
WELLNESS NEWS



Keeping the Peace During the Christmas Season

During the holiday season it is easy to lose focus of your goals and aspirations. Ensure that your health and wellness are still a main priority this holiday season by following these few easy steps recommended by your favorite Gonstead chiropractors, Dr. Brad and Dr. Riley! Some relaxation tips include praying, meditation, and taking deep breaths. For more in depth information, read further and learn something new!

Recipe of the Month



Supplement of the Month



The Christmas Season and Stress Management

how to keep the peace this Christmas season

Advice from your favorite Gonstead chiropractors.

Relaxation techniques generally involve focus and awareness. You focus your attention on something that is calming and raise awareness of your body. It doesn't matter which technique you use. What matters is that you find ways to relax to gain the benefits.

Relaxation techniques include:

- **Autogenic relaxation.** Autogenic means something that comes from within you. In this relaxation activity, you use both visual imagery and body awareness to lower stress.

You repeat words or suggestions in your mind that may help you relax and lessen muscle tension. For example, you may imagine a peaceful setting. Then you can focus on relaxing your breathing or slowing your heart rate. Or you may feel different physical senses, such as relaxing each arm or leg one by one.

- **Progressive muscle relaxation.** In progressive muscle relaxation, you focus on slowly tensing and then relaxing each muscle group.

This can help you focus on the difference between muscle tension and relaxation. You can become more aware of physical sensations. In one type of progressive muscle relaxation, you start to tense and relax the muscles in your toes. You gradually work your way up to your neck and head. This is best done in a quiet area without interruptions. You also can start with your head and neck and work down to your toes. Tense your muscles for about five seconds and then relax for 30 seconds, and repeat.

- **Visualization.** In visualization, you may form mental pictures to take a visual journey to a peaceful, calming place or situation.

To relax using visualization, try to use as many senses as you can, such as smell, sight, sound and touch. If you imagine relaxing at the ocean, think about the salt water's smell, the sound of crashing waves and the feel of the warm sun on your body. You may want to close your eyes and sit in a quiet spot. Loosen any tight clothing and focus on your breathing. Aim to focus on the present and think positive thoughts.

Go from this:



To this:



Recipe of the Month

Directions

1. Heat oil in a Dutch oven or large pot over medium heat. Add 3 cups chopped onion, carrot and celery mix; cook, stirring occasionally, until softened, 6 to 10 minutes. Add 4 cloves garlic; cook, stirring often, until fragrant, about 30 seconds.
2. Stir in 4 cups broth, 1 1/2 cups lentils, 1 can tomatoes, 2 teaspoons thyme, 1/2 teaspoon salt, 1/2 teaspoon pepper, 1/2 teaspoon crushed red pepper and Parmesan rind, if using. Bring to a boil over medium-high heat. Reduce heat to medium-low; cover and cook, stirring occasionally, until the lentils are almost tender, 15 to 25 minutes, adding water as needed to thin to desired consistency.
3. Stir in 3 cups kale. Cook, covered, until the kale is tender, 5 to 10 minutes. Remove and discard the Parmesan rind, if using. Stir in 1 1/2 tablespoons vinegar. Divide the soup among 6 bowls; sprinkle with Parmesan. Garnish with 4 tablespoon parsley, if desired.



One-Pot Lentil and Vegetable Soup with Parmesan

This lentil-vegetable soup is packed with kale and tomatoes for a filling, flavorful main dish. The ingredients are packed with nutrients suited for improving your gut health and decrease inflammation.



Ingredients

- 2 tablespoons extra-virgin olive oil
- 3 cups fresh or frozen chopped onion, carrot and celery mix
- 4 cloves garlic, chopped
- 4 cups low-sodium vegetable or chicken broth
- 1 1/2 cups green or brown lentils
- 1 (15-ounce) can unsalted diced tomatoes, undrained
- 2 teaspoons finely chopped fresh thyme
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon crushed red pepper
- 1/2 cup grated Parmesan cheese
- 1 tablespoon parmesan rind (optional)
- 3 cups packed roughly chopped lacinato kale
- 1 1/2 tablespoons red-wine vinegar
- 4 tablespoon chopped fresh flat-leaf parsley for garnish

WELLNESS WISDOM

“Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.”

-Mother Teresa

Supplement of the Month

How and Why it Works

While the human body is incredibly resilient, it hasn't evolved quickly enough to adapt to these present-day aging accelerators. Fortunately, making good lifestyle decisions like eating a healthier diet, moving our bodies more, and reducing our stress levels can go a long way toward bolstering cellular defenses. But the step that's most often overlooked — and arguably the most important — is **tackling an imbalanced microbiome**.

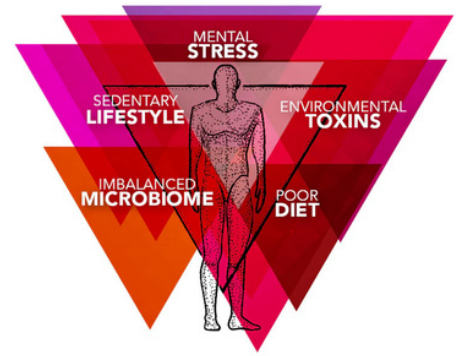
The human microbiome consists of trillions of microbes, many of which are not our friends, and all of which compete with our cells for critical nutrients and resources.

When microbes are not kept at bay with a strong immune system, they can disrupt cells' ability to effectively communicate, throw hormones and other systems off balance, and increase cellular wear and tear.

The end result: **Cellular burnout** and more rapid aging — along with all the unwanted age-related symptoms that can come with it, including lack of energy, low endurance levels, depleted vitality, and the inability to do the things we love most.

That's why it's so important to support cellular resilience, and particularly that of immune system cells, which play a pivotal role in managing the microbiome.

Because while our bodies are amazingly powerful, we can all benefit from daily support in this internal — and eternal! — battle.



Daily Herbal

Offered here in our office for YOUR convenience. Ask the front desk about pricing.