

# PALM BEACH HEALTH CENTER

**THE GOLDEN  
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## The "Leaky" Logic: Why Your Gut Affects Your Back

Last week, we discussed the difference between "luck" and "logic" in your health—and why ignoring symptoms is like putting tape over a check engine light. This week, we are looking at the foundation of your entire system's fuel and defense:

### ***The Logic of Gut Health.***

Did you know that your gut is often referred to as your "Second Brain"? It contains over 100 million neurons and produces about 95% of your body's serotonin. When your gut is out of balance, it doesn't just cause "stomach issues"—it creates a ripple effect of inflammation that impacts your spine, your joints, and even your mental clarity.

Many patients come to us with chronic joint pain or spinal stiffness and think it's just "bad luck." However, logic shows us a direct, biological connection between your digestion and your discomfort:

1. **The Inflammation Highway:** When the lining of your gut becomes compromised (often called "Leaky Gut"), undigested food particles and toxins "leak" into your bloodstream.
2. **Systemic Alarm:** Your immune system sees these particles as invaders and triggers a state of body-wide inflammation.
3. **The Joint Connection:** This inflammation settles in your "weakest links"—usually your spinal discs and joints—making them feel stiff, achy, and slow to heal from your adjustments.

You cannot fully heal a structural problem if your internal environment is constantly fueling a fire of systemic inflammation. Think of your chiropractic adjustments as "realigning the frame" of a house. If the interior of that house is currently on fire due to systemic inflammation, the new alignment won't hold. Inflammation creates a "chemical soup" around your nerves and joints that heightens pain sensitivity and breaks down collagen—the very building block your body needs to repair discs and ligaments. To get lasting structural results, we must simultaneously cool the internal inflammatory fire originating in the gut.

### Can You "Self-Correct" Your Gut?

- While there are many "home cares"—like eating more fiber or taking over-the-counter supplements—that offer temporary relief, it is a mistake to think you can self-diagnose a complex microbiome issue. Taking the wrong probiotic can sometimes make an overgrowth worse, and ignoring a "leaky" barrier can lead to long-term autoimmune issues.

## Stop Guessing: Functional Gut Testing

Most people try to fix their gut with "luck"—buying random probiotics or trying a new "fad" diet they saw online. At Palm Beach Health Center, we use Logic. Through our Advanced Functional Gut Testing, we look deep into your microbiome to identify the root cause of the "static" in your system:

- Hidden Infections: Identifying parasites, harmful bacteria, or yeast overgrowth that shouldn't be there.
- Digestive Deficiencies: Determining if you are actually breaking down and absorbing the nutrients your nerves need to repair.
- Inflammatory Markers: Measuring exactly how much stress your gut is putting on the cardiovascular and nervous systems.

It is vital to get your gut health checked by our professionals, like Dr. Nathan. They can identify exactly where the internal interference lies and provide a targeted protocol to seal the gut and stop the inflammatory cycle.

### Reset Your Foundation Today.

Don't let internal "static" turn into a season on the sidelines. Let's ensure your "Second Brain" and your spine are working in perfect harmony.

## One Pan Marry Me Chicken Pasta

### Ingredients

- 2 tablespoon olive oil divided
- 1 lb lean ground chicken
- ½ teaspoon salt
- ½ teaspoon black pepper
- 4 cloves garlic pressed
- ½ yellow onion diced (about 1 cup)
- ½ cup chopped sundried tomatoes
- 1 tablespoon Italian seasoning
- 1 teaspoon red pepper flakes
- ½ teaspoon paprika
- 3 large handfuls fresh spinach
- 2.5 cups low sodium chicken broth
- 10 oz small pasta small pasta shells (about 1 + ¼ cup dry pasta)
- ½ cup Parmesan cheese grated
- ½ cup 5% plain Greek yogurt
- Fresh basil for topping

### Instructions

1. In a large pan over medium-high heat add 1 tablespoon of olive oil. Once hot, add the ground chicken. Use a spatula to gently break up the meat, stirring frequently until fully cooked and no longer pink in colour. Season with salt and black pepper.
2. Once the meat is cooked, add the remaining 1 tablespoon of olive oil followed by the garlic, onion, sundried tomatoes, Italian seasoning, red pepper flakes, and paprika. Cook, stirring frequently until garlic is fragrant and onions appear translucent in colour. Add the spinach in, stirring until wilted.
3. To the same pan, pour in chicken broth and add the dry pasta. Bring to a boil. Once boiling, reduce the heat to a simmer, cover and allow the pasta to cook (this should take about 15 - 20 minutes depending on the size and type of your pasta). I recommend stirring periodically to ensure the bottom of the pan does not burn.
4. Remove from the heat, stir in Parmesan cheese and Greek yogurt. Serve topped with fresh basil

Recipe from [nourishedbynic.com](http://nourishedbynic.com)

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