



WELCOME TO

# The Wellness Weekly

*new things ahead!*

NEW WEEK, NEW SCHEDULE

## Back to the Grind

By now, most of you are getting back into the swing of things as summer creeps to a close with a new schedule. Whether it's back to school, a more demanding shift at work, picking up a sport again, or just a busy schedule, your calendar might be more marked up. As for us, we're here with the same hours and schedule to serve you during the season of change. Fall is just around the corner and with it comes new beginnings and fresh starts! As for our new beginnings, we're excited to be creating, curating, and sending some new content your way.

*~ Dr. Roeder & the CWCB Team ♡*



## Psalm 34:18

**"THE LORD IS NEAR TO THE BROKENHEARTED  
AND SAVES THE CRUSHED IN SPIRIT."**

In a world that pressures conformity and where pain often feels isolating, this verse is a reminder of the Lord's presence in our darkest moments. It paints a vivid picture of a compassionate Father who draws near to us even when we draw away from Him. He understands the depths of your anguish.

You are not required to fix all your problems before coming to God. There is nothing that in our human flesh we can do to be blameless. We are only made blameless through Christ alone. So come to Him brokenhearted and downtrodden.

God's grace is most evident when we are most in need.





# Discover the 10 Building Blocks of Health

**ELEVATE YOUR EVERYDAY...TODAY!**

Need some lifestyle tips? These are simple, doable steps you can take to increase longevity and improve how you experience everyday life. If you haven't read this resource yet, check it out! Health is not unattainable or too far from reach. Be encouraged and empowered with this knowledge!

[INSTANT DOWNLOAD](#)



## Beets

**FUEL FOR YOUR DAY**

Now that fall is soon approaching, the way we eat might change as we incorporate less seasonal fruits and more root vegetables. Beets come in all shapes and colors, but can also address health issues at their roots.

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## Recipe

**GET STARTED**

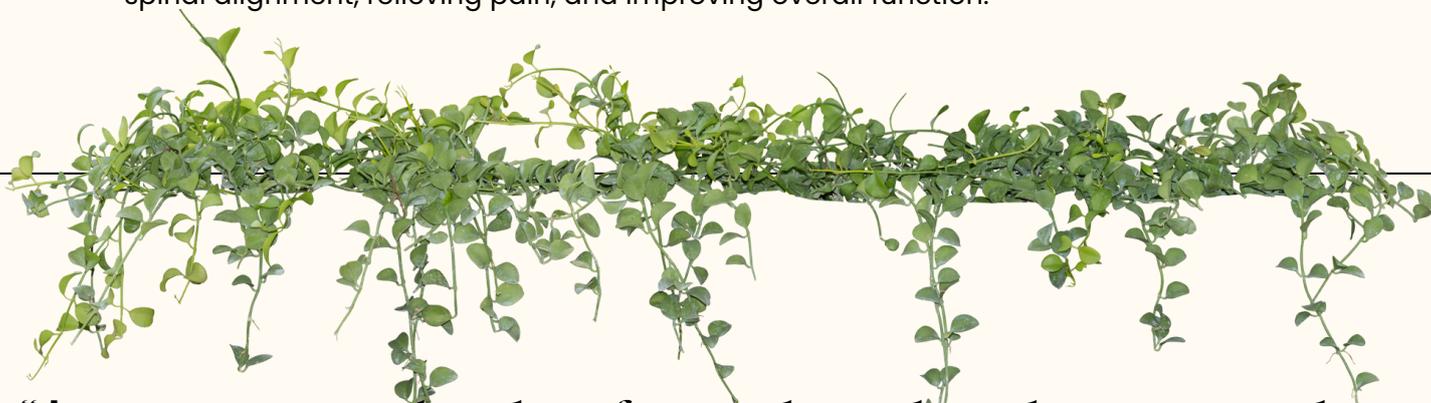
Whether not knowing how to cook them, or figuring out how to serve them, we know that beets can be intimidating. So here's a delicious and easy recipe we found so you can start enjoying them!

[LEARN MORE](#)

# Vertebrae of the Week

## C2: THE AXIS

This pivotal vertebra earns its name from its unique role in your spinal structure. Known as the "Axis," it's the second vertebra in your neck, right beneath the C1 (Atlas), and it allows the Atlas to rotate. Picture the Axis like a meridian that holds a globe, which allows you to turn your head from side to side with ease. Its distinct odontoid process, or "dens," acts as a pivot point for this rotation, making it the literal axis upon which your head spins. Understanding the Axis's role helps us appreciate how interconnected our physiological systems are. The organs it controls are the eyes, sinuses, tongue, and optic nerve, with subluxation effects including sinus troubles, vision issues, seizures, and allergies, among others. Adjusting the C2 vertebra can be crucial for maintaining proper spinal alignment, relieving pain, and improving overall function.



**"I can raise both of my hands above my head,  
which was nearly impossible two weeks ago.  
So that's definitely a win!"**

*~ Marin G.*

## 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: