



BULLER
CHIROPRACTIC

HEALING HAPPENS HERE |

NEWSLETTER

SEPTEMBER 2026 |

CARE THROUGH THE GENERATIONS

Chiropractic care can look different at every stage of life. As the body grows, develops, and ages, the spine, joints, muscles, and nervous system are constantly adapting to new demands. Chiropractic care focuses on supporting healthy movement and nervous system function throughout these changes, helping each person stay active and comfortable in the activities that matter most to them.

Babies & Kids:

From birth and early development to growing, playing, and participating in sports, children experience many physical changes. Gentle chiropractic care may help support spinal mobility, posture, coordination, and healthy movement patterns. It can also be part of a proactive approach to supporting healthy development.

Teens & Young Adults:

Sports, long hours studying, technology use, and rapid growth can all affect posture and movement. Chiropractic care can help address areas of restricted mobility and support healthy biomechanics, helping young adults maintain good movement habits as they navigate busy, active lifestyles.

Parents:

Pregnancy, postpartum changes, lifting, carrying, and the everyday demands of parenting can place additional stress on the body. Chiropractic care can support mobility and help the body adapt to these physical demands, making it easier to keep up with the busy seasons of family life.

Older Generations:

With age, maintaining strength, mobility, balance, and independence becomes increasingly important. Chiropractic care can be one part of a wellness approach designed to support movement and an active lifestyle, while encouraging people to continue doing the activities they enjoy.

Every age has different needs. Our goal is to help your body move, adapt, and function well through every season of life.

SEPTEMBER WELLNESS CHECK

- ☐ Get back into a consistent sleep routine
- ☐ Schedule annual family wellness appointments
- ☐ Add movement breaks to homework time
- ☐ Get outside and enjoy the changing season
- ☐ Drink plenty of water
- ☐ Make time for family connection



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The team at Buller Chiropractic truly cares about their patients and their health and well-being. They listen carefully and take time with each one. It's all positive vibes and support on the way to healing. I highly recommend.

-Melissa Z.



HARVEST CHICKEN & SWEET POTATO BOWLS

INGREDIENTS

- 2 CHICKEN BREASTS, DICED
- 2 MEDIUM SWEET POTATOES, CUBED
- 1 APPLE, DICED
- 2 CUPS BROCCOLI
- 2 TBSP OLIVE OIL
- 1 TSP GARLIC POWDER
- 1 TSP CINNAMON
- SALT & PEPPER
- ½ CUP COOKED QUINOA OR BROWN RICE
- OPTIONAL: FETA CHEESE, DRIED CRANBERRIES, PUMPKIN SEEDS/NUTS OF CHOICE

DIRECTIONS

1. PREHEAT OVEN TO 425°F.
2. TOSS SWEET POTATOES AND BROCCOLI WITH OLIVE OIL, GARLIC POWDER, SALT, AND PEPPER. ROAST FOR 20 MINUTES.
3. SEASON CHICKEN WITH SALT, PEPPER, AND A SPRINKLE OF CINNAMON. ADD TO THE PAN AND ROAST ANOTHER 15-18 MINUTES, UNTIL COOKED THROUGH.
4. ADD COOKED QUINOA OR RICE TO BOWLS AND TOP WITH CHICKEN, ROASTED VEGETABLES, AND FRESH APPLE.
5. FINISH WITH FETA, DRIED CRANBERRIES AND PUMPKIN SEEDS IF DESIRED.

WHY WE LOVE IT: THIS MEAL COMBINES PROTEIN, FIBER-RICH CARBOHYDRATES, HEALTHY FATS, AND COLORFUL PRODUCE. A SIMPLE WAY TO BUILD A BALANCED MEAL AS EVERYONE SETTLES BACK INTO FALL ROUTINES.