



# ZENITH

CHIROPRACTIC

## Your Monthly News & Updates

Thank you for your time and attention. My goal is to provide you with resources, new information, and practical insights on how to enhance your health. Each month is new and contains information worth sharing.

Yours in health,  
Dr. John Stenberg  
Zenith Chiropractic



*Check out Zenith Chiropractic on social media*

## Our family is growing!!

My wife Elizabeth and I are pleased to announce that our family is expanding this year! We are expecting a baby boy in December and are overjoyed with the opportunity to become parents.



## Nutrition Made Simple (*NOT easy!*)

Pathways Connect Colorado Springs - July Mastermind Recap

HIGHLIGHTS:

- Proper nutrition isn't always easy, but it should be simple
- *Quantity* of food (feeling full) VS. *Quality* food (proper nutrients)
- COLOR for QUALITY - richly colored foods often include more vitamins/minerals
- Can you find your food in nature? Can it be consumed with minimal processing?
- 80/20 Rule - you don't have to eat PERFECTLY to have a nutritious diet

[Check out the video recap here. \(2:24\)](#)



## Upcoming Events

- **Saturday August 18** - Family Fun and Friendship Event 10:00 am-4:00 pm
  - Local vendors, food, and activities for families to engage with
  - Acacia Park, Downtown Colorado Springs
- **Thursday August 23** - Colorado Springs Business Journal 6035 Lifestyle Expo
  - Colorado Springs Pioneers Museum 10 - 12 am.

Zenith Chiropractic | 703 N Tejon St, Ste A Colorado Springs CO 80903  
(719) 301-9650 | [zenithchiroco@gmail.com](mailto:zenithchiroco@gmail.com) | [www.zenithchiroco.com](http://www.zenithchiroco.com)

STAY CONNECTED

