



WELLNESS NEWS

AUGUST 2025

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THIS MONTH'S TOPICS:

GROUNDING AND INFLAMMATION

Grounding, also called earthing, refers to direct physical contact with the earth, like walking barefoot on grass, soil, or sand, or using grounding tools that connect you to the earth's energy. In Gonstead chiropractic care, grounding is often recommended as a natural way to reduce inflammation, improve sleep, lower stress, and promote overall healing by balancing the body's electrical charge. When combined with Gonstead chiropractic adjustments, grounding can enhance nervous system function, support joint and muscle recovery, and help you feel more centered and energized.

Inflammation is the body's natural response to injury or stress, and in Gonstead chiropractic care, some temporary inflammation can occur after an adjustment as tissues and joints begin to heal. While mild, short-term inflammation is part of the healing process, excessive or prolonged inflammation can cause pain, stiffness, swelling, and discomfort for patients. If not properly managed, it may slow recovery, increase the risk of further injury, or make underlying conditions feel worse before they improve — which is why our chiropractors often recommend ice, rest, and specific therapies to keep inflammation under control.

Gonstead chiropractic care helps reduce inflammation by improving joint alignment, relieving nerve irritation, and promoting better circulation, which supports the body's natural healing and inflammatory response. Proper alignment and nervous system function from Gonstead adjustments also help you feel more balanced and connected — complementing the calming, stress-reducing effects of grounding. Together, Gonstead chiropractic care and grounding can work synergistically to lower stress hormones, ease pain and stiffness, and support overall well-being by calming the nervous system and managing inflammation naturally.



CONTINUED

GROUNDING AND INFLAMMATION - A DEEPER DIVE

Along with offering beneficial spinal adjustments, Gonstead chiropractors can further assist in the fight against chronic inflammation by suggesting lifestyle changes. During your visit today, ask for personalized advice on the following topics if you want to take the next step in reducing inflammation:

- **Anti-inflammation diet:** A nutrient-dense, low-calorie diet comprised largely of fruits, vegetables, lean meat and fish can help reduce inflammation. Our chiropractors also suggest taking the Fab 4 (Whole food organic multi-vitamin and multi-mineral, Ultra-purified Omega 3 fatty acids, vitamin D3, Probiotics, and Magnesium) supplements to help promote a healthier lifestyle. The Fab 4 are ESSENTIAL, not an option if you want to promote overall wellness and reduce inflammation!

- **Exercise:** Physical exercise promotes healthy bodily functions and reduces inflammation. Make time for 30 minutes of aerobics and 15 minutes of weight training four to five days a week. If you want personalized advice, ask your chiropractor about “PR’s” and which ones they recommend for you!
- **Stress management:** Your chiropractor may suggest techniques for managing your stress, such as praying, meditating, doing yoga or trying other techniques. Getting enough sleep can also help you tackle stressful situations more effectively.

If you deal with a chronic inflammation, Gonstead chiropractic care can go a long way toward easing your symptoms. A balanced approach that includes chiropractic, our unique modalities, proper nutrition, exercise and effective stress management can lead to an all-around healthier you.

Now, how does Gonstead chiropractic care improve grounding? Gonstead chiropractic care does this by influencing the nervous system and promoting a sense of calm and balance. Through adjustments, our chiropractors help shift the body from a “fight-or-flight” state to a more relaxed, restorative state, which can make it easier to connect with the present moment and feel more grounded. Grounding can enhance the effects of chiropractic adjustments by stabilizing the body’s electrical environment and promoting relaxation. This combination may lead to a more comprehensive approach to pain relief and overall well-being.

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“Reducing
inflammation is not
just soothing pain –
it’s restoring
harmony to every
cell.”

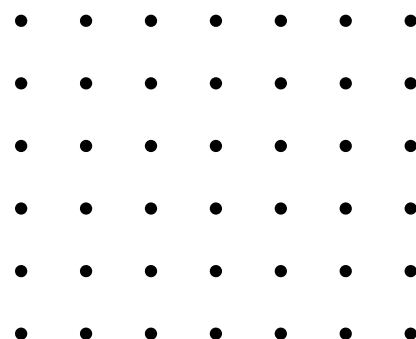
CURCUMIN PHYTOSOME

YOU CAN FIND THIS
PRODUCT AT OUR
OFFICE FOR YOUR
CONVENIENCE OR
ONLINE BY
THORNE.COM



SUPPLEMENT OF THE MONTH

Turmeric has been valued in Traditional Chinese and Ayurvedic medicine for over 2,000 years, with curcumin as its most active, health-supporting component. Curcumin promotes a healthy inflammatory response, supporting joints, muscles, liver, gut, cardiovascular health, and more. Thorne's Curcumin Phytosome (Meriva) offers superior absorption, shown to be 29 times greater than ordinary curcumin in a human study.



