



Keep Pain From Ruining Your Holidays



Hanging up holiday lights. Being packed like a sardine on your flight to see family. Whipsaw weather causing achy joints. There's no shortage of potential pains during the holiday season. Here are some ways to keep pain from dampening your holiday fun:

Stay active. Exercise releases endorphins, which are hormones that block pain signals from the brain. Exercise also helps keep your body strong and flexible, which may help reduce pain in the long run.

Get adjusted. Regular chiropractic care may help improve flexibility and range of motion, which can also help reduce your risk of experiencing pain while traveling.

Choose anti-inflammatory foods. Because inflammation is often at the root of pain, eating anti-inflammatory foods can help lessen or eliminate pain. Additionally, some nutrients in these foods may help improve nerve function and reduce pain signals sent to the brain.

Wishing You & Yours a Happy, Healthy Season

With 2022 soon to be in the rear-view mirror, we hope you can slow down and imbibe the best of the holiday season!

We also want to take this time to reflect on the past year and share our hopes for you to enjoy abundant health in 2023.

Whether you're seeking to fit more fitness into your day, get your scale to budge, or eat smarter and healthier, we want to be your biggest ally in your quest for maximizing your well-being.

We are deeply grateful that you've chosen our practice for your natural healthcare needs, and allow us to be part of your life and journey to achieving your goals. We hope to serve you for many years to come!



3 Ways to Reset Your Health in the New Year



Just as the calendar flips on the first of January, marking a new year fresh with all kinds of possibilities, you may be ready to turn the page when it comes to your health.

Here are three ways to make small changes that could yield big health dividends in 2023 and beyond.

Drink plenty of water. From flushing toxins out of your body to boosting your metabolism, proper hydration is vital for good health.

Move more. Going for a run with your dog. Doing some strength training during commercials. Taking the stairs versus the elevator. There are lots of sneaky ways to get more steps into your day.

Get adjusted. When your body is in alignment, it can function better, and you are less likely to experience pain or discomfort. Chiropractic care may also help improve your overall health and well-being.