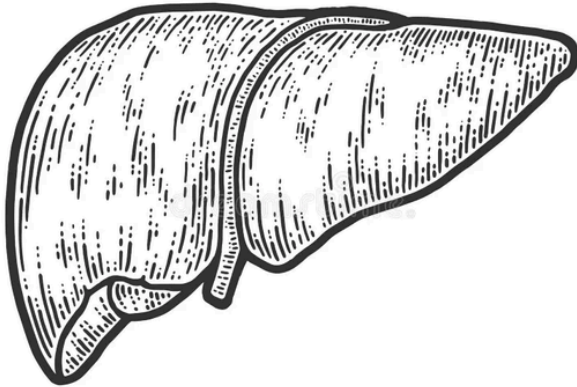


January 2025

## PROMOTING LIVER HEALTH!



### ***THE LIVER: WHERE, WHAT, WHO?***

The liver is an organ that sits just under the rib cage on the right side of the abdomen. It can weigh up to 4 pounds (1.8 kilograms).

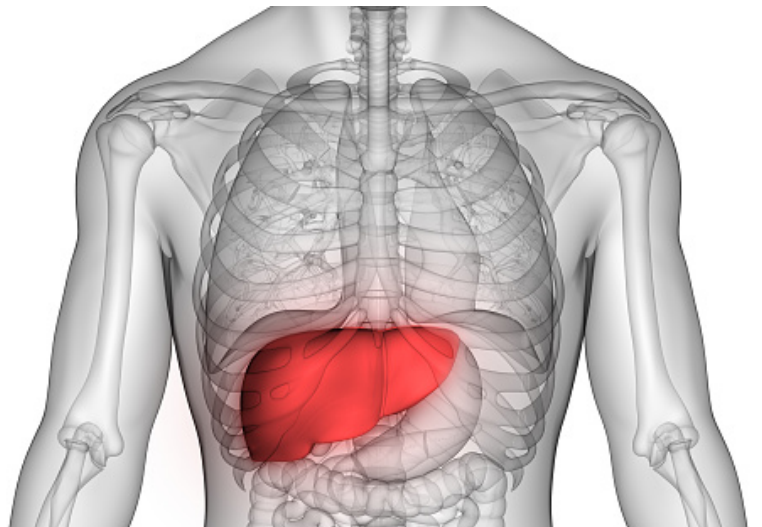
The liver is needed to help digest food, rid the body of waste products and make substances, called clotting factors, that keep the blood flowing well, among other tasks.

## SIGNS AND SYMPTOMS

### ***DO NOT IGNORE THESE SIGNS!***

Liver problems don't always cause signs and symptoms that can be seen or felt. The following are a few signs of liver problems.

- Yellowing of the skin
- Belly pain and swelling
- Itchy skin
- Dark urine
- Constant tiredness
- Bruising easily
- Loss of appetite





## Chiropractic care and its impact on liver health:

Often, people associate chiropractic care solely with spine-related treatments and back-cracking videos that have surfaced online. But let's be clear: there is so much more to chiropractic care than tending to the bones and joints. Gonstead Chiropractic used exclusively by our Doctors can treat a host of symptoms and dysfunction, including conditions that seem completely unrelated to the bones and joints.

Gonstead Chiropractic care can provide very tangible relief. Today we will explore how Gonstead chiropractic care supports the health of the entire body, including the internal organs—specifically, your liver.

The liver, as a key component of the digestive system, receives a significant boost from Gonstead specific chiropractic adjustments. Gonstead Chiropractic directly affects the nervous system in multiple ways: it realigns and adjusts your spinal joints to restore communication among nerves throughout your body; additionally, chiropractic can help reduce inflammation caused by misaligned vertebrae, which puts pressure on nearby nerves. The central nervous system – composed of both the spine and brain – is profoundly impacted by this the type of adjustments given by Dr. Brad and Dr. Riley.

When Gonstead chiropractic care synchronizes the nervous system, it has a positive influence on all systems of the body – particularly digestion. The digestive tract is managed by its own distinct nervous system known as the enteric nervous system, which sends signals to each organ in this region, such as your stomach, gallbladder, pancreas, and intestines (both small and large). The liver is no exception.

When you receive Gonstead chiropractic adjustments at our office, it can help your entire body to operate more optimally. This relieves stress on organs and provides support throughout the whole system. It also has significant benefits for the liver specifically, because of the global benefits that it provides to the entire body. These benefits include:

- Increasing detoxification
- Relaxing the nervous system
- Improving circulation
- Decreasing inflammation

*Thank you for reading!*

**SUPPLEMENT OF THE  
MONTH!:**

**LIVER NUTRIENTS**

**LIVER CLEANSE:**

**ASK ONE OF OUR DOCTORS  
TODAY WHAT HE  
RECOMMENDS FOR YOUR  
CASE!**

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# RECIPE OF THE MONTH

## VEGETABLE BROTH

### Ingredients

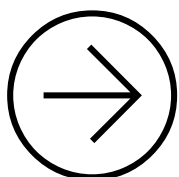
- 2 stalks celery, coarsely chopped
- 1 medium potato, cut into large chunks
- 1 medium carrot, coarsely chopped
- 1 medium onion, coarsely chopped
- 4 ounces mushrooms, halved, optional
- 3 to 4 cloves garlic, crushed
- 8 cups water
- 1 tablespoon soy sauce
- 3 large bay leaves
- 1 dash salt
- 1 dash pepper

### Instructions

1. Gather the ingredients.
2. Add celery, potato, carrot, onion, mushrooms (if using), garlic, water, soy sauce, bay leaves, salt, and pepper in a large pot and bring to a boil.
3. Reduce the heat and let the vegetable broth simmer for at least an hour, covered with a lid.
4. Strain out the vegetables and garlic and remove the bay leaves once the broth is done cooking.

### Recipe Variation

- Omit the soy sauce if you need to make a broth for a gluten-free soup. It adds a nice extra flavor, but it's not needed. Tamari, Bragg's, or Nama shoyu can also be used in place of the soy sauce.
- Add other veggies such as bell peppers, broccoli stalks, or basil—stems and leaves—whatever extra trimmings you might have around for a slightly different flavor.



## WELLNESS WISDOM

THE PRESERVATION OF HEALTH IS EASIER THAN THE CURE OF THE DISEASE.