

JUNE 2026

# wellness news

## Scoliosis Awareness Month



Did you know that June is **Scoliosis Awareness Month**? This month is dedicated to increasing awareness about scoliosis, encouraging early detection, and helping individuals understand the options available for managing their spinal health.

### **What is Scoliosis?**

Scoliosis is a condition characterized by an abnormal sideways curvature of the spine. While it is most commonly identified during childhood and adolescence, it can affect people of all ages. Signs of scoliosis may include uneven shoulders, hips that appear unlevel, changes in posture, or recurring back discomfort.



**In this newsletter you will find:**

Information on Scoliosis, early prevention tips, and our supplement of the month.



## How Gonstead Chiropractic Can Help

### THE GONSTEAD SYSTEM OF CHIROPRACTIC

A specific and thorough approach to spinal care that focuses on identifying and correcting areas of spinal misalignment. Through detailed analysis—including posture evaluation, instrumentation, motion palpation, and X-ray findings when appropriate—Our Gonstead chiropractors are able to pinpoint areas of concern and provide precise chiropractic adjustments.

At our office, we believe that a healthy spine plays an important role in overall health and well-being. Whether you have been diagnosed with scoliosis, have concerns about your child's posture, or simply want to ensure your spine is functioning at its best, we are here to help.

This Scoliosis Awareness Month, take a moment to check in on your spinal health. Awareness, early detection, and proper care can make a lasting impact.

If you have questions about scoliosis or would like to schedule a spinal evaluation, please contact our office or discuss with your Doctor. We would be happy to help you learn more about how Gonstead chiropractic care can support your health goals.



Many individuals with scoliosis seek Gonstead care to help:

- ✓ IMPROVE SPINAL FUNCTION AND MOBILITY
- ✓ REDUCE TENSION AND DISCOMFORT ASSOCIATED WITH SPINAL IMBALANCES
- ✓ SUPPORT BETTER POSTURE AND BALANCE
- ✓ PROMOTE OVERALL NERVOUS SYSTEM FUNCTION
- ✓ HELP MAINTAIN SPINAL HEALTH THROUGHOUT GROWTH AND ADULTHOOD



### The Importance of Early Detection

Early recognition of scoliosis can make a significant difference. Parents are encouraged to watch for signs such as uneven shoulders, one shoulder blade appearing more prominent, or clothing that hangs unevenly. Regular spinal checkups in our office can help identify potential concerns and provide an opportunity for appropriate monitoring and care.

# Supplement of the Month

## OMEGA-3 WITH COQ10 BY THORNE

Omega-3 fatty acids combined with CoQ10 can support overall spinal health and complement Gonstead chiropractic care for individuals with scoliosis, even though they do not correct the spinal curvature itself. Omega-3s help regulate the body's inflammatory response, which may be beneficial in scoliosis where uneven spinal loading can contribute to muscle tightness, irritation, and soft tissue stress. By supporting a healthier inflammatory balance, omega-3s may help improve comfort and recovery in the muscles and joints surrounding the spine. CoQ10 plays a key role in cellular energy production, particularly in muscle tissue that is working harder to stabilize an imbalanced spine. In scoliosis, postural muscles often become overworked and fatigued. CoQ10 may help support energy levels and endurance in these tissues. When combined with Gonstead chiropractic care—which focuses on precise correction of spinal misalignments to reduce nerve interference—these nutrients can help create a more supportive internal environment. This may allow the body to better adapt to adjustments, improve muscular balance, and support overall spinal function and stability over time.



# Recipe of the Month

## SWEET POTATO VEGAN MAC & CHEESE

### THE RECIPE

- 1 large sweet potato, peeled and cubed
- 1/2 cup tahini (pure sesame paste) or raw cashews
- 1 1/2 cups macaroni noodles (use a whole grain, brown rice, or chickpea pasta for a whole food approach)
- 3 tbsp water or vegetable broth
- 2 tbsp nutritional yeast
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 1/2 tsp salt (plus more to taste)

### THE INSTRUCTIONS

- **Cook the Pasta:** Boil the macaroni noodles according to package instructions until al dente. Drain and set aside.
- **Boil the Sweet Potatoes:** Place the cubed sweet potato in a pot of boiling water and cook for about 12-15 minutes, or until completely fork-tender. Drain, reserving 1/2 cup of the boiling water.
- **Blend the Sauce:** In a high-speed blender, combine the cooked sweet potato, tahini (or cashews), nutritional yeast, lemon juice, garlic powder, salt, and 3 tbsp of water or broth. Blend until completely smooth and creamy. Add a splash of the reserved pasta water if the sauce is too thick.
- **Combine:** Pour the blended sauce over the warm, cooked macaroni noodles. Toss until completely coated and serve immediately.

Sweet potato vegan mac and cheese is a great example of how simple food choices can support overall wellness and complement a health-focused lifestyle, such as including care through our office into your routine.

Sweet potatoes are naturally rich in antioxidants, fiber, and nutrients that help support the body's inflammatory response, while plant-based ingredients like cashews and nutritional yeast provide nourishing fats and minerals without relying on heavily processed seed oils. Reducing industrial seed oils help decrease systemic inflammation, which is important because inflammation can contribute to joint stiffness, muscle tension, brain fog, and stress on the nervous system. Since Gonstead chiropractic care focuses on improving nervous system function and helping the body heal more efficiently, pairing adjustments with anti-inflammatory, whole-food meals helps support better mobility, energy, recovery, and overall cellular health from the inside out.