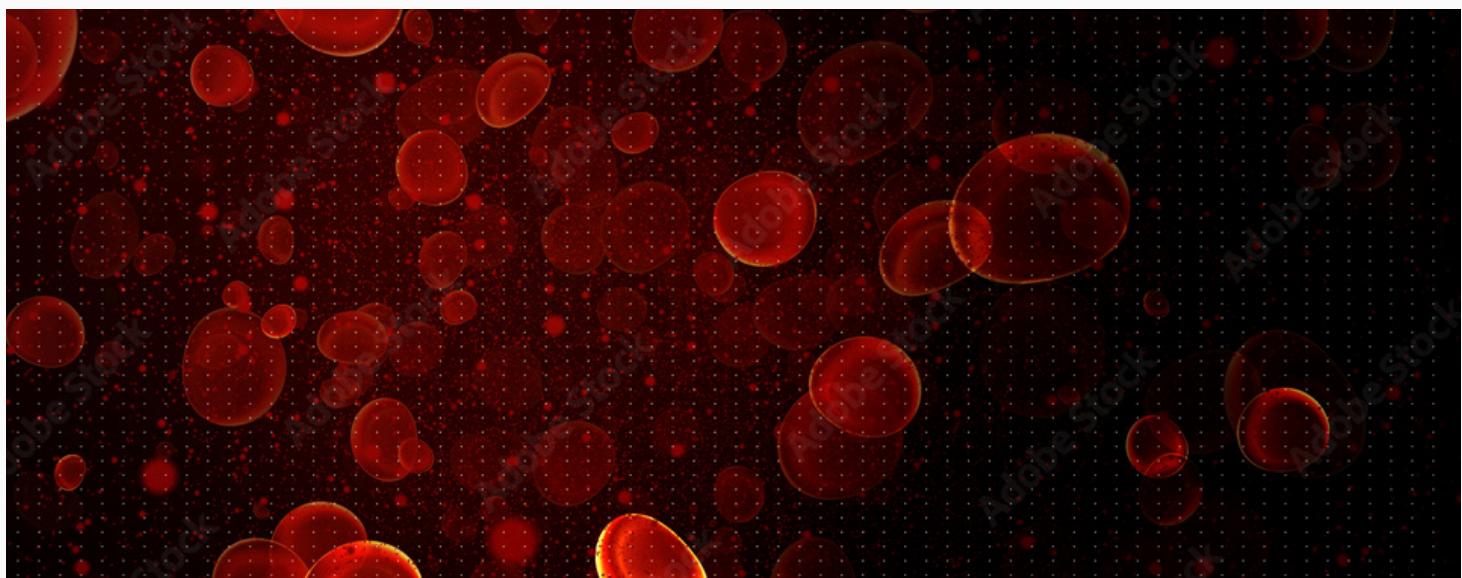




JANUARY 2026

# WELLNESS NEWS

Cold Season, Strong Foundations - Supporting Immunity Through Gonstead Chiropractic



## *Aligned for Resilience*

### FOUNDATIONS OF A RESILIENT IMMUNE SYSTEM

Gonstead chiropractic improves immune health by restoring proper spinal alignment and reducing interference in the nervous system, which plays a central role in regulating immune function. When the brain can communicate clearly with the body through healthy nerve pathways, immune responses become more efficient and coordinated. Specific Gonstead adjustments help the body adapt to physical and emotional stress, reduce unnecessary strain on the nervous system, and support natural healing processes. By improving nerve function and overall regulation, Gonstead chiropractic allows the immune system to operate at its highest potential, supporting resilience and long-term wellness.

