

# WELLNESS NEWS

April 2026

## REDUCING YOUR TOXIC BURDEN

Toxins are substances that can enter the body from the environment or develop internally through normal metabolic processes. They can come from sources such as contaminated food and water, pesticides, chemicals in plastics, industrial pollution, and bacteria. Over time, these substances can accumulate in the body and contribute to health issues if the body's natural detoxification systems become overwhelmed. Fortunately, the body is designed with its own powerful detox pathways, primarily through the liver, kidneys, digestive system, lungs, skin, and lymphatic system.

As the world awakens from winter's slumber, many patients begin focusing on physical and mental renewal. Detoxification has become a popular topic during this time of year, though it often comes with misconceptions and exaggerated claims. While many "detox" trends lack strong scientific support, the underlying goal—supporting the body's natural ability to eliminate waste—remains important. This is where Gonstead Chiropractic care offers a helpful perspective, potentially supporting your wellness journey in meaningful and practical ways.

Gonstead chiropractic adjustments support the body's natural detox processes by improving spinal alignment and relieving tension around the nervous system. When the spine is functioning properly, communication between the brain and the body's organs becomes more efficient. This improved nerve function helps organs responsible for detoxification—such as the liver, intestines, and kidneys—perform their roles more effectively.

Gonstead chiropractic care also supports detoxification by enhancing circulation and lymphatic flow. The lymphatic system plays a major role in removing cellular waste and toxins from the body. By reducing spinal stress and muscle tension, adjustments can help improve blood flow and lymphatic drainage, making it easier for the body to eliminate unwanted substances. Additionally, improved nerve function can help regulate digestion, which is another important pathway for removing toxins from the body.

Some patients notice mild, temporary symptoms after an adjustment, such as fatigue, soreness, or changes in bowel movements. These reactions are normal and occur as the body adapts to improved nervous system function and begins clearing waste more efficiently. In most cases, these effects are short-lived and resolve within a few days as the body returns to balance.



# DEBUNKING DETOX

## MYTHS:

### **Our bodies need external “detoxing”:**

Your body already has highly sophisticated detoxification systems, including the liver, kidneys, digestive tract, skin, and lymphatic system. These systems continuously work to process and remove waste products. While healthy habits can support these systems, extreme or restrictive “detox” programs often lack scientific evidence and may sometimes do more harm than good.

### **Gonstead Chiropractic “detoxes” your body:**

Gonstead Chiropractic adjustments focus on correcting spinal misalignments and improving nervous system function. While this does not directly “detoxify” the body, improving spinal health can support overall body function and create better conditions for the body’s natural processes to operate efficiently.

## WHERE GONSTEAD CHIROPRACTIC

## MEETS DETOX:

### **Enhanced Nerve Communication:**

When the spine is misaligned, nerve signals between the brain and body may be disrupted. Because the nervous system controls many bodily functions—including those involved in elimination—Gonstead Chiropractic adjustments aim to restore proper nerve communication, which may help the body function more efficiently.

### **Improved Circulation:**

Spinal misalignments can sometimes interfere with healthy blood and lymphatic flow, both of which are important for transporting nutrients and removing waste products. Gonstead Chiropractic care may help support better circulation, which can assist the body’s natural elimination processes.

### **Reduced Inflammation:**

Chronic inflammation can place additional strain on the body’s systems. Gonstead Chiropractic adjustments may help reduce physical stress and inflammation within the body, supporting a healthier environment for optimal function.

