

The Quarterly.

Issue 1 - Quarter 1, 2022

FEATURE ARTICLE

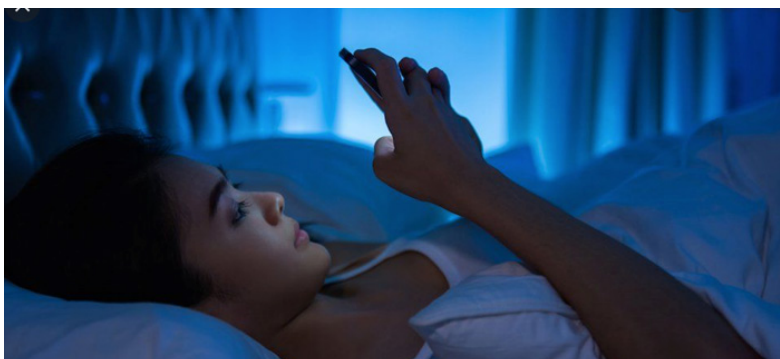
Why We Sleep

A good night's sleep can make us more clever, more attractive, slimmer, happier, and healthier. We need a restful sleeping cycle. That's why addressing any issues you have around it is so important. You can reclaim your sleep.

Do you think you've had enough sleep this past week? Can you recall the last time you woke up without an alarm clock feeling refreshed and not needing caffeine? If the answer to either of these questions is "no", you are not alone. Two-thirds of adults throughout all developed nations fail to obtain the recommended eight hours of nightly sleep. In fact The World Health Organization (WHO) has now declared a sleep loss epidemic throughout industrialized nations. Even within our patients, so many of you tell us you have trouble sleeping.

Society's lack of concern towards sleep has, in part, been caused by the historic failure of science to explain why we need it. Don't worry too much about science's lack of explanation. Your body is clever - it knows what it's doing. The body wants to sleep so trust that basic need.

Miss out on good sleep habits and you set yourself up for a weaker immune system, Alzheimer's disease, desire to eat more due to hormone imbalances, and most major psychiatric conditions including depression, anxiety and emotional irrationality. The shorter you sleep, the shorter your lifespan.



If you have lost control of your sleep rhythm, the good news is that you can reclaim it with some habit breaking discipline.

Some things help your sleep while some things harm it.

iPhones - there is a dark side to modern light and it's keeping you awake. A great antidote to this is, of course, getting off your screen an hour before sleep. But, we understand this is not always possible. Blue light glasses that block out blue light from your phone screen might help you fall asleep more easily. The blue light from your phone screen disturbs melatonin, which is a hormone critical for sleep.

Alcoholic night caps - whilst they might help you fall asleep, they will wake you up around 2 in the morning. Your body's biochemistry quickly adopts habit forming patterns and "wants" alcohol if you do it habitually. Take a hot shower or bath before sleeping instead. A hot bath initiates the body's internal cooling mechanism, which is great for sleep because the body cools off when sleeping.

Sleep deprivation has become such an issue that even the Guinness Book of World Records has stopped recognizing attempts to break the sleep deprivation record.

"I will sleep when I'm dead" is a statement we hear often throughout our lives. Why push yourself so much during your life? Nature has perfect rhythms, and since your body is not separate from nature, it's a beneficial rule of thumb to adopt the pace of nature. Nature has a 24 hour circadian rhythm and so do you.

You can't "catch up on sleep". A camel can go without drinking water for days on end because they store water differently than us humans. But, no animal can go without sleep and we certainly don't build up reserves of sleep. Sleep is not simply like charging your iPhone; so much repair, regeneration and cleaning goes on when you sleep. That's also why your urine is darker in the morning, ridding itself of toxins during your sleep. Your brain is still active when you sleep and now scientists propose that much of what you have learnt during the day gets processed at night.

Tips to help you sleep.

1) Get your bedroom right.

Give attention to the atmosphere of your bedroom. Science tells us to sleep in a dark room at about 18 degrees celsius; the temperature you sleep in is one of the most determining factors for the quality of your sleep. Use dull lighting before going to bed and place your electronics in another room to where you sleep. "But my alarm is on my phone," - buy another alarm clock.

2) Avoid Caffeine in the afternoon or evenings.

Caffeine has a half life of 12 hours so it makes falling asleep naturally more difficult. For those who can sleep 10 minutes after a double espresso, you might fall asleep but you will not enter the deep phase of sleep even if you remain asleep all night long.

3) Set a sleep routine.

Your body's circadian rhythm establishes a regular routine for your body and you should adhere to that for your sleep. Try to go to bed at the same time each day.

