



WELLNESS NEWS

FEB 2025

WELCOME TO OUR

Monthly Newsletter

This Month's Hot Topic: Metabolism

- Gonstead Chiropractic care exclusively used by our Doctors can improve metabolic function by enhancing the nervous system.
- Metabolic health encompasses processes like digestion, energy production, and hormone balance.
- Gonstead Adjustments can alleviate stress, improving overall metabolic rates.
- Real-life experiences show that patients report significant improvements in their metabolic health through Gonstead chiropractic care.
- Holistic approaches, including diet and exercise, complement Gonstead chiropractic treatments.



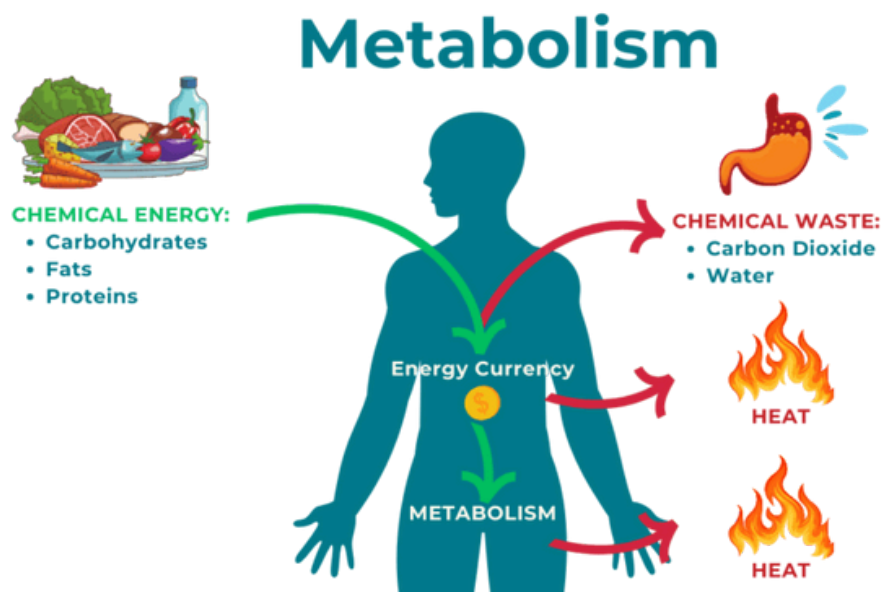
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Chicken Burrito Bowl

METABOLISM IN CHIROPRACTIC - WHY GETTING GONSTEAD ADJUSTMENTS BENEFIT ALL OF YOUR SYSTEMS!



We know what you're thinking: Aren't Gonstead chiropractic adjustments for back pain? As it turns out, the benefits of spinal adjustments are far more numerous than simply treating injuries and relieving back pain. In fact, spinal adjustments performed by our Doctors can be used to treat a wide range of disorders and conditions – including a slow metabolism. By improving the alignment of the spine, we are able to relieve nervous tension throughout the body, which can be responsible for a sluggish digestive system. Because your nervous system and digestive system are so interconnected, so much so that you cannot digest food unless your nervous system tells your body to, chiropractic adjustments that ensure your nervous system is functioning properly are a must, especially if your slow metabolism is the result of nervous tension.

Wellness Wisdom

“IF YOU LISTEN TO YOUR
BODY WHEN IT WHISPERS,
YOU WON'T HAVE TO HEAR
IT SCREAM.”