### **Stress Management:**

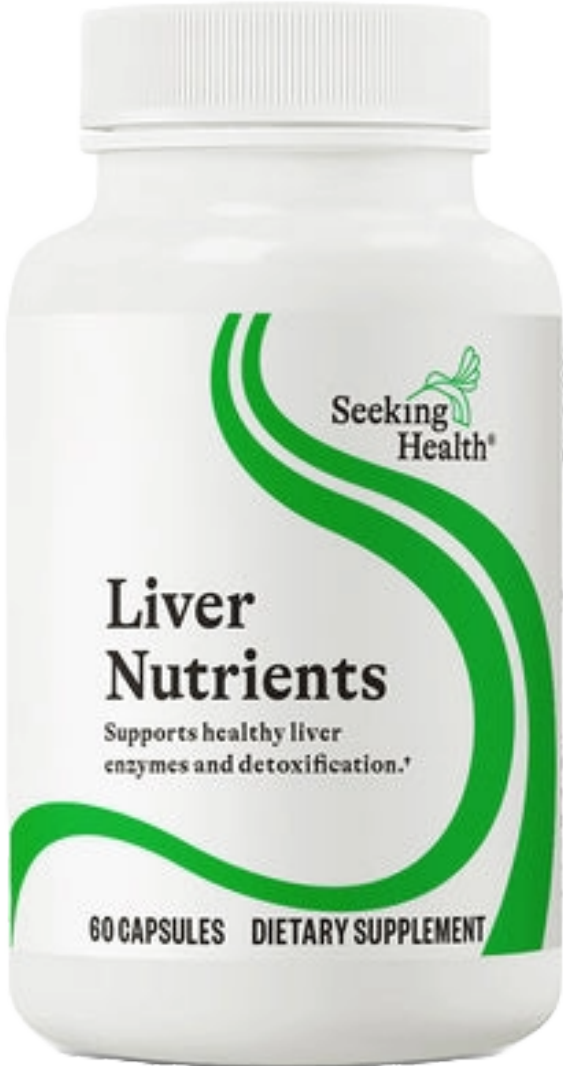
Stress can negatively affect many systems in the body, including digestion, immune function, and natural elimination pathways. By supporting nervous system balance, Gonstead Chiropractic care can help promote relaxation and improve the body’s ability to manage everyday stress.

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*Detoxification is a continuous, natural process rather than a quick fix. Long-term wellness is best supported through healthy lifestyle choices such as eating a balanced diet, staying hydrated, getting adequate sleep, and maintaining regular physical activity.*

# Supplement of the Month

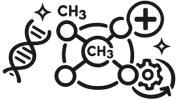
# LIVER Nutrients



Supports Natural  
Detoxification



Promotes Healthy  
Methylation



Encourages Bile Flow &  
Digestion



Supports Energy & Overall  
Wellness



# SPINE AND DINE

## Scrambled Eggs with Turmeric



### INGREDIENTS

- 1/2 tablespoon butter, olive oil or ghee
- 1/4 cup yellow onion diced
- 2 cloves garlic minced
- 1/2 cup frozen chopped spinach
- 3 eggs
- 1/2 teaspoon ground turmeric
- pinch black pepper
- salt to taste
- 1/2 cup guacamole optional
- 1/2 cup salsa optional

### INSTRUCTIONS

- In a pan over medium heat, add the butter, onion, garlic, spinach and a heavy pinch of salt. Sauté for 3-4 minutes or until onions are soft.
- In a small bowl, add the cracked eggs, turmeric and black pepper. Whisk to combine.
- Pour the whisked eggs in with the cooked spinach mixture. Lightly sauté until eggs are cooked all of the way through – about 5 minutes.
- Serve hot. *Optional to add guacamole and salsa.*

This scramble uses multiple key ingredients to help the liver process toxins.

**Garlic + Onions:** Both garlic and onions have been found to support glutathione production. This is our powerful internal antioxidant that aids in liver detoxification.

**Turmeric:** Turmeric aids in phase 2 liver detoxification. This is when the liver neutralizes damaging free radicals created while processing toxins. Without this crucial step, the body would be overloaded with cell damaging free radicals.

**Eggs:** Eggs contain high levels of a very important nutrient called choline. Outside of eggs, it's pretty difficult to get choline naturally from other food sources. Choline is so essential that it has been noted that liver cell death and impaired fat metabolism (aka fatty acid oxidation) occurs when humans are deprived of choline.