

THE TRILLIUM THREAD

The Monthly Newsletter of Trillium Chiropractic

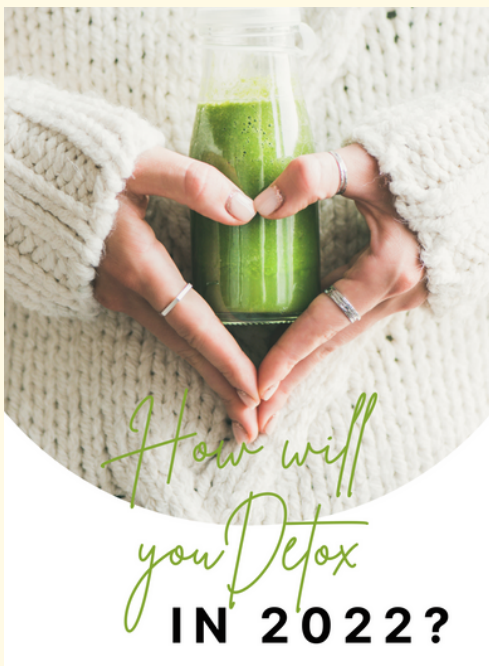


Happy New Year!

- *Detoxing in 2022*
- *Tips to Improve Gut Health & Boost Immunity*
- *Proud Sponsor of Wayzata Freeze Tournament*

Detox To Win

Happy New Year to our lovely patients! As we close the door on 2021 and turn the page to the new year, we like to focus on self-care which includes a physical and mental DETOX! We are interested as to how you plan to detox in 2022! Comment on our social post or fill out a slip of paper in the office and place it in the jar at the front desk. The staff will pick their favorite entry and the winner will be awarded a FREE elderberry syrup!



Improving Your Gut Health Naturally To Boost Immunity



Did you know that you have a second nervous system in your gut? Called the enteric nervous system, this network of nerves extends from your esophagus all the way down through your stomach and intestines. It's so important, it's often referred to as a second brain.

While many people only associate the spine with your nervous system, we want to help patients understand the importance of proper gut health and what you can do to encourage an optimally functioning enteric system naturally. You may want to consider adding probiotics to your diet. Probiotics are living organisms that provide many benefits to our body and our brain. The addition of this healthy bacteria helps with inflammatory digestive conditions, upper respiratory infections and skin irritations.

Probiotic Rich Food

- Kimchi
- Yogurt
- Sauerkraut
- Miso
- Keifer
- Tempeh
- Kombucha
- Pickled Vegetables



Probiotic Killers

- Antibiotics
- Stress
- Inflammatory Glutens
- Over sanitization
- Sugar
- Alcohol
- Lack of Exercise



Feel like your nervous system is out of balance? Schedule a checkup with us to restore proper function. We look forward to seeing you at the office soon for a focused adjustment.

Wayzata Freeze Tournament Sponsor



Trillium is a proud sponsor of the Wayzata Freeze tournament for the Wayzata Youth Hockey Association. The tournament will run from Jan 7-9. Stop by our table at the Plymouth Ice Center for a free 5 minute massage. We are grateful for the opportunity to influence our youth and care for our community!