SPINE AND DINE

GONSTEAD MEETS THE KITCHEN



GONSTEAD CHIROPRACTIC

WHAT IS GONSTEAD CHIROPRACTIC?

The *Gonstead Chiropractor* goes beyond what many chiropractors consider a spinal assessment by conducting a thorough analysis of your spine using five criteria to detect the presence of the vertebral subluxation complex.

Visualization — Visualization is a way to cross reference all the other findings. Our chiropractors are experts in looking for subtle changes in your posture and movement which could indicate any problems.

Instrumentation — The instrument of choice in the Gonstead System is the Nervoscope. The Nervoscope detects uneven distributions of heat along the spine which can be indicative of inflammation and nerve pressure. This instrument is guided down the length of your back and feels like two fingers gliding down each side of your spine.

Static Palpation — This is simply the process of feeling (or palpating) your spine in a stationary (or static) position. Your chiropractor will feel for the presence of swelling (or edema), tenderness and any abnormal texture or tightness in the muscles and other tissues of your back.

Motion Palpation — This process involves feeling the spine while moving and bending it at various angles. This enables our chiropractors to determine how easily or difficult each segment in your spine moves in different directions.

X-Ray Analysis — X-ray films enable your doctor to visualize the entire structure of your spine. This is helpful in evaluating posture, joint and disc integrity, vertebral misalignments and ruling out any pathologies, or recent fractures that may be present or contributing to the patient's condition. These full-spine radiographs are taken in the standing, weight-bearing position to fully substantiate the examination findings.

GLUTEN FREE RASPBERRY CHOCOLATE PIE

NOT ONLY IS IT FREE OF GLUTEN OR REFINED SUGAR, THIS RASPBERRY CHOCOLATE PIE ALSO HAPPENS TO BE MADE WITH A WHOLE BUNCH OF NATURAL, GOOD FOR YOU INGREDIENTS!

Ingredients:

Crust

- 1/2 cup [walnuts](#)
- 1/2 cup [raw pecans](#)
- 1/2 cup [unsweetened shredded coconut](#)
- 1/4 cup [coconut flour](#)
- 1/4 cup [date paste](#)
- 2 tbsp [coconut oil](#)
- 1 tsp [ground cinnamon](#)
- 1/4 tsp [salt](#), I use Himalayan salt

Chocolate Filling

- 1 large ripe avocado
- 1 can [full fat coconut milk](#), solid part only*
- 1/2 cup plain Greek yogurt
- 3/4 cup [cocoa powder](#)
- 1/2 cup [date paste](#)
- 1/4 cup [raw honey](#)
- 1/4 tsp [salt](#)
- Pinch [ground cinnamon](#)

Topping

- 1 lb fresh raspberries
- 2-3 tbsp dark chocolate*, melted
- Fresh mint leaves
- Coconut cream or plain yogurt
- Chocolate shavings

Instructions:

For the crust

- Preheat oven to 350°F
- Place all the ingredients listed under "Crust" in the bowl of your food processor and process until mixture has the consistency of wet coarse sand, about 1 minute.
- Press firmly at the bottom and up the sides of an 9" removable pie dish; bake for 8 minutes then set aside to cool.

For the filling

- Put all the ingredients listed under "Chocolate Filling" in the bowl of your food processor and process until smooth and creamy, about 2 minutes; stop the motor to scrape the sides as needed.
- Pour into the reserved pie crust and spread as evenly as possible. Refrigerate to set for at least two hours, or up to overnight.

Assembly

- working in circles, arrange the raspberries as tightly as you possibly can on top of the chocolate custard, starting on the outside and working your way towards the middle of the pie.
- Melt the chocolate and drizzle over pie, then garnish with a dollop of coconut cream or plain yogurt. Decorate with a few fresh mint leaves and chocolate shavings, slice and serve.
- Leftovers will keep in the fridge for up to a few days.

NOTE:

*Use naturally sweetened chocolate to keep pie refined sugar free!