SUPPLEMENT OF THE MONTH

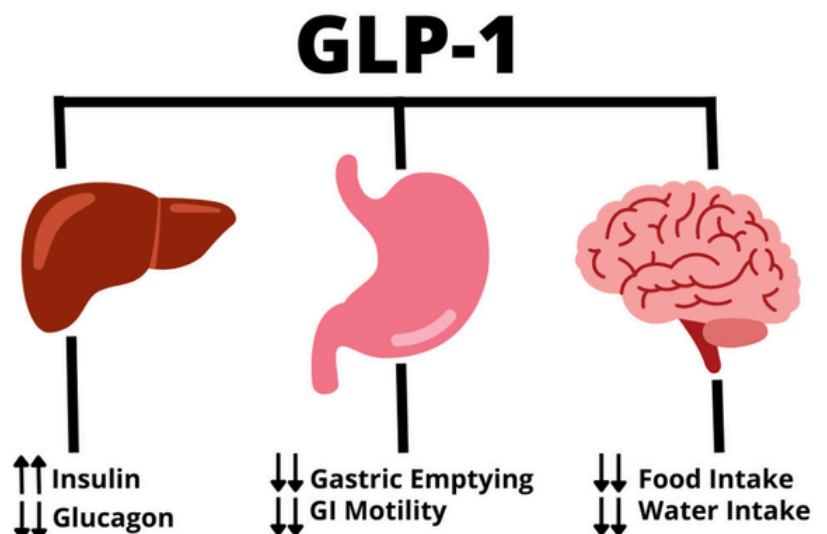
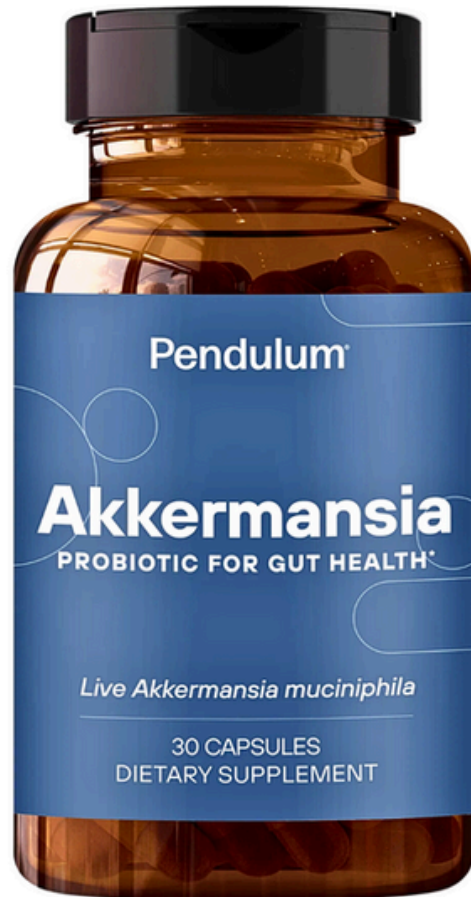
AKKERMANSIA BY PENDULUM

Your gut microbiome is an ecosystem that is home to tens of trillions of bacteria—some good and some bad.

Healthy adult gut microbiomes are both relatively stable and diverse. While a well-balanced gut microbiome supports a healthy body, the opposite is true for a poorly balanced gut microbiome. So what does any of this have to do with Akkermansia? The lining of your intestines is made up of epithelial cells (i.e. the cells that cover the surfaces of bodily organs). These epithelial cells are covered in a slimy mucus layer that is rich in a protein called “mucin.” Akkermansia...loves this mucin!

Akkermansia loves mucin so much, it uses it for energy. The more mucin that Akkermansia eats, the more it encourages epithelial cells to make additional mucin. This additional “mucin making” is what strengthens your intestinal wall*, which is critical for your health. Benefits can include a) maintaining and repairing gut lining* and b) stimulating GLP-1*, a hormone produced by the gut, which helps maintain a healthy balance between insulin and glucose levels.

Ask Dr. Brad or Dr. Riley if Akkermansia is a good fit for you!



Recipe of the Month



CHICKEN BURRITO BOWL

Ingredients:

- 1 cup uncooked rice
- 2 cups water
- Juice of 1 lime
- 2 tablespoons chopped cilantro
- Olive oil spray
- 2 boneless skinless chicken breasts
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup frozen corn
- 1 15-ounce can of black beans
- 1 cup Homemade Pico De Gallo (recipe below)
- 1 cup chopped romaine lettuce
- ½ cup shredded Mexican cheese blend (or cheddar)

Instructions:

How to Make the Rice:

- In a small sauce pan, combine the rice and water.
- Cover and bring to a low boil over medium-high heat, then lower the temperature to low and simmer until all the water has been absorbed.
- Use a fork to fluff the rice, then add in the lime juice and cilantro.
- Mix well, and cover while you work on the rest of the recipe.

How to Make the Chicken:

- Heat a large skillet over medium heat, and spray with olive oil.
- Add the chicken, season with salt and pepper and cook for 5 minutes.
- Add the corn and cook 10 more minutes, until the chicken is cooked through.

How to Assemble the Chicken Burrito Bowls:

- To 4 bowls (or meal prep containers) add 1/4 of the rice, 1/4 of the chicken and corn, 1/4 of the beans, 1/4 of the pico de Gallo, and 1/4 of the lettuce.
- Top each bowl with 1/8 cup of cheese and serve with desired additional toppings.