



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.

The month of November involves time for reflection and thankfulness. I'm grateful for your time and attention, and wish you a very happy Thanksgiving!

Yours in health,
Dr. John Stenberg
Zenith Chiropractic



Check out Zenith Chiropractic on social media



5 Tips for Staying Healthy During The Holiday Season

As we approach Thanksgiving and holiday season, it's easy to write

off your health goals. We're soon to be bombarded with tasty treats, lot's of activities, and the STRESS associated with the most wonderful time of the year. **DON'T LOSE HOPE!** Do these 5 things to stay healthy while still enjoying the holiday season!



1. Hydrate - to combat the negative effects and inflammation associated with enjoying some sugary or alcoholic treats. Drink **AT LEAST 60-80 ounces** of water per day. To aid in absorption add a pinch of sea salt and some lemon juice to 16 ounces of water and drink it first thing in the morning.

2. Move - Frequently moving your body is **FAR** more beneficial for long term health than infrequently exercising with high intensity. Take a 10 minute walk after each meal to improve blood flow, aid in digestion, and flush the lymphatic (drainage) system of the body.



3. Chew - A LOT - since you're likely to be eating foods that you wouldn't normally, take a little extra time to chew each bite until it is the consistency of a thick liquid. This starts the digestion process and also helps to prevent over eating. For each bite that you take, chew 15-20 times before swallowing. You'll be surprised at how much that actually is!

4. Rest - there will be no shortage of opportunities to waste your time this holiday season. Be purposeful to set aside time for your body and mind to rest. These times are **CRUCIAL** for healing and repair in the body, so **COMMIT** to getting 8 hours of sleep when possible, and if not to take the occasional nap.



5. Connect - there is an amazing amount of research that supports the health benefits of human connection. Dedicate yourself to spending time with people who enrich your life this holiday season.

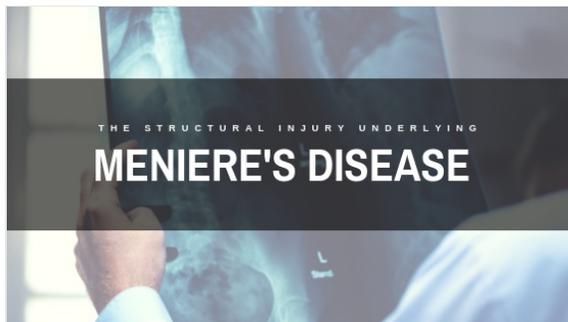
Did you know that by choosing Zenith Chiropractic you are supporting children in need within Colorado Springs?



While it has not been common knowledge, I wanted to share with you an impact that you're having in our community. Yes, *YOU!*

Zenith Chiropractic gives monthly to support [CASA of the Pikes Peak Region](#). This organization provides advocacy and representation for children of domestic abuse, neglect, and severe conflict.

Their volunteer staff of court-appointed advocates relies on the support of community members to provide the resources needed to take care of these kids. **Thanks to *YOU*, they have the support of the Zenith Chiropractic tribe.**



The Structural Injury Underlying Meniere's Disease

If you've ever known of someone who is troubled by ringing in the ears, vertigo, nausea, and/or hearing loss, you know how aggravating and debilitating these symptoms can be.

It might be Meniere's Disease, and it might have been caused by a whiplash injury.

[Read More \(3 minutes\)](#)

Events and Schedule Changes for November 2018:

- Saturday November 17 - Head-2-Toe Spinal Show at Crossfit Falcon View
 - 11:45 am - 1:00 pm
 - [Sign Up Here](#)
 - Thursday 11/22 - CLOSED - Happy Thanksgiving
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STAY CONNECTED

