




MONTHLY UPDATES!

APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31	1 	2 	3	4	5	6
7	8 	9	10	11 	12	13
14	15	16 	17	18	19	20
21	22 	23	24	25	26	27
28	29	30	1	2	3	4

 Vital Shift Dinner @ 6:15 PM (In-Office)

 March Madness Ends

 Emily's Birthday!

HEBREWS 4:16

"So let us come **boldly** to the throne of our *gracious* God. There we will receive his mercy, and we will find grace to help us when we need it most.

Adrenal Cocktail

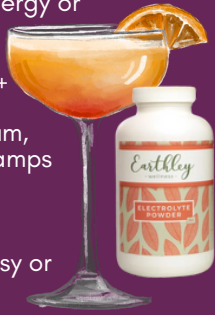
What is an Adrenal Cocktail? Typically a blend of orange juice, cream of tartar, and sea salt. Or add Earthley's electrolyte powder to OJ!

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The benefits?

- **Balancing Hormones**
- **Stress Reduction:** adrenal glands play a crucial role in managing stress.
- **Energy Boost** (when feeling low energy or combating fatigue)
- **Digestive Aid**
- **Mineral Replenishment:** Sea salt + cream of tartar are rich in essential minerals like magnesium & potassium, which can help alleviate muscle cramps and proper electrolyte balance.



Overall, it is a natural + healthy way to support your body, especially during busy or stressful seasons.

DITCH & SWITCH: DEODORANT

\$10 off Primally Pure!



If you're not sure why it's so important to choose safe deodorant, please know that your armpits are one of two areas on our body that absorb the MOST of whatever we put on it.

X Ditch your deodorant if you see fragrance, PEGs, propylene glycol, polysorbate, phenoxyethanol, triclosan, talc, parabens, aluminum, & DEA on the ingredient label.



Safe Swaps: Primally Pure Deodorant, Milk + Honey, Rustic Maka, Earth Mama, Earthley, Beauty by Earth, Cleo + Coco, Pretty Frank, Truveni Unscented, Little Seed Farm, PiperWai, and ATTITUDE.



When switching to a natural deodorant there is typically a "detox" period where it may seem like the deodorant isn't working. That is because your body is detoxing all the chemicals that have been absorbed over time. Here are some things that can help you during the initial detox phase:

- Slice a small piece of lemon or lime and rub it on your armpits when going through the initial detox. The juice kills bacteria and odor.
- DIY recipe: 1 TBSP of Bentonite Clay + 2 TSP Apple Cider Vinegar. Mix together to create a paste. Don't use a metal spoon or bowl. Spread the paste on your armpits and leave it on for 5-15 minutes. Rinse and repeat as needed.



- WATER is so important when detoxing. Drink plenty of CLEAN water! Ditch bottled water.
- Diet plays a huge role when detoxing. Everything comes back to how we are taking care of our insides. What are we fueling our body with? Eat clean WHOLE FOODS, organic whenever possible. Avoid sugar, processed foods, dairy and inflammatory foods.

PRACTICE MEMBER OF THE MONTH: EVERETT W.

For months, I dealt with debilitating back pain that limited my activities and kept me from sleeping at night. I came to Restoration Chiropractic as a last resort. Dr. Adam and his staff were instrumental in assessing the issue and then developing a treatment plan. It took a little while but the staff was able to help my back pain to go away while adding to my knowledge of overall health. Dr. Adam, his family, Dr. Jared and the team care about you as a person and are committed to providing the care that is right for you. I have transitioned to the maintenance phase of my care and am still impressed by the consistency of excellence that is shown by all who work there. Thanks Team!



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