### ***This Month's Topics:***

**IMMUNE  
HEALTH**

**PROIMMUNE**

**HIBISCUS TEA**

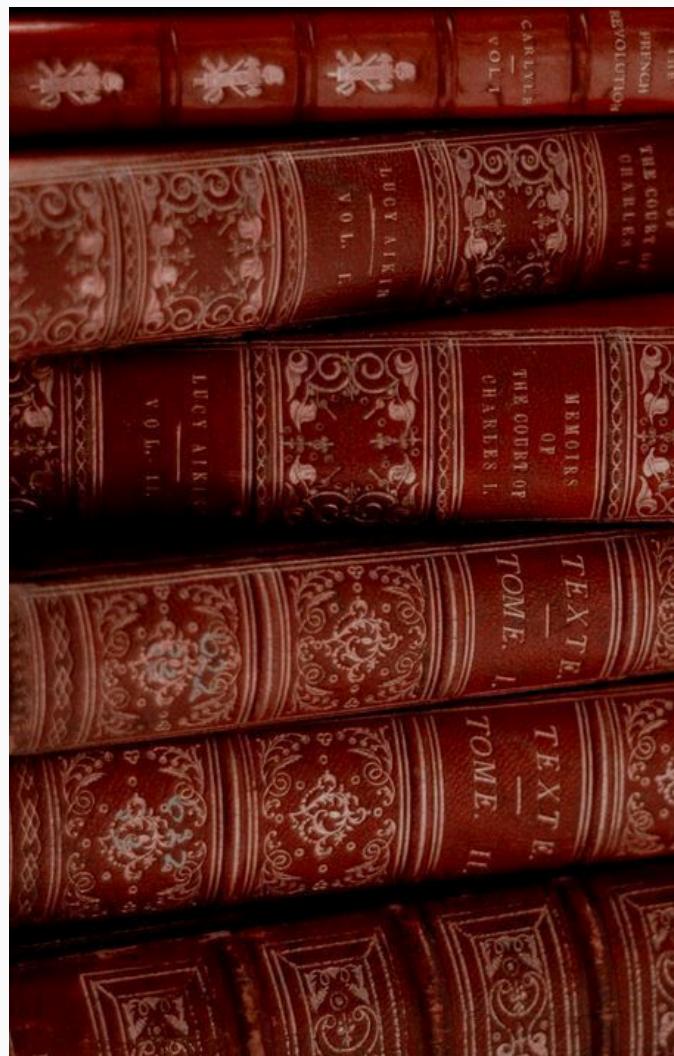
# *Tips from YOUR Doctors*

## IMMUNE HEALTH MADE SIMPLE

### **Dr. Colton**

During the winter months, supporting your immune system is extremely important. It can help your body stay resilient. Simple daily habits make a big difference. This includes getting enough vitamin C from foods like citrus fruits, berries, and vegetables which can help support normal immune function.

Supplementation is also a great option. One great supplement that we have on hand is called Congaplex. It is made by Standard Process as a part of their wellness routine. Standard Process is a great company as they use whole foods in all their products. Managing stress is just as important, because ongoing stress can weaken how your immune system responds. Techniques like deep breathing, gentle stretching, short walks, mindfulness, or even a few minutes of quiet time before bed can help calm the brain and support overall balance. Combined with good sleep, hydration, and nourishing meals, these steps work together to help keep your immune system strong throughout the winter. Also, every morning I like to incorporate a happy light/red light therapy immediately when awaking. I use these for about 30 min as it helps with the circadian rhythm and overall wellbeing. This can really help to get through the dark winter months.



### **Dr. Riley**

As a Gonstead chiropractor, one of the most important conversations I have with patients is about building a strong, resilient immune system. I always start with nutrition—eat well by focusing on plenty of fruits and vegetables, choosing clean probiotics to support gut health, and avoiding highly processed and sugary foods that can weaken immune defenses. Supplementing appropriately can also make a big difference; immune-boosting nutrients like vitamin C, vitamin D, zinc, and other high-quality supplements help fill common gaps and support immune response. Staying physically active is essential, as regular exercise strengthens immune response and keeps the body functioning efficiently. Hydration is another key pillar—drink plenty of water to support your lymphatic system, aiming for roughly half of your body weight in fluid ounces each day. Sleep cannot be overlooked either; shooting for 7-9 hours per night allows your body to heal, repair, and rejuvenate. Finally, stress management is critical, because high stress weakens the immune system over time. I encourage patients to incorporate healthy habits, enjoyable hobbies, movement, and meditation into their daily routines to support both mental well-being and long-term immune health.

### **Dr. Brad**

We must move well, eat well, and think well in order to be well. So let's chunk it down.

