



WELLNESS NEWS

MAY 2026



The focus for this month's edition starts at the beginning - Our Mothers. Our goal this month is to provide support for the women in your life through the brain-body connection and in regards to its role in hormone regulation. Throughout May there will be a huge focus on Gonstead chiropractic and its relevance to stress, sleep, cycle regulation, and postpartum recovery.



Women's health is deeply connected to the balance and function of the nervous system, especially when it comes to stress, sleep, cycle regulation, and postpartum recovery. When the body is under chronic stress, it can remain in a heightened "fight-or-flight" state, which may disrupt normal hormone signaling and overall well-being. Gonstead Chiropractic care focuses on identifying and correcting specific spinal misalignments that interfere with communication between the brain and body, helping support a shift toward a more balanced, restorative state. This plays a role in improving sleep quality, allowing the body to rest more deeply and recover more efficiently—an essential component of healthy hormone function.

Hormonal balance also relies on proper communication within the body, particularly between the brain and reproductive system with regular Gonstead Chiropractic care. By supporting alignment in the spine, especially in areas connected to the pelvis, we can reduce physical stressors that impact cycle regularity and comfort. For new mothers, the postpartum period brings unique physical demands, from changes in posture to strain on the spine and pelvis. Gentle, specific adjustments performed by our Doctors support recovery, improve comfort, and help the body adapt during this phase of healing. Rather than directly treating hormones, Gonstead Chiropractic care works to remove interference in the nervous system, allowing the body to function, regulate, and heal as it was designed to.



CARE FOR THE CAREGIVERS

Women's health is influenced by many daily habits and physical stressors that often go unnoticed, from prolonged sitting and screen use to repetitive movements and postural strain. Over time, these patterns place added tension on the spine and surrounding muscles, contributing to nervous system imbalance and reduced adaptability. In our office, we offer a careful analysis of posture, spinal alignment, and nerve function that helps identify areas where the body may not be communicating efficiently. When these areas are addressed through our specific adjustments, it supports improved mobility, circulation, and overall function—factors that play a role in how the body manages stress, regulates energy, and maintains internal balance.

This becomes especially important during transitional phases such as pregnancy, postpartum recovery, and hormonal shifts throughout life. Supporting the body structurally helps reduce common discomforts like low back tension, hip imbalance, and upper back strain, which are often heightened during these times. In addition to Gonstead chiropractic care, simple lifestyle strategies—such as proper hydration, intentional movement, quality nutrition, and ergonomic awareness—further enhance the body's ability to regulate and heal. Together, these approaches create a more supportive environment for long-term wellness, helping women feel more balanced, resilient, and better equipped to meet the demands of daily life.



- **Broad Microbial Support:** Contains 9-12 clinically studied strains to promote microbiome diversity and bowel regularity.
- **Added Nutrients:** Enhanced with Vitamin D and B-complex vitamins (Thiamin, B2) to support energy levels and metabolic health.
- **Fast-Acting:** Designed to release live cultures within 30 minutes, providing 24-hour digestive support.
- **Skin & Immune Health:** Targeted strains help maintain skin clarity via the gut-skin connection and support a healthy immune response.

SUPPLEMENT
OF THE MONTH

SPINE & DINE



A Caesar pasta salad is a practical and nourishing choice for Mother's Day because it combines convenience, flavor, and supportive nutrition in one dish that can be prepared ahead of time and shared easily. From a wellness perspective, it offers a balance of macronutrients that are especially beneficial for women's health. Leafy greens like romaine provide important vitamins such as folate and vitamin K, which support bone health and cellular function, while also contributing antioxidants that help combat everyday stress on the body. Adding a quality protein source—such as grilled chicken—supports muscle repair, hormone production, and sustained energy levels, which is particularly important during busy or physically demanding seasons of life. Healthy fats from ingredients like olive oil-based dressing and parmesan cheese play a role in hormone regulation and help with the absorption of fat-soluble vitamins. When paired with pasta, this dish also supplies carbohydrates that help stabilize energy and support mood by fueling the nervous system. Altogether, a Caesar pasta salad offers a well-rounded, approachable way to support nourishment, energy, and overall wellness while creating a simple, enjoyable meal for Mother's Day.

Salad Ingredients:

- 2 to 3 slices sourdough bread, torn into pieces
- 1 tablespoon unsalted butter
- 10 to 12 cups chopped romaine lettuce
- kosher salt and pepper
- ½ cup finely grated parmesan cheese
- ½ cup shaved parmesan cheese
- 1 to 2 cups cooked pasta

Greek Yogurt Caesar Dressing Ingredients:

- 4 garlic cloves, minced
- 3 tablespoons greek yogurt
- 2 tablespoons parmesan cheese
- 1 tablespoon dijon mustard
- 2 teaspoons red wine vinegar
- 1 teaspoon anchovy paste
- ½ lemon, juiced
- kosher salt and pepper
- ½ cup olive oil

Salad Instructions:

- Heat the butter in a skillet over medium heat. Add in the sourdough pieces with a pinch of salt. Cook, tossing often, until they are golden and toasty and crisp. Turn off the heat.
- Place the romaine in a large bowl and toss with a big pinch of salt and pepper. Drizzle with a few tablespoons of the caesar dressing. Add in the finely grated parmesan. Toss the lettuce well so everything is coated. Add in the cooked pasta and toss it well, adding more dressing if you would like. Toss until everything is combined and well coated.
- Top with the shaved parmesan and the sourdough croutons. Serve with extra dressing and more parmesan cheese. You can use this as a base salad for chicken, steak, salmon, chickpeas, etc.

Greek Yogurt Caesar Dressing Instructions:

- To make the dressing, add the garlic, yogurt, parmesan, mustard, vinegar, anchovy paste, lemon juice, salt and pepper to a food processor or blender and blend until pureed. With the processor still on, stream in the olive oil until a creamy dressing forms. (This may make more dressing than needed, but you can store it sealed in the fridge for about 3 to 4 days and stir well before using.)