



New Life Chiropractic - Rocklin Hosts Gut Health and Detox Workshop Featuring Natural Detox Strategies

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New Life Chiropractic - Rocklin recently held a Gut Health and Detox Workshop led by Dr. Thor Clemens on May 12, 2026. The session focused on practical approaches to supporting the body's natural detoxification processes, including strategies that may aid weight loss efforts by reducing toxin accumulation.

The workshop drew from insights outlined in the clinic's recent educational content, "10 Natural Detox Strategies That Will Speed Up Weight Loss," published on May 4, 2026. This resource addresses how everyday exposure to chemicals in food, air, cosmetics, and household products can contribute to toxin buildup, potentially interfering with metabolic function and weight management. The liver serves as the primary organ for detoxification, working in two phases to convert and eliminate toxins, with support from the kidneys, lungs, and gut.

Dr. Thor Clemens, associate chiropractor at New Life Chiropractic - Rocklin, presented information on connections between gut health and common issues such as fatigue, bloating, and brain fog. His background

includes specialized experience in hormone and gut testing, nutrition, and supplements from operating a chiropractic franchise prior to joining the clinic. Dr. Clemens graduated from Palmer College of Chiropractic in October 2021 and leads community outreach efforts, emphasizing natural solutions aligned with the clinic's 5 Essentials approach.

The 10 natural detox strategies highlighted include consuming whole foods such as cruciferous vegetables, berries, garlic, and spices like turmeric; supporting gut health to address dysbiosis; reducing inflammation through anti-inflammatory nutrients and diet; bolstering immune function with proper nutrition, sleep, and hygiene; implementing periodic supplementation for detoxification support; minimizing exposure to toxins in daily life; staying hydrated with filtered water; engaging in regular exercise to promote sweating and circulation; prioritizing quality sleep to support the lymphatic system; and receiving chiropractic adjustments to optimize nervous system function and metabolic pathways.

These methods align with the clinic's holistic philosophy of addressing root causes through lifestyle and natural interventions rather than isolated treatments. The workshop emphasized sustainable habits that participants can integrate into daily routines, consistent with New Life Chiropractic - Rocklin's commitment to education and empowerment.

Dr. Tim Smith, clinic owner, stated, "Educational sessions like the recent Gut Health and Detox Workshop provide community members with actionable information on supporting the body's natural processes. Understanding how detoxification relates to overall health, including weight management, empowers individuals to make informed choices."

Dr. Thor Clemens, associate chiropractor, added, "Gut health plays a central role in how the body handles toxins and maintains energy levels. Sharing strategies from our natural detox approaches helps people address factors like bloating and fatigue through nutrition, movement, and chiropractic care within the 5 Essentials framework."

New Life Chiropractic - Rocklin, founded in 2012 by Dr. Tim Smith and Dr. Catherine Smith, specializes in family chiropractic care that incorporates the 5 Essentials: core chiropractic adjustments, nutrition, mindset, oxygen and exercise, and minimization of toxins. The practice serves patients of all ages, from newborns to seniors, with specialized focus on prenatal, postpartum, and pediatric care. Services include spinal correction, nutritional guidance, and therapies that support nervous system function and whole-body wellness.

Dr. Tim Smith, a magna cum laude graduate of Life Chiropractic College West, brings expertise in spinal correction, neurology, nutrition, and fitness. He is the author of "Unleash the Healer Within" and an active speaker on holistic wellness topics. Dr. Catherine Smith, a distinguished graduate of Palmer West

Chiropractic College with a background in kinesiology, holds certifications in Webster Technique and Birth Fit, focusing on pregnancy and pediatric chiropractic care.

Additional team members enhance the clinic's capabilities. Dr. Angelo Gassoumis, who graduated from Southern California University of Health Sciences with an emphasis in sports medicine, contributes experience from athletic training and personal training. The full team supports a comprehensive care model that includes community education through workshops and resources on topics like detoxification and gut health.

The recent workshop continues New Life Chiropractic - Rocklin's tradition of offering free or accessible educational opportunities that complement clinical services. By focusing on practical strategies for reducing toxin load and supporting gut function, the clinic helps participants explore connections between lifestyle factors and health outcomes. Such programs underscore the importance of proactive approaches to wellness in addressing modern environmental challenges.

New Life Chiropractic - Rocklin remains dedicated to serving the Rocklin community through personalized chiropractic care and educational initiatives that promote long-term health. The integration of natural detox strategies into patient guidance reflects the practice's emphasis on holistic, root-cause-oriented solutions.

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New Life Chiropractic Rocklin

At New Life Chiropractic, we offer solution-based holistic care to help every family member, from newborns through seniors, create and maintain optimal health for life.

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