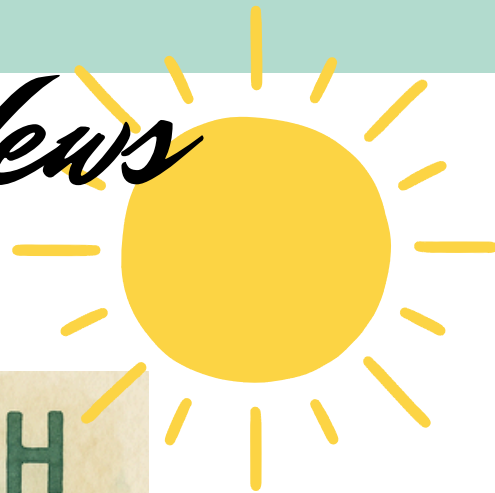


JUNE 2025



## THE IMPORTANCE OF SKIN HEALTH

### RECOMMENDATIONS FROM YOUR LOCAL WELLNESS CENTER

Constead Chiropractic care (which our Doctors exclusively practice) indirectly supports skin health by addressing spinal misalignments that affect nerve function and, consequently, the organs that influence skin conditions like acne and eczema. Gonstead Chiropractors remove nerve interference by adjusting the spine, freeing up affected nerves and enabling better communication between the brain and the body. This leads to improved overall health, including skin health, when combined with a healthy lifestyle.

#### Improved Nerve Function and Organ Health:

- Gonstead Chiropractic care focuses on aligning the spine to ensure proper nerve function.
- Specific vertebrae (like T-9 through T-11 in the thoracic spine) correspond with central nerves that control the function of organs like kidneys, ureters, and adrenals, which can affect skin.
- By correcting spinal misalignments, Gonstead chiropractors aim to relieve nerve interference, allowing these nerves to function properly and support the organs they control.



# BUG SPRAY AND SUN SCREEN

## HAVING FAMILY FUN UNDER THE SUN - WITHOUT DAMAGING YOUR SKIN

A simple and easy way to take charge of your skin health at home is through sunscreen and bug spray. Sunscreen and bug spray are two staples everyone should have on hand, especially in the warmer months when people tend to spend more time outside. Sunscreen is essential for protecting your skin from damage, and bug spray keeps your skin bug- and insect-free. Insect repellent (also known as 'bug spray') aims to reduce the risk of local cutaneous reactions from insect bites (eg, mosquito bites) and prevent serious insect-borne diseases including malaria, West Nile virus, and Lyme disease, just to name a few. It has now been proven that Lyme disease is also contracted through mosquito bites. **PROTECT YOU AND YOUR FAMILY.**

Sunscreen is crucial for skin health as it protects against harmful ultraviolet (UV) radiation from the sun, preventing sunburns, skin cancer, and premature aging. UV exposure damages skin cells, leading to wrinkles, age spots, and increased risk of skin cancer. Regular sunscreen use, especially broad-spectrum protection, helps minimize these negative effects and maintain healthy skin. Studies show that regular daily use of SPF 15 sunscreen, when used as directed, can reduce your risk of developing squamous cell carcinoma (SCC) by about 40 percent, and lower your melanoma risk by 50 percent. Sunscreen also helps prevent premature skin aging caused by the sun, including wrinkles, sagging and age spots.



# RECIPE OF THE MONTH

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## *blueberry and avocado smoothie*

Avocados are good sources of vitamins C and E, which are two of the many antioxidants that help protect cells from damage. Avocados contain healthy fats which can help your skin stay moisturised and firm. Blueberries are rich in antioxidants called anthocyanins, which help reduce skin aging. Blueberries also support collagen production, promoting skin elasticity and reducing the signs of aging.



### INGREDIENTS

- ½ ripe avocado pitted and peeled
- 1 large ripe banana
- 1 cup frozen blueberries
- 2 tbsp hemp seeds
- 1/2-1 cup non-dairy milk (Almond, coconut, oat)

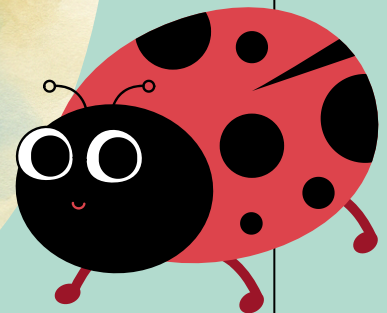
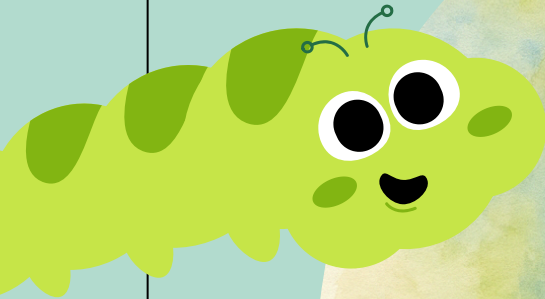
Optional: 1 scoop protein powder or collagen

### INSTRUCTIONS

- Add all ingredients into a high speed blender.
- Process until completely smooth. Add more milk or water to thin if desired.
- Pour into glasses and enjoy!

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## *supplement of the month*



Bug season is upon us, and while it's the perfect time for you and your family to enjoy the great outdoors, finding an effective way to deal with insects is essential. Bugs BeGone Organic Original Spray offers a DEET-Free, natural solution, utilizing a blend of six essential oils that not only repel bugs but also emit a pleasing aroma. Crafted in a base of water and aloe vera, the primary essential oil in this blend is Eucalyptus Citriodora, known for its fresh, sweet, lemon-like aroma.

Bugs BeGone Organic Original Spray is a revolutionary insect repellent, expertly formulated to effectively repel mosquitoes, ants, fleas, chiggers, ticks, and other pests while providing a delightful scent. The key ingredients include Citronella, Rosemary, Lavandin Grosso, Eucalyptus Citriodora, Peppermint, and Catnip. Each oil has proven insect-repelling properties on its own, but when combined in Bugs BeGone, they create a powerful synergy that offers superior protection against a wide variety of insects.

Check out our website for more information!