



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. I've included a PDF report on the Nervous System and Immunity below for you to download and absorb - it's powerful information. As always, feel free to share this information with someone who would benefit!

Special recognition and love for Dad's this month - we couldn't do it without you!

Yours in health,
Dr. John Stenberg
Zenith Chiropractic

The graphic features a dark blue night sky filled with stars and a faint Milky Way. In the foreground, there are dark, silhouetted mountains. The text "HAPPY FATHER'S DAY" is centered in large, white, bold, sans-serif capital letters.

HAPPY
FATHER'S
DAY

Research On The Nervous System and Immunity

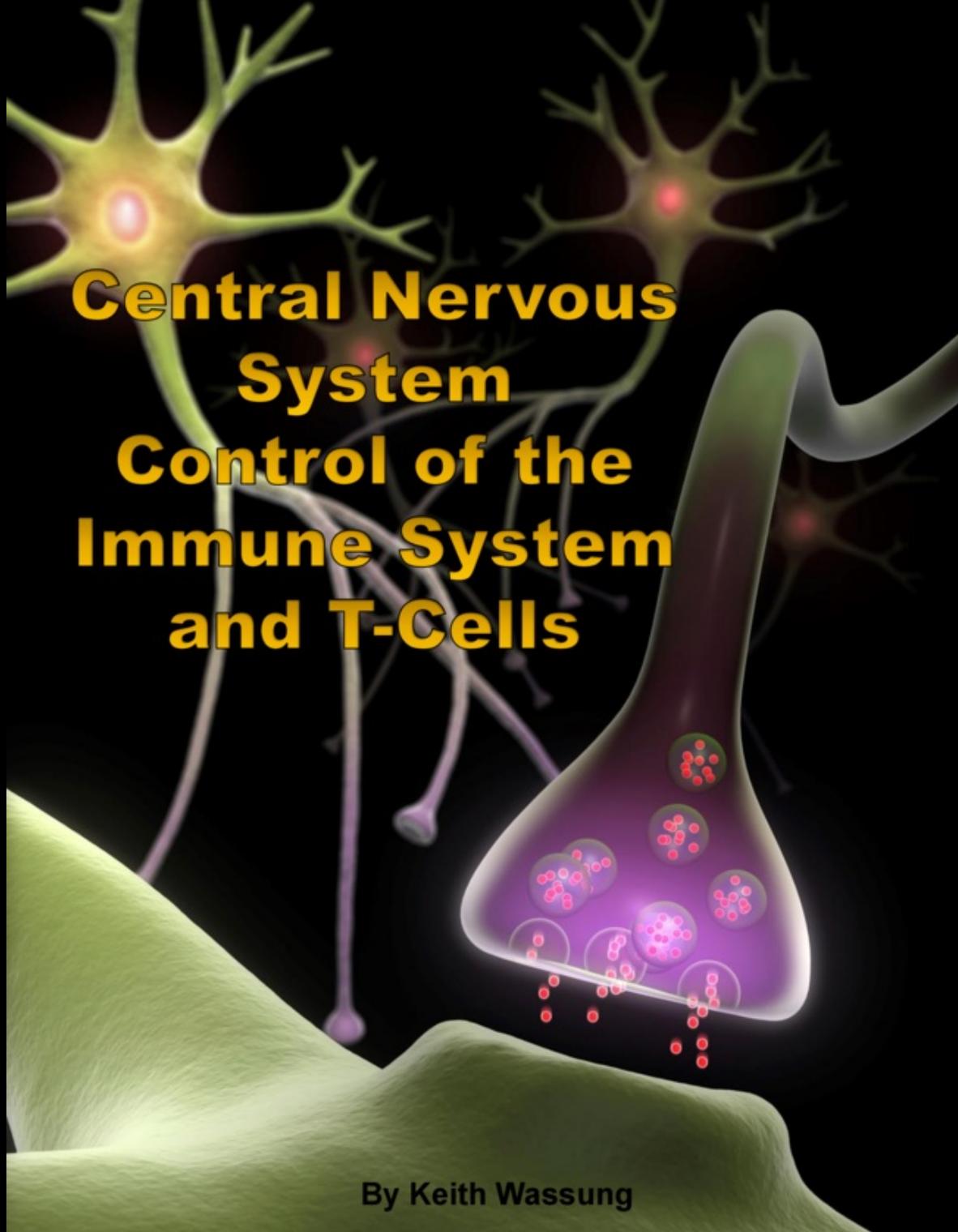
The immune system is a complex system that involves many organs, chemicals, and electrical signals from the brain that all work in concert to keep you healthy and strong. Understanding how this system works under NORMAL circumstances is an

important context for deciding how to work through health challenges (i.e. autoimmune conditions, weak immune system, bad allergies, etc).

