Superfood

Nutrition is always on my mind when helping people feel better. It’s a daily occurrence for me to treat someone with headaches, poor sleep patterns, and muscle/spinal tension. Sounds familiar at one point or another, doesn’t it? Those symptoms are no doubt related to musculoskeletal causes, which I help, but are also related to patient’s nutritional health. Antioxidants are one thing that I make sure my patients incorporate into healthier eating habits. One of the strongest antioxidants that you can eat is blueberries. You get the most bang (or healing power) for your buck with this superfood. Studies have shown them to reduce heart disease, cancer, and also reduce inflammation. I recommend ½ cup daily to have a noticeable impact on your health and frozen is just as good as fresh.

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