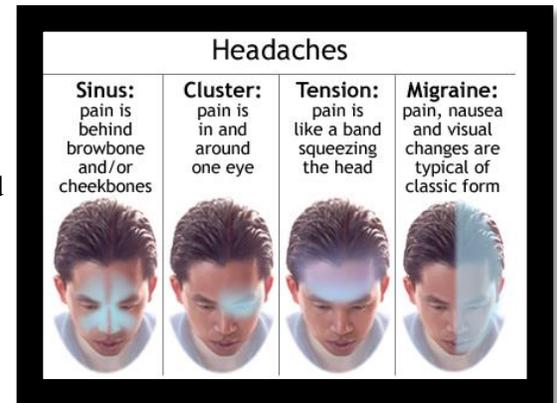


Migraine & Headache Relief

June is National Migraine and Headache Awareness month. This month we want to share eight ways to reduce their painful effect and stop them from occurring.

Let's take a look!

1. **Stay hydrated** - this is the number one thing you should make sure you're doing if you're prone to headaches. If you start to feel one niggling in your head - begin sipping water immediately.
2. **Avoid artificial sweeteners and processed food** - try some natural fruits and vegetables instead.
3. **Reduce alcohol intake** - you do not need to get a hangover to feel the effects of your alcohol intake. If your headaches are growing more persistent, reduce your alcohol intake and see if it helps with your symptoms.
4. **Use Essential Oils** - Many essential oils can be applied directly to your temples to help relieve a headache. Find one that works for you and stick with it.
5. **Get Some Sleep** - Sleep and dehydration are some of the leading causes. Make sure you're getting enough sleep, particularly in stressful periods of your life.
6. **Use a cold compress** - if nothing else is working, try using a cold compress to relieve the pressure in your head.
7. **Visit the chiropractor** - spinal adjustments can benefit various ailments, including headaches.
8. **Relax and move** - Yoga and stretching can help relieve the tension and stress in your body, resulting in a headache.



Let's Go To The Great Outdoors!

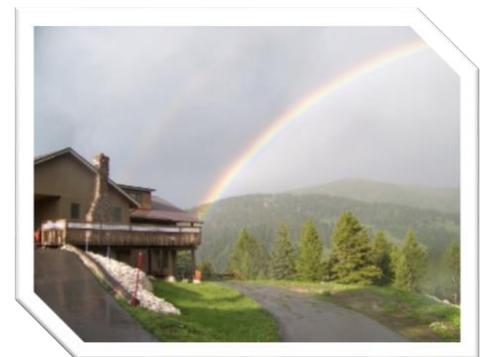
Summer is around the corner and in Montana that means warmer weather! This June let's get outdoors, breathe fresh air deep into our lungs and exhale enthusiastically as we take in the beauty of nature.

The scientifically proven benefits of being outdoors are boundless. Here are a few examples:

- Boosts your energy
- Exercising outdoors drains less energy
- Sunlight is a natural pain reliever
- Boosts your immune system
- It helps with feelings of calmness
- Enhances creativity
- Restores focus

If you're feeling overwhelmed, tired, stressed, cloudy, or suffering from other ailments - being outdoors can help. It may not be the complete cure, but its benefits are evident in patients compared to those who spend most of their time indoors. Simple acts like smelling flowers or freshly cut grass can act as a natural aromatherapy session that encourages feelings of calm and tranquility. Getting wind in your hair and air in your lungs can boost your energy and realign your mental flow.

If you're to do anything this June, make sure it is in the great outdoors with people you love in places you adore.



Join us in November at the Mountain Top Retreat Center in Bozeman, MT.

Please note the office will be closed the following days; May 30th to June 6th at 9am, June 24th and June 30th to July 5th at 9am.



Healthy Barbecuing Tips

Use a spicy marinade — Spices like thyme, sage, and garlic are packed with antioxidants that will help eliminate carcinogens from barbecuing.

Grill veggies - They have that same hearty hot-off-the-grill taste and are a *great* healthy option.

Marinate for no more than a few hours — Studies show that lengthy marinating times (5 hours or longer) may lower the percentage of antioxidants in the sauces. Marinades don't soak deep into the meat, so there's not a lot of flavor advantage to those overnight soaks.

The Importance of Hydration For Chiropractic

Have you heard the saying, ‘*water is life*’? It’s true! Water is an essential nutrient used by every cell, organ, and tissue in the human body. It is used to produce new cells, repair cellular damage, remove waste, digest food, and perform many other essential tasks.

The majority of patients visiting Activated Life Chiropractic & Wellness are well aware of the critical role that water has in maintaining good health. However, we often discover that patients don't appreciate how much hydration affects their back health.

Understanding The Spine

To learn how hydration affects the spine, we need to look at how the spine functions. The spinal column consists of a row of bones called vertebrae. Between each vertebra is a spinal disc. Spinal discs are disc-shaped objects with a tough exterior made from a ring of ligament fibers called the *annulus fibrosus*. The *annulus fibrosus* encases a soft, jelly-like inner core called the *nucleus pulposus*.