Everything included in this article is based on peer-reviewed scientific literature (references included). If you enjoy the topic then feel free to dive deep into the cited articles to learn more.

I'm sharing this information with you because an EDUCATED/INFORMED healthcare consumer is better equipped to make the best decisions for themselves and their family. Feel free to pass this along to a friend, family member, colleague or co-worker.

[Click below to download full e-book for FREE \(shareable\)](#)



Central Nervous System Control of the Immune System and T-Cells

By Keith Wassung

[Download PDF](#)

Summer Nutrition Tips: HYDRATION

A lot of people talk about the benefits of proper hydration, and summer time is a great time to check your habits and make

sure that you're staying on top of your water intake. Since water makes up the majority of your blood plasma, cerebrospinal fluid, and keeps your muscles and joints lubricated - it's a good idea to make sure you're on top of this one!

WHAT IS HYDRATION ANYWAY?

Hydration is the process of providing your body with the proper water intake required for normal physiology. On the extreme end of the spectrum, prolonged periods of little to no water intake can lead to severe cramping, nausea, dizziness, headaches, body aches, and fatigue.



HOW MUCH IS ENOUGH?

There are conflicting opinions on how much water you should drink, but simplicity is sustainable - so focus on consistently getting 72oz+ of clean water each day. We live in a dry climate and require more intake to hydrate our tissues, consistency is key.

If you are taking in plenty of water but still having trouble staying hydrated, you may not be absorbing that water effectively. Add a pinch of sea salt to your water bottle, the electrolyte properties will help that water to effectively be absorbed throughout the GI tract. This is often more effective than sports drinks like Gatorade.

YOU CAN'T PLAY CATCH UP

Like many things in life, hydration doesn't happen with one day of good water intake. A rule of thumb that I go by when getting dehydrated myself is to follow the 2:1 Rule - for every day that I don't get enough water, it takes two days to re-balance. If you've been slacking off on your water intake for weeks or months, it's going to take consistency to hydrate your tissues.

For those of you wondering, just because a beverage contains water does not mean it is helping to hydrate you! For example, coffee and tea have diuretic properties (meaning they force more water out of your system). If you enjoy these beverages, then make sure to add the equivalent amount of water ON TOP OF the 72oz that you should be getting to "break even." For example: if you drink 2 cups of coffee per day, you'll need to drink an additional 20 ounces of water to make up for what's lost.

TIPS FOR IMPROVING YOUR HYDRATION

- I can appreciate that it's not easy to change habits. Sometimes drinking a bunch of water when you're not used to it can upset your stomach. This is a sign that you're probably chronically dehydrated. TAKE IT SLOW. If 72oz seems like a lot, start with less and be consistent. Over time you'll find it easier to ramp up
- If you're constantly feeling hungry or the need to snack - you may be dehydrated. Drink a nice big cup of water and if in 20 minutes you're still hungry, then consider eating. You'll often find that those cravings will go

away with water. You can't solve a water problem with food!

- Keep a water bottle or container with you (mason jar, Nalgene, or any old bottle that is clean and holds water!), you'll find yourself sipping throughout the day. This is good! Sipping throughout the day is a good way to get more water than trying to chug a huge glass later
- Front load - 8-10 ounces of clean water SHOULD BE the first think you consume each day. Have a glass first thing in the morning to get a jump start on your daily requirement. This will help you to get a jump start on your daily requirement and saturate your GI tract for healthy digestion

Be honest with yourself about how well you're staying on top of hydration this summer, and proactively work towards improving. Your body will thank you!

Upcoming Events / Office Closures

- Thursday June 21: Pathways Connect Colorado Springs June Mastermind, 9:30-10:30 am at Zenith Chiropractic
- Wednesday June 27-Friday June 29: CLOSED



June Mastermind: MOVEMENT

*Learn what movement facilitates in the
body and why it matters*

**Thursday June 21
9:30-10:30am**

Hosted By:



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