



Vertebra Focus with Dr. Mauren

Thoracic Vertebra 11 - T11 is a vertebra near the bottom of the rib cage that communicates with the kidneys. The kidneys filter waste, balance fluids, and help regulate electrolytes. Staying well hydrated during the hot summer months helps supports healthy kidney function.

Supplement Focus with Dr. Jessica

NutriDyn Dynamic Hydrate - a great option for summer hydration, especially if you're active or spending time in the heat. It provides key electrolytes - sodium, potassium, chloride, magnesium, and calcium - to replace minerals lost through sweating. With no added sugar and sweetened with stevia, it's a healthier alternative to many sports drinks.

Summer Tip - Mix 1-2 scoops of the hydrate with 16-32 oz of water, pour into popsicle molds, and freeze for 4-6 hours. You can also try these healthy add-ins:

- Fruity pop: Blend with fresh strawberries, blueberries, or orange segments
- Creamy pop: Replace half the water with plain yogurt or coconut milk for creamier texture
- Tropical pop: Add fresh mint, lime juice, or cubed watermelon to the mixture

Wellness Focus

Summer is the perfect season for backyard gatherings, family cookouts, and community potlucks. At our clinic, we believe that health is more than adjustments and treatments, it's also about the daily habits that help us feel our best. This month, our doctors are sharing some of their favorite recipes, offering a fun glimpse into the people behind your care while celebrating healthy eating and community.

Dr. Jessica - Blueberry Corn Salad

- 4 c. fresh sweet corn
- 2 c. fresh blueberries
- 1 seedless cucumber, diced
- 1/3 c. red onion, finely chopped
- 1/3 c. cilantro, chopped
- 1 jalapeno, seeded & finely chopped

Dressing -

- 2 Tbsp olive oil
- 2 Tbsp lime juice
- 1/2 tsp honey
- 1/2 tsp ground cumin
- kosher salt & black pepper, to taste

Directions: Toss salad ingredients together. Whisk dressing ingredients, pour over the salad, and toss to coat

Dr. Mauren - BLT Pasta Salad w/ Avocado Ranch

- 12 oz pasta, cooked & cooled
- 8 slices bacon, cooked & crumbled
- 2 c. cherry tomatoes, halved
- 4 c. chopped romaine
- 1/2 c. shredded cheddar (optional)

Avocado Ranch-

- 1 ripe avocado
- 1/2 c. plain Greek yogurt
- 1/4 c. ranch seasoning or dressing
- 2 Tbsp lime juice
- Splash of milk (as needed)

Directions: Blend the avocado ranch ingredients until smooth. Toss the pasta, bacon, tomatoes, romaine, and cheddar together. Add dressing and mix until evenly coated.

Dr. Jayme - Elevated Fruit Salad

- 4 c. seasonal melon, chopped
- 1 c. fresh berries
- 1 apple or pear, diced
- 1-2 c. additional seasonal fruit (peaches, grapes, berries etc.)
- 2 Tbsp fresh mint, chopped

Lime Syrup:

- 1/4 c. sugar or maple syrup
- 1/4 c. water
- Zest of 1 lime

Directions:

1. Simmer water, sugar (or maple syrup), and lime zest for 10 min. Cool.
2. Toss Fruit and mint with the cooled syrup
3. Refrigerate for at least 4 hours before serving