

CWC CONNECTION

WWW.RAPPWELLNESS.COM



November 2024



Travel Wellness— Staying Comfortable on the Road

For many, November is the start of a busy time that often includes travelling home for family holidays. Long drives and plane rides along with sleeping in unfamiliar beds can quickly compound to cause musculoskeletal discomfort. Luckily there are steps you can take to fend off those travel aches and pains.

If you are driving or flying, stop and get up hourly to walk around your car or the aisles on the plane. Utilize a neck pillow if you are prone to dozing off on trips, and continue to stretch regularly during the course of your travels. And of course, be sure to see the doctors when you return for and adjustment to correct any subluxations you may have developed.

Visit us on social media



SPECIAL THANKSGIVING

OFFICE HOURS

OFFICE CLOSED NOV. 28TH

FRIDAY NOV. 29TH
DR. DALTON
8-11:30 AM
1:30-5:30 PM

01/02

Call to schedule your
appointment
785-827-7779



Oil of The Month

Our featured essential oil for November is the versatile Nutmeg. Diffuse the oil to enjoy its warm and spicy aroma, apply topically to soothe tired muscles after exercise, or add to warm drinks for a boost of flavor. Nutmeg contains antioxidants, and when ingested may support cognitive function and the immune system.

5mL bottles for only \$19

Dr. Dalton's Blog

Traveling can be a time for relaxation and enjoyment, but can also be the source of stress and poor health decisions. Whether you're taking a long drive or flying in a plane, maintaining good posture is key. For this we recommend keeping a rolled up towel or sweatshirt to place behind your lower back or neck while seated will keep your posture ideal. Make wise choices in terms of alcohol and aggravating foods to make sure you avoid setbacks. Lastly, getting adjusted before and after your trip is always encouraged to ensure your joints are mobile and hydrated!

Read more on our website:

<https://www.rappwellness.com/blog>

