



# NEWSLETTER

JANUARY 2026 |

## VITAMIN D: YOUR WINTER WELLNESS ESSENTIAL

Vitamin D is known as the “sunshine vitamin,” but during winter months many people don’t get enough of it. Shorter days and less sunlight can lead to lower Vitamin D levels, which may affect how your body feels and functions.

Vitamin D plays a key role in bone health, muscle function, immune support, and nervous system balance. It helps your body absorb calcium, supporting strong bones and a healthy spine. When levels are low, people may notice fatigue, muscle tension, achiness, or more frequent illness—common concerns during the winter season.

Supporting your nervous system with proper nutrients allows your body to better adapt to chiropractic care and daily stress. While sunlight is a natural source of Vitamin D, winter can make this difficult. Foods like fatty fish, eggs, and fortified products can help, and many people benefit from supplementation. Always consult a healthcare professional to determine what’s best for you.

Prioritizing Vitamin D this winter is a simple step toward better spinal health and overall health and wellness!

### JANUARY PROMOTION:

**25% OFF** BIO-D-MULSION FORTE

TO SUPPORT YOUR HEALTH THIS SEASON, WE’RE OFFERING **25% OFF** BIO-D-MULSION FORTE THROUGHOUT THE MONTH OF JANUARY.



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I can’t say enough good things about Buller Chiropractic. I’ve seen a few different chiropractors but this is the first place that I felt my care was prioritized and personalized. The entire office made me feel immediately welcomed and cared for. Dr Buller has gone above and beyond for me. I am immensely grateful.

Andrea H.



## SUNSHINE SALMON POWER BOWL

Ingredients (serves 2–3)

- 2 wild-caught salmon fillets
- 1 tbsp olive oil or avocado oil
- 1 tsp garlic powder
- 1 tsp paprika
- Sea salt & pepper to taste
- 1 cup cooked quinoa or brown rice
- 1 cup sautéed spinach or kale
- ½ avocado, sliced
- Optional: lemon wedges or drizzle of olive oil

Instructions

1. Preheat oven to 400°F.
2. Place salmon on a lined baking sheet. Brush with oil and season.
3. Bake for 12–15 minutes until flaky.
4. Assemble bowls with quinoa, greens, salmon, and avocado.
5. Finish with lemon or olive oil.