



Managing Stress at Every Age



No matter how old you are, stress remains a consistent part of life from infancy to our golden years, ebbing and flowing with all of life's twists and turns. And while it may be a natural part of life, it doesn't have to run yours.

Here are a few tips for managing stress at every age.

For children: While recognizing stress triggers come later in life, teaching children breathing techniques for mindfulness may help them build an early, healthy habit.

For teens: Sleeping and eating well are a teenager's best friend. Their changing minds and growing bodies crave both.

For adults: With life moving a mile a minute, it's important for adults to take a step back. Schedule leisure time so you don't burn yourself out.

For older adults: As we age, it's important to maintain social relationships for our own wellbeing. Sometimes, connecting with a friend we've known for years is just the ticket for boosting our mood and lowering stress.

Feeling stressed? Give our practice a call. We'd love to help you relax with a focused adjustment.

Easing Inflammation Naturally

While acute inflammation is a necessary part of healing, millions of people deal with chronic inflammation that can lead to a host of health problems – pain, insomnia, gastrointestinal issues and more. Inflammation doesn't have to be permanent. You may be able to reduce inflammation in your body naturally—especially with your diet.



1. Cut excess added sugar. It's a major contributor to inflammation.

2. Add more berries to your diet. Blueberries, blackberries and raspberries contain anthocyanin, which has anti-inflammatory effects.

3. Cook with extra virgin olive oil. One study found that people who consumed 1.7 ounces of olive oil each day saw a decrease in inflammatory markers.

Looking for other ways to overcome chronic inflammation? Focused care with us may help restore balance and function to your nervous system.

5 Quotes to Jump-start Your Month



A new month means a new beginning. In addition to having a happy, healthy spine, we also want you to have a happy, healthy life. This month, we're aiming to build happiness and kindness by spreading positivity with some of our favorite quotes and affirmations. We hope you'll share yours, too!

"Success is liking yourself, liking what you do, and liking how you do it." - Maya Angelou

"For there is always light, if only we're brave enough to see it. If only we're brave enough to be it." - Amanda Gorman

"Those who bring sunshine into the lives of others cannot keep it from themselves." – J.M. Barrie

"Mistakes are a fact of life. It is the response to the errors that counts." - Nikki Giovanni

"A year from now you may wish you had started today." – Karen Lamb