



# NEWSLETTER

MAY 2026 |

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*I wouldn't trust my spine to anyone else. Dr. Buller and Dr Jeff are the best people. Very knowledgeable, kind and caring. Wonderful office.*

*-Jennifer F.*

## TAKE CARE OF THE MVP: SUPPORTING MOM'S HEALTH AND WELLNESS

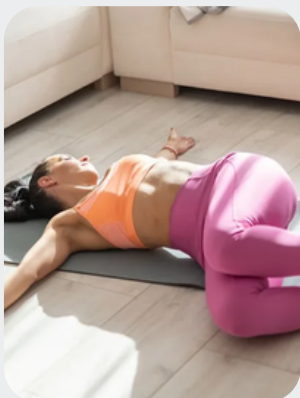
Moms are the glue that holds a family together. Keeping schedules on track, meals made, and daily life running smoothly. Like a team's MVP, when mom isn't feeling her best, the whole family feels it. That's why supporting her well-being isn't just a luxury - it is essential for families to be at their best!

When mom is cared for, the entire family thrives. Here are a few simple ways to support the MVP of your home:

1. **Prioritize rest and recovery.** Quality sleep and small moments of rest can improve energy, mood, and overall health.
2. **Support nervous system health.** Daily stress adds up—regular chiropractic care can help the body function and adapt better.
3. **Encourage good posture.** Small adjustments throughout the day can prevent strain and discomfort.
4. **Fuel the body.** Balanced meals and proper hydration keep energy and focus steady.
5. **Share the load.** Helping with chores and responsibilities reduces stress and prevents burnout.
6. **Make time for movement.** Walking, stretching, or quick workouts boost mood and long-term health.
7. **Create space to recharge.** Even a few quiet minutes can reset the mind and body.

When mom feels supported, aligned, and energized the whole team wins!

## RESET YOUR NERVOUS SYSTEM AND POSTURE WITH THIS SIMPLE STRETCH



- LIE ON YOUR SIDE WITH KNEES BENT AT 90° (STACKED).
- STRETCH BOTH ARMS STRAIGHT OUT IN FRONT OF YOU.
- SLOWLY OPEN YOUR TOP ARM ACROSS YOUR BODY LIKE YOU'RE OPENING A BOOK.
- LET YOUR CHEST ROTATE OPEN WHILE KEEPING YOUR KNEES TOGETHER.
- HOLD FOR 20-30 SECONDS, BREATHE DEEPLY.
- REPEAT 2-3 TIMES EACH SIDE.



## BANANA BLUEBERRY MUFFINS (MOM-APPROVED!)

### Ingredients:

- 2 ripe bananas (mashed)
- 1 cup fresh or frozen blueberries
- 1 ½ cups whole wheat flour
- ½ cup rolled oats
- 1/3 cup honey or maple syrup
- 1/3 cup unsweetened applesauce
- 2 eggs
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1 tsp cinnamon
- ¼ tsp salt

### Instructions:

1. Preheat oven to 350°F and line a muffin tin.
2. In a large bowl, mix mashed bananas, eggs, honey (or maple syrup), applesauce, and vanilla.
3. Stir in flour, oats, baking soda, cinnamon, and salt until just combined.
4. Gently fold in blueberries.
5. Divide batter evenly into muffin cups.
6. Bake for 18-22 minutes, or until a toothpick comes out clean.
7. Let cool and enjoy!