

THE SOURCE

A VERO NEWSLETTER



CHOC IT OUT!

Why is dark chocolate one of the best choices for your valentines this year?

Dark chocolate is full of soluble fiber and minerals, including iron, magnesium, copper, and manganese!

One study showed that cocoa and dark chocolate had more antioxidant activity, polyphenols, and flavanols than any other fruits tested, which included blueberries and acai berries!

It can improve brain function and lower your risk for heart disease.

The bioactive compounds in dark chocolate may also be great for your skin, helping protect it from the sun.

Spread and receive some love

In order to love and appreciate others, you must also love and appreciate yourself. Prioritizing your physical, mental, emotional, and spiritual health is one of the best ways to care for yourself, especially during such a stressful season! In addition to your regular chiropractic adjustments, care for yourself this February by:

- Spending five minutes in complete silence, inhaling and exhaling slowly.
- Buying a bouquet of flowers for yourself.
- Taking a leisurely walk without a goal.
- Journaling in your favorite coffee shop.
- Having a 20-minute stretching session.
- Watching the sun rise or set.
- Writing a list of 10 things you're grateful for and why.
- Saying "no" to something that would typically overwhelm you.

END HEADACHES NOW

Headaches are not fun, and migraines are another level of awful. Living with either of these issues can make it stressful to function throughout the day, and taking medication every time this happens may have an impact on your long-term health.

Consistent headaches or migraines can be an indicator that there are deeper problems in your spinal column. Because every other system in your body is impacted by your spinal health, it is very important to deal with your headaches and migraines quickly.

Our owner and lead doctor, Dr. Josiah, is hosting "End Headaches Now," a workshop and dinner on February 8 at 6:30 pm to discuss and answer all your questions about headaches and migraines. This event is completely free; just ask our front desk how to register on your next visit!



CHIROPRACTIC FOR KIDS

Sweet baby Richelle (pictured above) had her first adjustment at just 2 days old last month. Neurologically-based care can help your child get better sleep, build a stronger immune system, and improve mood regulation. Not only will chiropractic care keep your baby feeling great all day, but it will also keep them healthy for years to come!



MEET CHELSIE

"Hi, my name is Chelsie! I'm from Ohio, but have lived in Nashville, Florida, and am now planting roots here in the heart of Iowa with my husband, Curt, and our husky, Maverick! I have a passion for holistic health and wellness and am a certified Nutritional Therapy Practitioner. Outside of Vero, I love training in the gym, a great cup of coffee, and growing together with the love of my life!"

Chelsie celebrated her one-year anniversary at Vero last month! Be sure to congratulate her on your next visit.

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