The primary role of spinal discs is to provide cushioning between the vertebrae and protect the spine against sudden impacts. Spinal discs also prevent the vertebrae from rubbing against one another as you move about, watching the vertebrae from damage.

If you don't drink enough water, they become thinner, which can lead to various back problems.

Problems Caused By Dehydration

If you become dehydrated, the spinal discs may not have enough fluid to re-hydrate their gelatinous center successfully. This causes the discs to remain compressed, placing more strain on the fibrous outer layer of the discs.

Eventually, the additional stress placed on the discs can cause pain, mobility issues and increase the risk of back problems like herniated discs. It can also worsen conditions like degenerative disc disease.

Having dehydrated discs can even affect your mobility, as the spine cannot bend as easily. This loss of mobility can increase the risk of injury, mainly if you are a very active person.

How Much Water Should You Drink?

It is often said that most adults need to drink about 8 cups of water per day to remain hydrated. However, the amount of water you need will vary significantly based on where you live, your physical characteristics, and your lifestyle.

Remember to increase water intake whenever working in hot weather or exercising at a high intensity. Also, increase your water intake even more if you consume food, drinks, or medications, which are diuretics.

Interested in learning more:

Join us on June 16th from 2-4pm for our Healthy Happy Hour: Water 101 at our office!

Traditional Gazpacho Recipe ~

This traditional no-cook gazpacho is a mix of fresh vegetables and store-bought tomato based vegetable juice for a perfect blend of smooth and chunky vegetable textures.



Ingredients

- 3 stalks celery diced
- 1 seedless hot-house cucumber with skin on diced
- 1 zucchini diced
- 3/4 whole medium red onion diced
- 4 cups tomato juice such as V-8
- 2 cloves garlic pressed or minced
- 1/4 cup extra virgin olive oil or grapeseed oil
- 1/4 cup red wine vinegar
- 2 tablespoons sugar
- 2 tablespoons Chohula hot sauce to taste
- 1 tablespoon celery salt
- 1 tablespoon garlic salt
- 6 cocktail or Campari tomatoes diced
- Kosher salt and freshly ground black pepper
- 1/4 cup sour cream
- Fresh chives for garnish

Instructions

1. In the bowl of a food processor or a blender, combine half of the celery, cucumber, zucchini, red onion, and 2 cups of the tomato juice with the pressed or minced garlic, olive oil, red wine vinegar, sugar, hot sauce, celery salt, and garlic salt.
2. Pulse all of the ingredients until well blended. Add the rest of the tomato juice and pulse to mix.
3. Add the celery, cucumber, zucchini, and diced tomatoes and pulse once or twice. Season with kosher salt and freshly ground black pepper, and adjust the hot sauce to taste.
4. Chill the soup for at least 1 hour before serving.
5. Serve the soup with a drizzle of the sour cream that has been thinned with a bit of water. Top with fresh chopped chives.

Summer Immunity Boost

During summertime the days are longer which often means that your body feels like it has more energy. Your energy receives a further boost as you spend time in nature and under the sun.



Keeping your immunity boosted during the summer is just as crucial as winter. Activated Life Chiropractic & Wellness, can make sure that your body is in a great position to fight illness, boost energy and increase your health.

By seeing a chiropractor, you make sure your central nervous system is working to its optimum level. Regular maintenance ensures that it's always able to do its job seamlessly. If it is obstructed, inhibited, or disconnected, it cannot perform perfectly. Chiropractic care removes the obstacles and improves connections in your spine and systems by shifting the vertebrae in your spine to where they should be.

In recent years, scientists have stopped referring to the nervous system and the immune system as entirely separate entities. Instead, more research and knowledge has been gathered on how they work as a unit to keep your immunity boosted and your health in top shape.

Boost your immunity, care for your overall health and book your next appointment with us as soon as you can. We are ready and waiting to assist you in boosting your health and care for yourself in the long run.

Activated Life Chiropractic & Wellness

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Thank you!

The ultimate compliment is when our patients tell their friends and families about Activated Life Chiropractic and Wellness. Thank you for helping us help others!



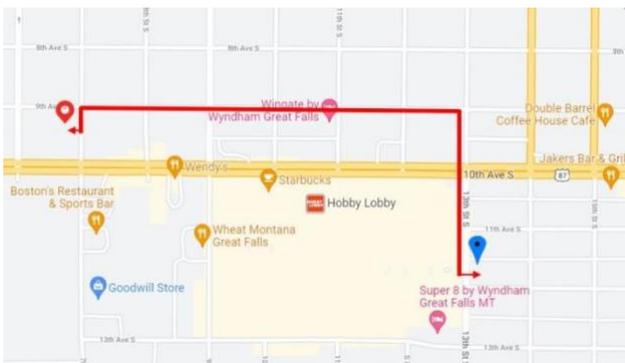
Activated Life Chiropractic & Wellness has the following upcoming events:

June 16th – Healthy Happy Hour: Water 101

August 18th – Avoiding Drugs & Surgery

November 18th-20th – Wellness Retreat:

True You: Mind, Body, and Spirit



True You: Mind, Body & Spirit

Hosted by Activated Life Chiropractic and Wellness

November 18th-20th, 2022

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