



WELCOME TO OUR NEWSLETTER

PEAK BALANCE

HEALTH · HEALING · PERFORMANCE

JANUARY 2026

Happy New Year.

January gives you a clean starting point, an easy moment to reset and rebuild momentum. This month we are focusing on three themes:



**Habit tracking
that creates
steady progress**



**How posture and the Gravity
Reset Method support headaches,
back pain, balance, and sleep**



**A brief note on
our 2026 rate
adjustment**

HABIT TRACKING

Resolutions aim at outcomes. Habits create them. Tracking is what makes habits stick.

A friend gave me a habit tracker for Christmas with one suggestion: start simple, then build. It works because consistency matters more than ambition.

EXAMPLES

DAILY

- Wake up at 5 a.m. on weekdays
- 50 sit ups before bed
- 10 minute walk after lunch
- Screens off at 9:30 p.m.

WEEKLY

- Grocery shop Friday
- Meal prep Sunday
- Schedule workouts for the week

MONTHLY

- Balance the checkbook
- Call one family member or friend
- Review and cancel an unused subscription

WHY HABIT TRACKING WORKS

Habit tracking is more than marking a box. It is rooted in how the brain builds patterns. When you repeat a behavior and visually reinforce it by checking it off, the brain strengthens the neural pathways that make that behavior easier to repeat. Research shows that seeing your own progress activates reward pathways linked to motivation and follow-through. This feedback loop is why small, clear habits become stable over time.

Tracking also removes cognitive load. Instead of relying on memory or motivation, the tracker becomes an external guide. Behavioral research consistently shows that small, repeatable habits outperform large resolutions because the brain responds better to repetition, clarity, and immediate feedback.

Month by month, you stack small habits. Over the course of a year, that steady evidence is what creates lasting change.

A Simple January Setup

Daily: 3 to 4 habits

Weekly: 1 to 3 habits

Monthly: 1 to 2 habits

Each habit should be specific enough to check off.

CLINICAL SPOTLIGHT

POSTURE CARE AND THE GRAVITY RESET METHOD

Pain, tension, balance changes, and disrupted sleep often involve how the nervous system organizes posture in gravity. When your system works too hard to keep you stable, the body compensates. Muscles brace, movement stiffens, and symptoms repeat.

The **Gravity Reset Method** looks at how your brain uses three major systems to keep you upright: your inner ear for balance, your eyes for orientation, and your muscles and joints for body awareness. When these systems communicate well, your body stabilizes with less effort. When they are not working smoothly, the brain works harder to keep you steady. That extra effort can contribute to muscle tension, headaches, back pain, persistent fatigue, and difficulty settling down at night.

I have been studying and training in the **Gravity Reset Method** for nearly five years, and it continues to be one of the most effective tools we use for patients dealing with chronic tension, balance changes, and recurring pain patterns.

The **Gravity Reset Method** helps these systems coordinate more efficiently so posture becomes an easier, more automatic process. With less nervous system strain, the body often moves with more ease and requires less compensatory bracing.

This approach often supports

- Fewer headaches and neck tension
- Reduced mid and low back pain
- Steadier balance and fewer "off" sensations
- Easier settling at night and better sleep patterns

Appointments may include posture and balance screening, GRM based resets, simple home steps that take minutes, and acupuncture or manual support when appropriate.

2026 RATE ADJUSTMENT NOTICE

We want to share an update regarding our 2026 rates. Like many medical practices, we have experienced rising costs related to healthcare insurance, supplies, and the overall expense of delivering care. To continue offering the time, attention, and high-quality care our patients expect, we will be making a modest rate adjustment in the new year. **This rate adjustment will go into effect February 1, 2026.** This helps us maintain sustainable operations while continuing to invest in the clinic and the care we provide. We appreciate your understanding and your trust in our work.

START THE YEAR STRONG

If you want help choosing habits, improving posture, or addressing pain and balance challenges, we are here.

Reach out to us with your main goal for January and we will guide you to the next step.

Warmly, *Teton Acupuncture and Integrative Medicine*

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Appointment

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