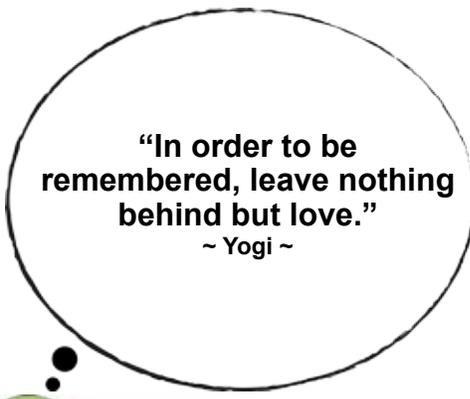


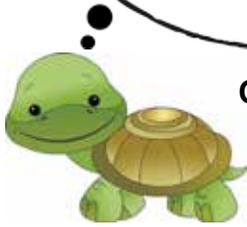
Spelling Error

Help us with our spelling... tell us about the spelling error and your name will be entered for a \$5 gift certificate drawing. You are welcome to leave a message on our voice mail if your call is after hours. Thanks to all of you who participate!

Congratulations to this month's Winner!
Rejeana



**"In order to be remembered, leave nothing behind but love."
~ Yogi ~**



Quote to ponder...

Care To Share

This month's Care to Share winner is

Shawn

A **BIG** thank you to this month's winner and

Brie

for referring friends and family to us for care.



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Mark Your Calendar



Happy Easter!

Earth Day

APRIL 22

<https://kissthegroundmovie.com/>

Closings

NONE



HOW TO DYE EASTER EGGS NATURALLY



Source: <https://dollarcrafter.com/the-ultimate-guide-to-naturally-dyed-eggs/>

HAVE YOU SEEN THESE?



Your gut is the gateway to so many other parts of your body, including your brain! What researchers call the “gut-brain” axis is responsible for the back and forth communication between the central and the enteric nervous system, meaning it links the emotional and cognitive centers of the brain with peripheral intestinal functions. Your gut is also responsible for creating many of the neurotransmitters that help control sleep and moods, like serotonin.

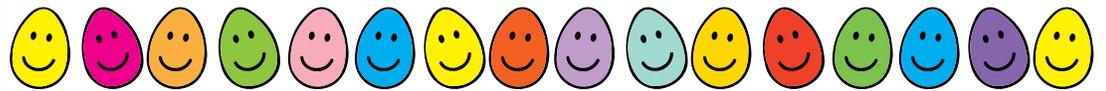
The importance of gut health really can't be overstated.

Your gut is majorly responsible (70%!) for your immune function and response.

Your gut is your body's first line of defense from harmful foreign substances. Its job is to filter out the bad and keep in the good (in so many words). It does that on the cellular level via tight junctions in the gut that keep your intestinal lining operating at peak performance. But when your gut lining is continually assaulted with environmental toxins, those cellular junctions loosen and let bad substances pass right on through creating leaky gut and stomach issues.

Unlike probiotics and other supplements available today, ION* Gut Support is a wellness solution that works with the natural systems your body already has in place to bolster gut health directly. ION* Gut Support works by functioning on the cellular level of your intestinal lining, helping to strengthen the tight junctions in your gut. Remember, the things that are responsible for inviting good in and kicking bad out? The first line of defense against harmful substances? Yes. Supporting those very important cellular junctions is what ION* was created to do. And it does! Lab testing has shown that ION* Gut Support gets to work strengthening tight junctions even as they're exposed to substances that are known to harm them, like glyphosate. (in Round UP!)

Source: intelligenceofnature.com



HOW YOUR CHIROPRACTOR CAN HELP PREVENT ADHD

A new study (published in the Journal of the AMA – Pediatrics) has shown an association between the use of acetaminophen (Tylenol) during pregnancy and the “risk for developing attention-deficit/hyperactivity disorder (ADHD)—like behavioral problems or hyperkinetic disorders (HKDs) in children.”

Researchers found that “children whose mothers used acetaminophen during pregnancy were at higher risk for receiving a hospital diagnosis of HKD, use of ADHD medications, or having ADHD-like behaviors at age 7 years. Stronger associations were observed with use in more than 1 trimester during pregnancy.” They ultimately conclude: “Meternal acetaminophen use during pregnancy is associated with a higher risk for HKDs and ADHD-like behaviors in children.”

Chiropractic can help reduce mom's pain drug-free during pregnancy.

Source: *To Your Health*