

PALM BEACH HEALTH CENTER

WE'RE COOKING UP SOMETHING BIG FOR JANUARY! UNLOCK YOUR ENERGY & METABOLISM

The holidays are synonymous with joy, but they also bring a tidal wave of pressure: financial strain, busy schedules, travel coordination, and non-stop events.

This chronic stress is not just mental—it's physical. Stress causes your body to release hormones that trigger muscle tension, increase systemic inflammation, and pull your spine out of alignment. If you want to enjoy the season without pain and stiffness, you need a proactive strategy.

The Holiday Health Hazard

When you feel overwhelmed, your nervous system tells your muscles (especially in the neck, shoulders, and low back) to tighten up, creating headaches and aggravating underlying conditions. The solution isn't just to take a deep breath; it's to maintain the physical integrity of your body.

Your 5-Step Guide to Staying Chill and Healthy

Here is your actionable plan to survive the holiday rush while preserving the health gains you've made at Palm Beach Health Center:

1. Prioritize Your Care Plan (No Excuses!)

Your greatest defense against holiday stress is a body that is aligned and functioning optimally. Do not miss your scheduled adjustments.

- Consistency is Key: Stick to the frequency prescribed by your doctor. Missed appointments break the momentum needed for long-term correction.
- The Stress Reset: An adjustment is the fastest way to calm the nervous system, release stress-induced muscle tension, and ensure your spine stays structurally sound.

2. Commit to Your Home Care

Your prescribed home exercises are non-negotiable right now.

- 10 Minutes of Prevention: Even 10 minutes a day of your prescribed routine can counteract the hours spent hunched over wrapping gifts or driving.

3. Watch Your Sugar Intake

Holiday treats often lead to excess sugar, which fuels inflammation throughout the body.

- Inflammation Slows Healing: High inflammation levels increase joint pain and slow down tissue repair, reducing the effectiveness of your care. Be mindful of sweets and choose water over soda to keep inflammation low.

4. Delegate and Set Boundaries

Trying to do everything yourself is a direct path to physical and mental exhaustion.

- Ask for Help: Delegate tasks like cooking, cleaning, or running errands. Less physical strain means less muscle fatigue and a lower chance of injury.
- Say "No": It is okay to decline a commitment if your schedule is too full. Protecting your energy is protecting your spine.

5. Schedule "Me Time"

Stress is cumulative. You need planned moments of rest.

- Book a Session: Consider booking a proactive session of Laser Therapy or ARPwave specifically for muscle relaxation and stress reduction. These treatments are excellent for neutralizing tension before it turns into chronic pain.

Let Us Help You Stay Aligned

Don't let the holiday season steal your well-being. We are here to keep your spine resilient against the inevitable stresses of the season.

CLOSURE NOTICE

Happy Holidays!

In observance of the upcoming holiday, please take note of our upcoming closures and ensure your adjustments are scheduled before the year ends:

Mon, Dec 22nd – Fri, Dec 26th, 2025
CLOSED (Full Week Closure)

Mon, Dec 29th, 2025
REOPEN (Regular Hours Resume)

Thurs, Jan 1st, 2026
CLOSED (New Year's Day)

We strongly urge you to schedule your adjustment visits now to ensure you don't lose momentum. Please plan accordingly to do your best to make your doctor prescribed schedule.

Remember: Subluxations of the spine do not take vacations!

Summer Paleo Spritzer

Ingredients

- 6 oz full-fat coconut milk
- Juice from half a lime (adjust to taste)
- Sparkling water to top off the glass
- Ice cubes
- Lime slice for garnish (optional)

Instructions

1. Fill a glass with ice cubes.
2. Pour 6 ounces of the full-fat coconut milk over the ice.
3. Squeeze in the juice from half a lime.
4. Top off the glass with sparkling water.
5. Stir gently to combine and garnish with a lime slice if desired.

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