

Schedule a
Gut & Hormone Check
with our Nurse
Practitioner,
Samantha, APRN!

PALM BEACH HEALTH CENTER

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Resetting Your Gut: Healing Systemic Inflammation & Restoring Balance

When your gut is struggling, the effects rarely stay confined to your stomach. You might notice your joints feel a little stiffer, your recovery after workouts takes longer, or your morning energy isn't quite where it should be.

It is time to focus on the foundation of your health: your gut.

THE GUT-FULL BODY CONNECTION

Most people think of the digestive system as an isolated processing tube for food. In reality, your gut is deeply interconnected with your nervous system, your brain, your spine, and especially your hormone balance.

Over 70% of your body's immune tissue resides in your gut lining, and your microbiome plays a master role in metabolizing and clearing hormones like estrogen and cortisol.

When processed foods, toxins, or alcohol inflame that lining, it triggers a systemic reaction throughout your whole body:

- **Hormone Disruption & Fatigue** An inflamed gut impairs hormone clearance—leading to estrogen dominance, cortisol spikes, thyroid sluggishness, and severe energy crashes.
- **Brain Fog & Mood Shifts** Inflammation alters neurotransmitter production via the gut-brain axis, leading to daily irritability, anxiety, and cloudy thinking.
- **Joint Pain & Nervous System Stress** Systemic inflammation increases pain sensitivity and puts your body in a constant "fight-or-flight" state, making it harder to hold your spinal adjustments.

To get lasting relief from stiffness, fatigue, and hormonal imbalance, you cannot just address symptoms in isolation—you must heal the entire system together.

Restoring your digestive lining requires a targeted, root-cause strategy. Palm Beach Health Center combines advanced functional health guidance with precision chiropractic care to reset your internal chemistry:

- **Functional Detox Protocols:** Guided cellular resets to clear inflammatory waste and support liver detox pathways.
- **Targeted Supplementation:** Clinical-grade probiotics, gut-barrier repair formulas, and omega-3s to soothe inflamed tissue.
- **Customized Dietary Blueprints:** Personalized nutrition plans from Samantha Powers, APRN, to eliminate food triggers and restore hormone harmony.

Don't let gut inflammation drag down your energy, sleep, or hormone health. Whether you are dealing with daily bloating, stubborn joint stiffness, or lingering brain fog, a personalized protocol will help you clear out systemic stress and get back to feeling your best.

Schedule your appointment with Samantha Powers, APRN, today to discuss your customized gut protocol! Call Palm Beach Health Center at (561) 333-8353 or stop by the front desk during your next visit to book your functional health consultation.

Super-Seed Snack Bars

Ingredients

- 1/3 cup tahini
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 cup shredded unsweetened coconut
- 1/2 cup raw unsalted pepitas (see Tip)
- 1/2 cup unsalted sunflower seeds
- 1/4 cup chia seeds
- 1/4 cup hemp seeds

Instructions

- Preheat oven to 325 degrees F. Line an 8-inch-square pan with parchment paper, leaving extra hanging over 2 sides. Coat the parchment and pan sides with cooking spray.
- Combine tahini and honey in a small saucepan over medium heat. Cook, stirring, until just mixed and warmed, about 2 minutes. Remove from heat; stir in vanilla and salt.
- Combine coconut, pepitas, sunflower seeds, chia seeds, and hemp seeds in a large bowl. Add the tahini mixture and stir until evenly coated. Press the mixture firmly into the prepared pan.
- Bake until golden, 30 to 35 minutes. Let cool completely in the pan on a wire rack. Using the overhanging parchment, lift out the uncut squares. Place on a cutting board and cut into 25 squares.



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