



The Wellness Weekly

Hey,

Let's chat about something that's buzzing in the background of our daily lives—Electromagnetic Fields (EMFs).

EMFs are invisible energy fields generated by both natural and man-made sources, classified as non-ionizing and ionizing radiation. The bottom line?

From our Wi-Fi to our smart devices, these invisible forces might be wreaking havoc on your health without you even knowing it!

The EMF Conundrum

If you've been feeling a little more anxious, foggy, or just plain "blah," it could be more than just weekday blues. EMFs from Wi-Fi, smartphones, and smartwatches can contribute to a range of symptoms, including:

Anxiety and Stress: Ever notice how your phone buzzes with notifications, and suddenly you feel like you've got a thousand tasks? That stress response isn't just in your head—it's in the waves!

Neurological Issues: These fields can interfere with our brain's electrical activity, leading to cognitive hiccups—like brain fog that feels like trying to remember the name of that catchy song... you know, the one that's always stuck in your head.

Sleep Problems: If you're tossing and turning, it could be the EMFs of your devices under your pillow or on your nightstand that are keeping you up—worse than a bad roommate.

Digestive Disturbances: You'd be surprised how much your gut reacts to the chaos of EMFs. Think of it as your body's way of saying, "Help! I can't digest all this stress!"

Chiropractic Care & Cognition



You might be wondering, “What does chiropractic care have to do with EMFs?”

Well, it turns out, a lot!

Research shows that chiropractic adjustments can significantly improve neurological function. A study published in the Journal of Neural Plasticity found that chiropractic adjustments greatly increased function in the brain’s prefrontal cortex, and by doing so can, reduce symptoms associated with EMF exposure.

So, if you’re feeling a little foggy after tech use, it’s time to tune in to your body! Chiropractic care can help restore balance, clear that brain fog, and alleviate anxiety. The result? A fresh new (and healthier) perspective!



THE SMART WATCH



Not So Smart Watch

To learn more about health challenges related to EMFs, and more specifically with smart watches, check out our most recent digital guide! It also includes some simple steps you can take to detox from these frequencies.


Prayer Requests

“DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING LET YOUR REQUESTS BE MADE KNOWN TO GOD.”

- PHILIPPIANS 4:6

Every Wednesday morning, we have a team meeting and conclude that meeting with prayer before we start the day. We would love to pray for you during this time! If interested, you can submit an anonymous prayer request here:

Let's Connect!

 Ready to take the next step? Schedule your appointment today and let's work together to conquer that pain and reclaim your active lifestyle.

Here's to feeling great and living life to the fullest!

MAKE AN APPOINTMENT