



Wellness News MARCH 2025



Harmful EMF Technology

The health of your cells is associated with electromagnetic fields. Narrow micro-currents flow through your body along organized paths and ensure your well-being. Any injury or illness - as well as EMF radiation - can disturb or interrupt this energy flow. Unwellness is thus often caused by disturbances at the cellular level resulting in changed cellular electrical current. You do not “feel” or “see” these cellular disturbances, so it is normal to not recognize the consequences of them. However, as described above, you are an electromagnetic being, and constant exposure to unnatural electromagnetic radiation from cell phones, wifi, etc. does change cellular behavior, and can therefore impact your health.



PEMF regenerates energy and detoxification at the cellular level. This amplification of natural energy encourages the body to function more effectively for overall wellness. This month we are offering a FREE session to our patients! Ask the front desk how to enter today!

PEMF Session Giveaway



A digital detox refers to a temporary period of reduced or complete abstinence from digital devices, such as smartphones, computers, and tablets. The goal is to take a break from the constant stimulation and connectivity provided by technology and improve well-being and to prevent the epidemic of Digital Dementia!

Digital Detox



If your 2025 health goals are focused on getting to the cause of you and your family’s health challenges, we are here to serve and be of service! You can set up a special consultation at no charge with one of our Doctors and get to the cause of your health issues and make this your most healthy year yet!

Doctor’s of Cause

Taking Charge of Your Health!



ARE YOU “ALL IN”?

TAKING CHARGE OF YOUR HEALTH IN 2025

“ALL IN” and “Taking charge of your health” means actively managing your well-being by making conscious choices to eat nutritious foods, exercise regularly, get enough sleep, manage stress, avoid unhealthy habits like smoking and excessive alcohol consumption, and regularly visit your Gonstead Chiropractors for adjustments and additional therapies to prevent and treat potential and current health issues or symptoms.

Key aspects of taking charge of your health:

- **Diet:** Eating a balanced diet with plenty of fruits, vegetables, whole grains, and lean protein.
- **Physical Activity:** Engaging in regular exercise like walking, running, swimming, or strength training.
- **Sleep Hygiene:** Getting adequate sleep each night to support physical and mental health.
- **Stress Management:** Finding healthy ways to cope with stress, such as meditation, praying, yoga, or spending time in nature.
- **Gonstead Adjustments:** Following your recommended schedule for Gonstead adjustments, provided by Dr. Brad and Dr. Riley.
- **Healthy Habits:** Avoiding smoking, limiting alcohol intake, and practicing good hygiene.

WELLNESS
WISDOM

“THE
GREATEST
WEALTH IS
HEALTH”



unplug



RECIPE OF THE MONTH

FRUIT SALAD - QUICK, EASY, AND SIMPLE!

SUPPLEMENT OF THE MONTH

MULTI COLLAGEN PROTEIN

Get 10 types and 20g of collagen, plus clinically studied ingredients like SBO probiotics and Vitamin C. This groundbreaking formula delivers real results you'll see and feel.

- Unflavored for maximum versatility
- Supports healthy hair, skin, nails, joints & gut
- Promotes healthy hair thickness & growth, reduces hair breakage
- Improves the appearance of crow's feet after 4 weeks
- Reduces collagen degradation with noticeable results
- Reduces joint discomfort & helps joints recover faster
- Reduces knee stiffness at 7 days
- 10 types of collagen from 4 sources
- Made from pasture-raised and grass-fed sources
- 2 billion CFU* (*at time of manufacture) *Bacillus coagulans*
- 100% DV of clinically studied Vitamin C, optimized for absorption

Ingredients:

1 Cup of Strawberries
1 cup of raspberries, fresh or frozen
1 cup of grapes
1 cup of diced apples
1 cup of sliced bananas
Or whatever fruit you fancy (melon, blackberries, pears, etc..)
1/2 cup of yogurt (strawberry or vanilla)
1/2 cup of cool whip (or whip your own cream)

Instructions:

1. Place all of the prepared fruit in a medium bowl.
2. Stir in Yogurt and Cool Whip. Sample the deliciousness... then gobble up a little more.

See; easy! :) Hope you and your loved ones enjoy the simplicity and flavor of this fruit salad!

Note: Can make with or without the yogurt and cool whip!

