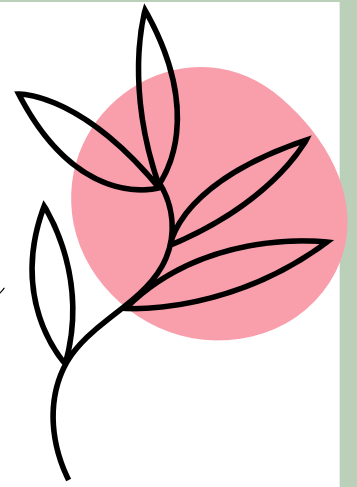


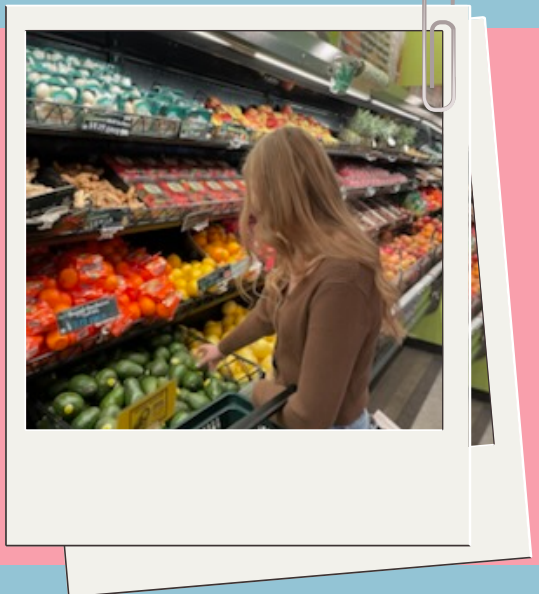


# Wellness News

April 2025



This  
month's  
topic:  
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Nutrition



## Nutrition in Chiropractic

Dr. Brad and Dr. Riley recognize the importance of nutrition in supporting overall health and enhancing the outcomes of Gonstead chiropractic care. Healthy dietary recommendations and nutrient-rich foods aid in tissue repair and reduce inflammation.

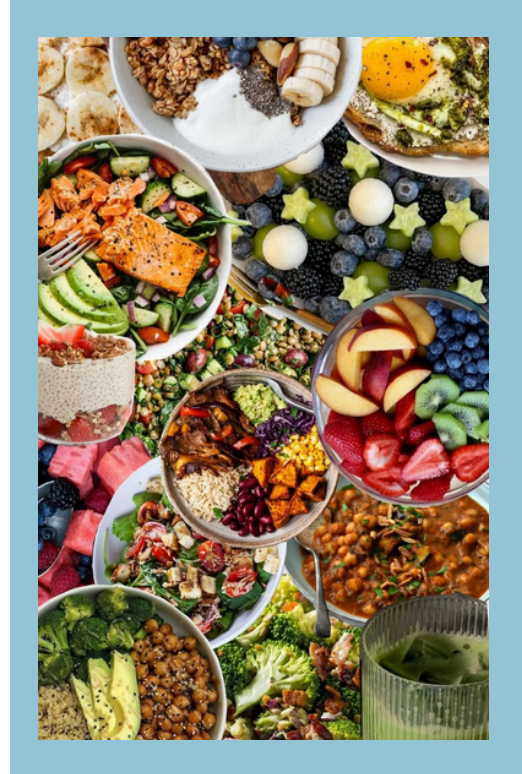
While there is a reduction in inflammation, there is also a decreased risk of cancer, cardiovascular disease, and overall mortality when you practice good nutrition. Further in this newsletter, you will find ways you can start taking charge of your health and nutrition!

# Promoting WELLNESS

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A healthy diet is an easy step to promoting overall WELLNESS. By introducing at least 800 grams of fruits and vegetables daily you decrease inflammation, cardiovascular disease, risk of cancer, and overall mortality. Studies have shown that mortality rates have decreased by 57% by just by ensuring proper nutrition.

There is no need to eliminate favorites - Adhere your diet to your personal and cultural preference while still enjoying all of your typical favorites - Just be sure to incorporate your ALL of the recommended dietary needs daily.



