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# ASCEND NEWSLETTER

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Think Well | Be Well | Eat Well | Move Well | Live Well

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Welcome to the Ascend Chiropractic and Wellness Newsletter! We're very excited to create this monthly newsletter for our community members. We want our community to achieve optimal wellness, which entails more than just chiropractic care. We hope to educate and motivate everyone towards healthy decisions to live a happy and healthy life.

## Why You Might Be Having Headaches

Ugh, headaches—such a nuisance right? And if they're severe and/or regular, they can ruin a lot more than just a few hours of your day. Instead of popping pain relievers or trying to get through the discomfort, it's time to start looking at why they're happening. Receiving chiropractic treatments minimizes headaches, but there are other factors to take into consideration to help with headaches.

**Water, water, water!** We should be drinking close to half our body weight in ounces. For example, if you're 180 lbs, you should be drinking close to 90 oz. Keep in mind your average water bottle is 16.9 oz, so make sure you're refilling that water bottle throughout the day!

**How's your posture?** When our head constantly leans too far forward, the muscles and ligaments in your neck become stressed and strained- causing a headache. Pay attention to how you're sitting throughout the day. Maybe set notifications on your phone that'll remind you to straighten it up!

**Keep tabs on your diet.** If you notice a headache develop during the day, what have you eaten prior to that? Maybe it's a sugary food or dense carbohydrate you need to remove from your diet.

**Breathe!** We tend to be shallow breathers and simply need to take in more oxygen. Try to take a few moments throughout the day to take 10 deep breaths.

# Creating your Nighttime Routine

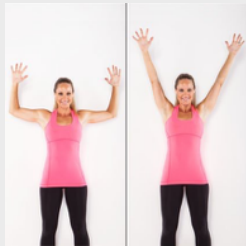
Having a nighttime routine is just as important as having a morning routine. To get plentiful sleep and be at your best every day, throughout the whole day, here are a few suggestions for creating your personal nighttime routine:

- Plan tomorrow every night: this will help put your mind at ease and set you up for success for the next day.
- Shower in the evening: wash away the day and have that time to quietly center yourself before bed.
- Minimize the number of things you need to do in the morning: pick your outfit, pack your lunch, prep the coffee maker; whatever makes your morning more smooth.

## Tip of the Month

Core plays a large role in our posture. To improve your posture, here are a couple postural exercises that focus on strengthening and stretching your abdominal muscles:

### Wall Angel



Position your back, shoulders, heels, hips and head against the wall. Keep your arms on the wall as you slowly move between these two positions.

### Prone Cobra



It's easy for our shoulders to roll forward, creating a hunched posture. This exercise helps roll your shoulders back and stretch your abdominal muscles.

**Sign up for an appointment today at:**

[ascendchiropracticmn.com](http://ascendchiropracticmn.com)

**or call:**

952-300-2050