



WELLNESS NEWS

FEBRUARY 2026

LET'S TALK ABOUT YOUR HEART.

Heart health is deeply connected to the nervous system, and Gonstead chiropractic care that we deliver focuses on restoring proper spinal alignment to support optimal nerve function. When the spine is misaligned—particularly in the upper neck and mid back regions—it can interfere with nerve signals that help regulate heart rate, blood pressure, and circulation.

Precise Gonstead adjustments help reduce this interference, allowing the nervous system to communicate more efficiently with the heart and blood vessels. By improving posture, reducing tension on the spine, and supporting balanced nervous system function, Gonstead chiropractic care may contribute to better circulation, improved autonomic balance, and overall cardiovascular wellness—helping the body function the way it was designed to, from the inside out.

UPCOMING
EVENTS

LOVE LETTER GIVEAWAY

—
LEAVE A LOVE NOTE AND
YOU MAY BE REWARDED!

WAYS TO MAINTAIN HEALTHY HEART

1. Support your nervous system

Your heart is regulated by the nervous system. Regular chiropractic care—especially precise techniques like Gonstead—helps reduce stress on the spine, supporting healthy nerve communication that influences heart rate and blood pressure.

2. Move your body consistently

Aim for daily movement: walking, strength training, or low-impact cardio. Even 20–30 minutes a day improves circulation, lowers inflammation, and supports heart rhythm.

3. Eat heart-nourishing foods

Focus on whole foods like leafy greens, berries, healthy fats (avocado, olive oil, nuts), and clean proteins. Eliminate processed sugars and inflammatory oils that strain cardiovascular function.

4. Prioritize quality sleep

Deep, restorative sleep allows the heart and nervous system to recover. Consistent sleep schedules and spinal support can significantly improve cardiovascular health.

5. Manage stress intentionally

Chronic stress increases heart strain. Practices like prayer, breathwork, time outdoors, and chiropractic adjustments help shift the body into a calmer, parasympathetic state.

6. Stay hydrated & mineral-balanced

Proper hydration and minerals like magnesium and potassium support healthy heart rhythm and muscle function.

7. Avoid toxins when possible

Limit exposure to smoking, excessive alcohol, and environmental toxins, all of which can negatively impact heart health.

♥ Bottom line: A healthy heart thrives when the body is aligned, nourished, moving, and calm. Small daily habits—supported by proper spinal care—add up to big, long-term cardiovascular benefits.



SUPPLEMENT OF THE MONTH NITRIC BOOST

Nitric Boost is a scientifically formulated supplement that addresses multiple aspects of circulatory health. By supporting optimal nitric oxide production, it promotes healthy vasodilation and optimal blood flow to support cardiovascular health. This potent blend of essential vitamins, minerals, and holistic extracts works synergistically to promote healthy oxidative stress response and healthy inflammatory markers.



- Promotes healthy blood flow and oxygen delivery
- Supports cardiovascular health
- Promotes healthy inflammatory markers
- Promotes powerful antioxidant support
- Supports exercise performance and endurance
- Supports muscle recovery and reduces delayed onset muscle soreness
- Promotes overall immune function and well-being

Spine and Dine

Strawberry & Cream Beet Pancakes

Gluten-Free, High-Protein
Strawberries & Cream Beet Pancakes
– Packed with wholesome ingredients like oat flour and Greek yogurt, making them the perfect way to start your day



Ingredients:

- 1 cup oat flour
- 1 tsp baking powder
- 4 tbsp KOYAH Organic Beet Powder
- 2 whole eggs
- 1 cup vanilla Greek yogurt
- 1 tsp butter baking emulsion
- 1 tsp vanilla extract

Toppings:

- Vanilla Greek yogurt
- Fresh strawberries

Instructions:

1. In a bowl, mix the dry ingredients together.
2. Add the eggs, Greek yogurt, butter baking emulsion, and vanilla extract. Stir until just combined—avoid overmixing.
3. Heat a griddle or skillet over medium-low heat. Cook pancakes for 3–4 minutes on a griddle or 1–2 minutes per side in a skillet until golden brown.
4. Top with vanilla Greek yogurt and fresh strawberries. Serve warm and enjoy!