## Recommended Health Needs

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While it may vary from person to person, the average recommended health needs to meet daily are:

- Lay in bed for 8 hours without your phone!
- 800 grams of fruits and vegetables daily
- 0.8 grams of protein/lb of your body weight
- 8,000 steps/day
- 80 minutes a week of play - Ideally outside
- Lift weights and condition

Progress comes from showing up, adapting, and making improvements when possible.



## Supplement of the Month: Fab 5

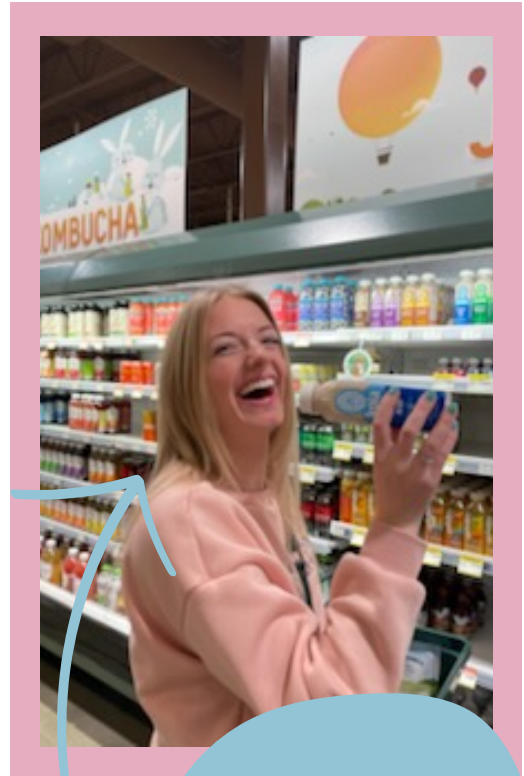
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This month we are featuring the FAB 5!

The Fab 5 are the five essential supplements that are NOT optional! They are dire for human wellness and prevention!

The Fab 5 include:

- Whole food organic multi-vitamin and multi-mineral
- Ultra-purified Omega-3 fatty acids
- Vitamin D3
- Probiotics
- Magnesium



A happy and healthy FAB 5 user!



## Recipe of the Month: Salmon Bowl

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### Ingredients

- 5 salmon fillets , 4-6oz each
- 2 cups dry jasmine rice (or use white rice, sushi rice, brown rice, or coconut rice)
- 1 1/2 cups edamame , shelled
- 1 English cucumber , sliced
- 6 green onions , chopped
- 2 mangos , peeled and cubed
- 2 avocados , peeled, seeded and cubed
- 1/2 cup chopped fresh cilantro
- Sriracha mayo\* for topping (optional)

### Teriyaki Sauce:

- 1/2 cup low-sodium soy sauce
- 2 Tablespoons rice vinegar
- 1 Tablespoon sesame oil
- 1/4 cup + 1 Tablespoon light brown sugar
- 1 Tablespoon honey
- 3/4 teaspoon ground ginger
- 1 clove garlic , minced
- 2 teaspoons cornstarch+ 2 tsp water , mixed together to make a cornstarch slurry
- 1/4 teaspoon crushed red pepper flakes

### Instructions

- Make Teriyaki Sauce (can make and refrigerate several days ahead): Add all of the sauce ingredients to a small saucepan over medium heat. Bring to a boil, stirring constantly, and boil for about 1 minute. The sauce should be thick enough to coat the back of the spoon. Allow to cool.
- Marinate Salmon: Pour 1/4 cup of the teriyaki sauce over the raw salmon and set aside to marinate for at least 20 minutes or up to overnight.
- Cook rice according to package instructions.
- Cook Salmon: Preheat air fryer to 400°F. Spray basket with non-stick spray and place salmon filets inside. Air fry for about 5-7 minutes, or until cooked through (flakes easily with a fork, or about 125-135 degrees if testing with a thermometer).
- Assemble Salmon Bowls: Divide rice among the bowls and top with a piece of teriyaki salmon, some avocado, edamame, mango and cucumber.
- Garnish: Drizzle teriyaki and sriracha mayo over the top and garnish with chopped green onion and cilantro.