**Move well** – This involves some type of exercise. Just move. Whether it's walking, stretching, strength training, or simply being intentional about daily movement, motion is essential to keeping the body adaptable and resilient. Our bodies were designed to move, and consistent movement supports circulation, joint health, and nervous system communication.

**Eat well** – Start with non-processed foods. Refer to our office cookbook if you need more ideas. Fueling your body with whole, nutrient-dense foods provides the building blocks your cells need to heal, repair, and function properly. What you put into your body directly affects inflammation, energy levels, and immune response.

**Think well** – We must think in a positive manner and hang around positive people. As well, we must include Christ in our lives. The thoughts we think and the people we surround ourselves with matter. A positive mindset, strong community, and spiritual grounding help reduce stress and support overall health, because chronic stress is one of the biggest suppressors of the immune system.

Remember, your nervous system, which is housed by your brain and spinal column, control the immune system. Without proper nervous system function, your immune system is absolutely compromised. Chiropractic care is designed to remove interference in the nervous system so the body can function the way it was created to function. The ability of you to hold your adjustments is effective through move well, eat well, and think well. When these three pillars are practiced consistently, the body is better equipped to adapt, heal, and maintain the progress we make together in the office.

DIETARY  
SUPPLEMENT

SUPPLEMENT OF THE MONTH

# PROIMMUNE

PROIMMUNE POWDER SUPPORTS IMMUNE HEALTH BY PROVIDING KEY NUTRIENTS THE BODY NEEDS TO BUILD AND REGULATE A STRONG IMMUNE RESPONSE, ESPECIALLY IN TODAY'S HIGH-STRESS, NUTRIENT-DEPLETED ENVIRONMENT. IN GONSTEAD CHIROPRACTIC, THE FOCUS IS ON REMOVING NERVOUS SYSTEM INTERFERENCE SO THE BRAIN AND BODY CAN COMMUNICATE CLEARLY. WHEN SPINAL ALIGNMENT AND NERVE FUNCTION ARE RESTORED THROUGH SPECIFIC GONSTEAD ADJUSTMENTS, THE IMMUNE SYSTEM CAN RESPOND MORE EFFICIENTLY. PROIMMUNE COMPLEMENTS THIS CARE BY SUPPLYING THE NUTRITIONAL BUILDING BLOCKS THE IMMUNE SYSTEM RELIES ON, CREATING A BALANCED, WHOLE-BODY APPROACH THAT SUPPORTS RESILIENCE, ADAPTABILITY, AND LONG-TERM WELLNESS.

FOR MORE  
INFORMATION,  
ASK THE FRONT  
DESK FOR THEIR  
HANDOUT!

# SPINE AND DINE

## INSTRUCTIONS

1. Place 1/4 cup dried hibiscus flowers in a quart-size Mason jar or pitcher.
2. Pour in 4 cups of filtered water and stir.
3. Chill in the refrigerator until the tea is bright red, at least 20 minutes. Let it chill overnight for a deeper color and flavor.
4. Strain the mixture into a pitcher to remove the hibiscus petals.

Serve this tea in glasses filled with ice. If you like, stir in a sweetener such as honey, agave, or maple syrup to taste. Garnish with fresh mint leaves and raspberries, and enjoy!

Hibiscus tea is like a turbocharged boost for your immune system—vibrant, refreshing, and packed with antioxidants, especially Vitamin C. It's naturally rich in antioxidants that help neutralize harmful free radicals—basically preventing “rust” in your cells, keeping your immune defenses sharp and ready to respond quickly to threats. Drinking hibiscus tea regularly can help strengthen your body's defenses against colds, flu, and other seasonal bugs. Plus, it has anti-inflammatory properties that gently soothe and support your immune system, keeping your whole body feeling its best.

### QUICK TIP

Since we obviously live in North Dakota and fresh hibiscus flowers are native to Africa, it might be a little hard to find them naturally sourced locally. Although, there are plenty of clean options for ready-to-steep packets at Natural Grocers and other grocery stores in town - Scan with the Yuka app to ensure the product is clean for your consumption, and enjoy!

[HTTPS://YUKA.IO/EN/](https://yuka.io/en/)