

GALLOWAY WELLNESS NEWS

YOUR SOURCE FOR EVIDENCE-BASED FAMILY WELLNESS TIPS

Fall 2020

FREE TO SHARE

Greetings from Dr. Paige

Hello to you all, friends and family of Galloway Chiropractic. 2020 has certainly exceeded our most wild expectations. I anticipate that you, like my family here at the office and at home, have seen changes that you might not have ever anticipated. We all are having to adapt and find our way in this "New Normal". I understand climates such as this one can leave us feeling less than positive, and wanted to remind you that you have support here at Galloway Chiropractic.

In our newsletter we will be offering you evidence-based options to help mitigate the effects of our "New Normal"; which comes with more responsibility and new stressors. As we know stress has multiple impacts on our health. Generally, the type of stress we are familiar with is negative and is detrimental to our psyche, organ systems, and overall health. I want to offer you simple solutions for your family to live, attain, and maintain your best life possible.

Seasonal Wellness Kit

As a Board Certified Clinical Nutritionist I have carefully selected the following products to build you this wellness kit to help you through the COVID-19 and Cold and Flu season that is upon us. Each of these products uses high quality ingredients and has clinical data to show their efficacy to boost immune function. In our wellness kit you'll find UltraFlora Immune Booster (probiotic), PhytoMulti Capsules (phyto-nutrients, vitamins) and Immune Active (potent antioxidant support). These products contain the nutrients your family needs to achieve optimal health.



Office Hours:

Monday: 9:00 - 12:00 / 2:00 - 5:00
Tuesday: 9:00 - 12:00
Wednesday: 9:00 - 12:00 / 2:00 - 5:00
Thursday: **CLOSED**
Friday: 9:00 - 12:00 / 2:00 - 5:00



Dr. Paige offers nutritional counseling for the entire family, including children returning to school. Call our office to schedule a consultation for her personalized recommendations.

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Staying Well in Quarantine

Keeping yourself on the up and up

Currently, there seem to be few but mountainous reasons to stay indoors. Quarantining to avoid viral exposures, and with the exceptional amount of heat we have in our climate we can find it increasingly difficult to manage adequate time outdoors. Sweltering heat indexes of 112 and 114 are certainly off-putting and the reality of heat exhaustion and heat stroke are unnervingly palpable here in Texas.

Aim for morning outdoor time before 11 am, including walks, gardening, even sunning yourself. In the evening when your day is slowing down find time starting about 4:30 to make your way back outside, dining al fresco, evening walks, visiting with neighbors. These hours of the day will still get you safe, beneficial rays to increase your levels of vitamin D.

Nonetheless, staying moving and active is imperative to our triune well-being. For those who are capable walking is a gentle and effective exercise to assist your wellness and manage your physique. Moreover it doesn't require "much" effort to be beneficial. At Galloway Chiropractic we recommend 30 minute walks 3 times a week and keep your pace within your limits. When you feel seasoned and ready for more try to work yourself up to 4 miles a session. You'll be doing yourself a world of good.

Walking alone can improve mental clarity, reduce stress, increase circulation, improve balance, the benefits are seemingly endless. Walking can also become a great way to connect with friends and loved ones. Family walks in the evening can increase bonding between siblings and between children and parents. It is also a great way to develop connection and resolve conflict between you and your partner. We can find much creative inspiration for our lives in this gentle, rhythmic movement.

Back to...Reality

Where will you be?

It's daunting isn't it? Realizing a six month "summer" is coming to an end and now what? There are many options at our fingertips regarding schooling for our kids and even our new workplace environments. With many offices shutting their doors and parents apprehensive about sending kids to school...the home has become the new office and the new classroom.

We think whatever you choose to do for yourself or your family is great. Dr. Paige suggests, for those who are staying home, to keep an adequate work-station. This means try to avoid the couch, crouched, slouched, and bent over! A desk or table and chair with adequate light, natural if possible, and space to write, read, as well as attend virtual meetings or calls. Take a 10-15 minute break where possible to stretch your legs and give your eyes a break from your screens.

Body Work Therapy.

Massage has always reputed itself as a wonderful self-care treatment and now is a great way to reduce the effects of your new workplace environments and life stressors. The massage therapists have been working steady through the past few months to help you achieve better wellness and peace of mind. **Availability is limited as appointments fill quickly.**

