



Improving Posture from the Ground Up



"Sitting up straight" might be what we're told to do from a young age when it comes to keeping our posture correct, but would you believe that proper posture actually comes from the ground up?

Our feet provide the foundation for the rest of our body-including our spine.

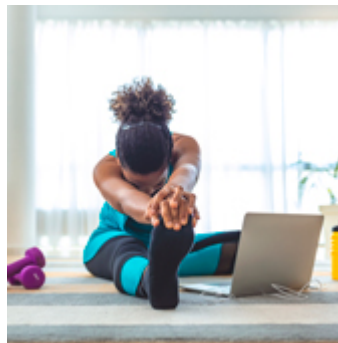
Sometimes, problems in the feet can compromise posture. Flat feet, as well as high or low arches, can stress the ankle and foot, which can then affect the lower back and hips. This can put stress on the spine, making it difficult to comfortably stand up straight. Other problems like shin splints, heel spurs, and not wearing supportive shoes can also cause posture issues.

One of the best ways to overcome poor posture? Visit our practice. We'll help identify the root cause of your posture issue, and work on a custom care plan to bring your body into perfect alignment.

4 Tips for Post-Exercise Muscle Recovery

After finishing a workout, you might be tired-but you'll also feel accomplished, and that's a great feeling! The next morning might not be as great. Sometimes, soreness sets in, sidelining you from your daily exercise routine.

Your routine may be missing proper recovery techniques, leading to injury or unnecessary soreness. Here are a few tips to follow after completing a workout.



1. Stretch it out. You'd be surprised at how many people don't stretch! After your cool down, spend 10 minutes stretching your lower back, legs, and arms.

2. Do active recovery. This means that you don't just end your workout when your heart rate is elevated. Instead, bring it down gently. This is also known as a "cool down."

3. Consume enough protein. Exercise causes tiny micro-tears, which can help us get bigger and stronger. Protein helps muscles heal effectively.

4. Schedule an adjustment. We work with athletes of all skill levels, and would love to help keep your body functioning well.

Smoothie Recipes



Looking for a way to jumpstart your day with a glass of health and wellness? Smoothies are packed full of nutrients and offer a great taste, too.

Here are a few of our favorite recipes to try!

Classic Berry: Combine ½ cup frozen strawberries, ½ cup blueberries, ½ cup almond milk, ½ cup apple juice, and ½ frozen banana.

Nutty Chocolate: Combine 1 frozen banana, 3 dates, 2 tablespoons nut butter, 1 tablespoon cacao, 1 tablespoon coconut butter, a dash of cinnamon, and 1 ½ cups almond milk.

Tropical: Combine 2 cups orange juice, ½ frozen banana, ½ cup frozen mango, ½ cup pineapple chunks, 1 tablespoon coconut butter or flakes.

Do you have a favorite smoothie recipe? Share it in the comments below.