

# THE TRILLIUM THREAD

The Monthly Newsletter of Trillium Chiropractic



## August Updates


- Food Truck Aug 4th
- Farewell Taylor
- 5 Culprits Of Poor Sleep
- Snack For Energy

## Pharaoh's Gyros at Trillium On August 4th!

ATTENTION:


*Patients & Food Truck Lovers!*

*We are so excited to announce we will be hosting Food Truck Wednesday and Pharaoh's Gyro's will be joining us in Maple Grove! Please bring your family and friends to come support a local business and enjoy some tasty Greek food next Wed. Aug 4th from 4PM-7PM.*



**FOOD TRUCK  
WEDNESDAY**

**PLEASE JOIN US ON  
WED. AUGUST 4TH 4:00PM-7:00PM  
PHAROAH'S GYROS WILL BE AT  
TRILLIUM CHIROPRACTIC  
13700 REIMER DR. N MAPLE GROVE, MN 55311  
POP IN FOR AN ADJUSTMENT AND GET A GYRO  
ON YOUR WAY OUT!**

 CHEESE CURDS \$6	 VEGGIE FALAFEL \$5	 HUMMUS W/ PITA \$6
 CHICKEN GYROS \$10	 BEEF/LAMB GYROS \$10	 STUFFED GRAPE LEAVES \$5

## ***Farewell & Best Wishes To Taylor***

Taylor has been with Trillium for over 2 years. We are so lucky to have gotten to know her in this short time. Taylor had an opportunity come up that she could not pass up and we are so happy for her take her career to the next level. We'd like to thank her for all her time and energy put into Trillium. Greeting, taking care of and forming amazing relationships with all of our lovely patients, we were so blessed to have had her on our team! Her last day will be Aug 12th so make sure to come in and say farewell. We will have treats in the office her last week! Lets lift her up, support and wish her all the best on her next journey. She will be missed!



## ***Not Sleeping Well? Here Are 5 Culprits***

Are you one of the millions of people across the globe who dread going to bed each night knowing you're in for a sleepless slumber full of tossing and turning? If that sounds familiar, it's important to remember that you're not alone—and more so—we're here to help. Here are a few different culprits of poor sleep & what you can do to help give your body the best chance for a solid night of rest.

- 1. You're lacking a sleep routine.** A sleep routine helps prepare your body for slumber each night. A good sleep routine includes going to bed at the same time every night and waking up at the same time each morning. You can also incorporate things like light stretching before bed, or reading a few pages of a book to help your brain wind down.
- 2. You're getting too much screen time before bed.** Most electronics emit blue light, which can throw off your circadian rhythm and make it difficult to fall asleep. Try to cut screen time at least one hour before bedtime. If that's not possible, see if your device has a yellow-light setting that can be turned on in the evening hours.
- 3. Your mattress is due for an upgrade.** As a general rule of thumb, a mattress typically lasts around six to eight years. If you find yourself waking up with aches and pains, an old mattress could be to blame. Other signs of needing a new mattress include squeaky springs, not feeling rested upon waking, and sinking into the middle of the mattress without proper support.
- 4. You're drinking caffeine before bed.** While sipping evening tea may sound relaxing, if it's caffeinated you could be doing more harm than good to your sleep schedule. In fact, you shouldn't consume caffeine within four hours of bedtime for optimal slumber.
- 5. Your nervous system is out of balance.** Your nervous system helps regulate all of the other systems in your body. When it's not in proper balance, problems like insomnia and disrupted sleep can happen among others. If you're having trouble sleeping due to back pain or insomnia, give us a call to book an adjustment.

## ***Low On Energy? → Give This Healthy Snack A Try***



Often find yourself in a mid-day slump reaching for another cup of coffee? Instead of surviving on caffeine, give your body something nutritious. While you might expect us to suggest vegetables—which is never a bad choice—we've got something exciting, easy, and sweet that you can try: **Banana energy balls.**

Packed with healthy fats, fiber, and protein, this treat is sure to be a hit. Here's how to make it:

- Add the following to a food processor and pulse for 10 seconds: 2 cups rolled oats, ½ cup mashed banana, ½ cup almonds, ½ cup pecans, 1/3 cup maple syrup, 1 teaspoon ground cinnamon, ¼ teaspoon vanilla extract, ¼ teaspoon salt.
- Using clean hands, separate and roll mixture into bite-sized balls.
- Enjoy! This snack can be eaten right away or stored at a cooler temperature for later.