



WELLNESS NEWS

March 2026



Calm Starts with the Nervous System

Gonstead chiropractic care plays a powerful role in supporting mental health by focusing on precise spinal alignment and optimal nervous system function. The Gonstead system emphasizes detailed analysis and specific adjustments to correct subluxations that can interfere with the communication between the brain and body. When the spine is properly aligned, the nervous system can function more efficiently, helping the body better regulate stress responses, sleep patterns, mood stability, and overall emotional balance. Chronic stress and tension often manifest physically within the spine, and targeted Gonstead adjustments can help reduce that tension, promote relaxation, and support the body's natural ability to adapt to daily stressors. By improving neurological function and reducing physical stress, Gonstead chiropractic care provides a holistic foundation for enhanced mental clarity, resilience, and overall well-being.

In addition to supporting the body physically, protecting your mental space is equally important. Constant exposure to breaking news cycles and endless social media scrolling can overstimulate the nervous system, heighten anxiety, and keep the body in a prolonged state of stress. Reducing time spent consuming negative or overwhelming content allows the brain to reset, improves focus, and promotes a calmer emotional state. Being intentional with screen time—choosing uplifting content, setting boundaries, and taking regular digital breaks—can significantly reduce mental fatigue and help create a healthier balance. Just as spinal alignment supports neurological function, mindful media consumption supports emotional resilience and overall mental wellness.

Our Doctors are the ONLY Gonstead Chiropractors in North Dakota





STRESS LESS WITH EVERY ADJUSTMENT

A Gonstead chiropractic approach can support mental health by addressing the physical roots of stress and anxiety through precise spinal care. As highlighted in the article from the Gonstead Chiropractic Center, chiropractic adjustments don't just relieve discomfort – they help balance the body in a way that supports mental well-being by reducing physical stressors that can exacerbate anxiety. Since the nervous system runs through the spine, improving alignment may ease tension, support healthier hormone release, and lower blood pressure – all of which are associated with reduced stress and calmer emotional states. Moreover, research and clinical observations suggest that spinal adjustments can influence the autonomic nervous system, potentially lowering stress hormone (cortisol) levels, enhancing relaxation responses, and improving sleep quality – foundational elements of mental resilience. By combining targeted adjustments with our Doctor's lifestyle guidance, regular care in our office contributes to a holistic strategy for managing stress, fostering better emotional balance, and supporting overall mental clarity. To read the full article, scan the QR code below!



Our challenge to you: Clear the Noise. Align the Body.

We live in a crowded and lonely world. Therefore, our wellness team is challenging you to take a week long **media fast**.

What does this mean? A media fast is removing all social networking and news from your life for a week...You won't be disappointed!

What improvements have you noticed, such as mental health, physical health, sleeping patterns, etc.? Keep us updated, we would love to hear from you!

supplement of the month



THEANINE

A Japanese study found that 200 mg of L-theanine increases alpha brain wave activity—associated with relaxation and focused attention—beginning about 40 minutes after intake, creating a calm yet alert state. Thorne’s Theanine builds on this research by supporting healthy brain wave patterns and promoting relaxation through increased alpha-wave activity. It also enhances key neurotransmitters such as dopamine and serotonin to support a positive mood, focus, and memory, while encouraging GABA production to help calm the body’s stress response. By helping balance cortisol and overall neurotransmitter activity, it reduces both the mental and physical effects of stress. In addition, it can shorten the time it takes to fall asleep, improve overall sleep quality, and lessen next-day dysfunction after a poor night’s rest.

Formulated with Suntheanine®, a patented form of L-theanine backed by more than 50 clinical studies, Thorne’s Theanine is designed to act quickly, with many individuals noticing its calming effects within 20 minutes. It is ideal for those seeking support for cognitive function and mental clarity during times of stress, aging individuals who want to promote healthy brain cell membrane fluidity and long-term cognitive health, anyone looking to help regulate cortisol for a balanced stress response, and individuals desiring more restful, restorative sleep.

SPINE AND DINE

TURKEY BURGER WITH SWEET POTATO WEDGES



INSTRUCTIONS:

1. Heat oven to 350 degrees. Zap the sweet potato wedges in the air fryer for about 6 mins at 400 degrees until just turning soft. Leave to rest for 30 secs.
2. While the sweet potato is spinning in the air fryer, mix the mince in a bowl with the onion, garlic, egg and apple. Get your hands stuck in and work the ingredients together with a good pinch of salt and pepper, the oregano and paprika. Shape the mixture into two burgers about 3cm thick. Place on a lined baking tray in the oven for 20-25 mins, turning half way through cooking, until cooked through.
3. Heat the coconut oil in a large frying pan over a high heat. Add the sweet potato wedges and shallow-fry for about 3 mins each side until they are nicely browned all over and cooked through to the center. (Alternatively, toss in the oil and roast in the oven for 15-20 mins.) Drain on kitchen paper, then season with a good pinch of salt.
4. Serve the burgers with the sweet potato wedges and a portion of green veg either steamed, blanched or boiled.

INGREDIENTS:

- 1 sweet potato
- 260g turkey breast mince
- 1 red onion
- 2 garlic clove
- 1 egg
- 1 apple
- 1 tbsp dried oregano
- 1 tbsp paprika
- 15g coconut oil
- 135g green vegetables
 - Spinach, kale, brocolli, green beans

Lean turkey is rich in protein and the amino acid tryptophan, which helps the body produce serotonin – a neurotransmitter associated with mood stability, calmness, and better sleep. It also contains B vitamins and iron, which are essential for energy production and cognitive function. When blood sugar levels are stable from adequate protein intake, you're less likely to experience mood swings, irritability, or brain fog. Sweet potatoes provide complex carbohydrates and fiber, which support steady blood sugar and sustained energy throughout the day. They're also high in vitamin A, vitamin C, and antioxidants that help combat inflammation – an often overlooked contributor to mental fatigue and low mood. The natural carbohydrates in sweet potatoes also assist in serotonin production by helping tryptophan cross the blood-brain barrier more efficiently.

Together, this balanced meal delivers protein, healthy carbohydrates, fiber, and key micronutrients that support brain chemistry, reduce inflammation, and promote steady energy – all foundational elements for improved mood, mental clarity, and overall emotional resilience.