic adjustment say they experience an immediate improvement in sleep.

The benefits of regular [Gonstead chiropractic care for patients with sleep issues](#) include:

- Easing muscle tension that causes restlessness,
- Relaxing the body,
- Relieving pain and discomfort,
- Stimulating circulation and blood flow, and
- Improving central nervous system function.

Following a thorough evaluation, a skilled [Gonstead chiropractor](#) can also provide advice on a better sleeping position, postural exercises, supportive mattress, and ergonomic pillow to help you sleep well.



Wellness Wisdom

"ONE CAN'T
THINK WELL
LOVE WELL
LIVE WELL
IF ONE DOES NOT
REST WELL."



A one-size-fits-all pillow would be the same as a shoe store selling just one shoe size: impossible, right? No one is alike, and Pillowwise embraces your uniqueness.



Measure



Match



Enjoy

Pillowwise Pillows

ASK THE FRONT DESK ABOUT PRICING AND THE MEASUREMENT PROCESS TODAY!

A good night's sleep begins with finding the most well-fitting pillow for your unique body. A Pillowwise pillow in your size will perfectly align your cervical spine. At Roshau Wellness and Rejuv Center, we are trained in measuring and finding your correct pillow size. This amenity is convenient and simple to do!

Healthy Sleeping Habits

HUMANS - THE ONLY LIVING THING THAT PURPOSELY SLEEP DEPRIVES ITSELF!

Why can't you sleep? Because of the choices that you make every day. Sleep loss, whether short or long term, can have serious effects on your health, such as; Memory deficits, Decreased ability to deal with stress, Increased anxiety, and Increase in work injuries.

Long-term effects can include; Increased blood pressure, Increased risk of heart attack, Stroke risk increased 4X, Obesity, ADD, Increased pain, and Type II Diabetes.

Some factors that may ruin your sleeping habits include: Watching TV before bed, Drinking alcohol before bed, Eating late at night, Looking at your phone before bed, Consuming a diet high in carbohydrates/sugar, and Not having a steady routine.

Some factors that can improve your sleeping habits include: Going to bed and waking up at the same time every day, No TV in the bedroom or before bed, NO electronics in the bedroom, Do not do anything in bed other than sleep, Do not sleep anywhere other than your bed, Keep your thermostat between 66 and 68 degrees.

Some ways you can regain healthy sleeping habits include: Keep your room in complete darkness, Take a hot bath/shower or use a hot tub before bed to regain your core body temperature, Drink tart cherry juice before bed, Avoid NSAIDS, and Stretch first thing in the morning (Before you even get out of bed!)

**MORE INFORMATION
AVAILABLE IN OUR OFFICE!**

Recipe of the Month



Cherry, Almond, Herb Salad

The SCIENCE:

Almonds are a powerhouse of nutrients.

One ounce of the dry roasted almonds has:

- 18% of an adult's daily requirements for phosphorus
- 23% for riboflavin.
- 25% of the daily manganese requirements for men
- 31% of the daily manganese requirements for women

As almonds are a rich source of melatonin hormone, a hormone that helps you sleep by regulating your circadian rhythm.

Magnesium is good for inducing sleep and dealing with insomnia. One ounce of almonds has 19% of your daily needs of magnesium. In short, almonds before bed can do wonders for your sleep.

Tart cherry juice has essential nutrients like magnesium, potassium, and phosphorus. Tart cherry juice can help in promoting sleepiness as it contains a high amount of melatonin. Research is also being done on its role in relieving insomnia. According to a study, people with insomnia who drank 240 ml of tart cherry juice twice a day for 14 days slept 84 minutes longer and had better quality sleep than those who didn't drink the juice.

Ingredients:

- 1/4 cup sliced almonds, toasted
- 1/4 cup roughly chopped fresh mint leaves
- 2 tablespoons roughly chopped fresh cilantro leaves
- 5 ounces washed and dried lamb's lettuce, stemmed (aka corn salad or mache)
- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 cup dried tart cherries

Instructions:

- In a small skillet, toast the sliced almonds until just browned; set aside.
- Combine the herbs and lettuce in a bowl and toss to combine; set aside.
- In a separate bowl, whisk together oil and vinegar and season well with salt and pepper. Drizzle dressing over salad and toss to coat. Taste, adjust seasoning as needed. Top with the cherries and almonds and serve immediately.