



Healthy Holiday Snacks



It's that time of year again: the gatherings, gift shopping and holiday stress is about to set in. Instead of giving into unhealthy temptations this season, aim to make wellness a priority with healthy eating that still feels like a treat.

Asked to bring a dessert to a work or family function? Instead of choosing a pie or cake full of added sugar, go for something with a healthy twist like chocolate covered organic strawberries. Make them even more health-conscious by choosing dark chocolate for dipping.

Choose healthy alternatives to common dinners. Hungry for pasta? Pick whole wheat or multigrain noodles instead of enriched white pasta, as well as brown rice or quinoa over white rice.

When baking, try substituting applesauce for oil.

If the holiday season gets the best of you, visit our practice to restore balance to your body. We're here when you need us.

What's Causing Your Hip Pain?

Did you know that between 30-40% of adults over 60 suffer from some degree of regular hip pain? For many, this means that enjoying their golden years becomes filled with pain and difficult mobility instead of laughter and activities they love.

Some of the most common causes include arthritis, bone fractures, and trochanteric bursitis, which is caused by inflammation in a liquid filled sac near the hip joint.

If you suffer from hip pain, you have more options than just taking pain pills. Instead, consider visiting us for gentle, focused chiropractic care designed to address the root cause of your pain.

Whatever your age, it's never too late to see us. Contact our team today if you'd like to book an appointment.



Just Taking a Moment to Say...



How it happened so quickly we aren't sure, but with less than two full months of 2021 left, we wanted to hit pause for a second and share our thanks with you.

As your partner in health, we strive to bring you the best in natural wellness. When you join us for an adjustment, we ask you to partner with us and trust in the power of chiropractic care.

Without your dedication and ability to show up and continue to work for the health you deserve, we wouldn't get to do what we love every day.

Thank you for making what's been a tough year for the world a little better for our team. As the year winds down and the holiday season begins, we just wanted to say thanks for choosing us, and we look forward to continuing to serve you for years to come.