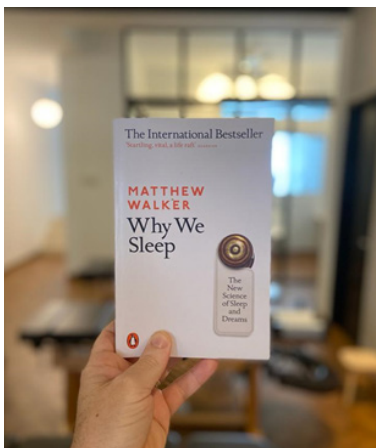
Let's get a good night's rest.

A new habit.

Study your sleeping patterns. It matters. Within the brain, sleep enriches a diversity of functions including: our ability to learn, memorise, and make logical decisions. Sleep restocks the armory of your immune system. It makes all your other efforts to be healthy way more effective than if you have poor sleep patterns.

New additions to our lending library.

Please take books from our lending library. We will be adding more as the months and years roll on but for this quarter, we have 1 new book that might spark your interest.



A fascinating read written by neurologist Matthew Walker on losing and gaining control of your sleep rhythm....The benefits of a good night sleep are almost unparalleled by other efforts to improve your health. After reading this you'll never think of your bed time in the same way again.

EARLY TO BED AND
EARLY TO RISE,
MAKES A MAN
HEALTHY, WEALTHY
AND WISE

BENJAMIN FRANKLIN

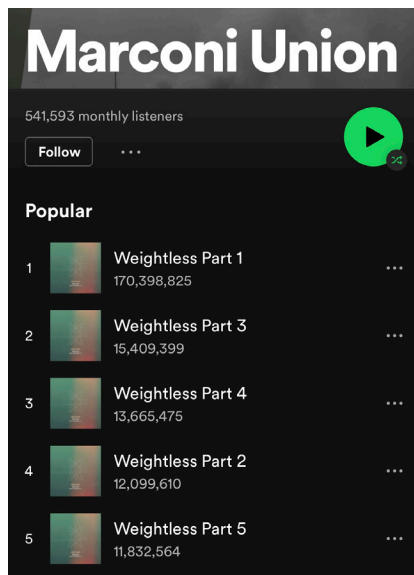
An introduction.

Alex and Joshua have been valued members of the Willow Service Team for the last two years. Having seen huge transformations in patients, and the massive health benefits that chiropractic has, they have been inspired to study Masters Degrees and become Chiropractors.

We are so excited for their journey, and can't wait to welcome them in clinic in five years time. Good luck!



Music matters - find your rhythm.



Weightless by Marconi Union has won the world's most relaxing song for the past 4 years. This is a favourite track of ours, and so many of us listen to it as a part of our night time routine.

Spotify even has a sleep timer function that you can use. Click on the song, then the three dots in the top right corner, and select when you'd like the music to stop.

Scan this QR code to listen to our recommended song of the month. Listen and sleep well...



Walk of the month

This month, take a stroll around Manor Woods Valley. It includes the Local Nature Reserve, Manor Woods Orchard, and Old Quarries.

Filled with woodlands, wildflower meadows, open parkland, and an orchard, makes it a gem of south Bristol. Take some time to yourself to step back from your busy life and embrace a little peace.

Being in nature has many health benefits. It's a great way to reduce stress and anxiety, and improve your mood. Listening to the birds, and being present in the moment, can help to calm your mind.

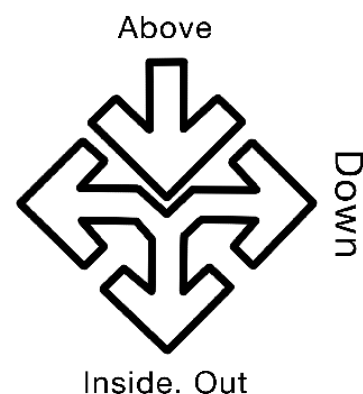


The Naked Truth About Your Body - it is clever.

Your body has a natural sleep rhythm. With the brain, sleep enriches a diversity of functions, including our ability to learn, memorize, and make logical decisions and choices.

Your body detoxifies itself while you sleep.

Your body does this from Above. Down/ Inside. Out.



Of timeless appeal -

The 33 Principles of Chiropractic.

#1 The Major Premise - A Universal Intelligence is in all matter and continually gives to it all its properties and actions, thus maintaining it in existence.

Simply put, there exists an intelligence/cleverness everywhere – the entire universe is clever. Your body is constantly “swimming” in this cleverness. The cleverness enters your body through the nervous system. Chiropractic adjustments allow an easier capacity for your body to receive this cleverness and allow it to flow through your body.

#2 The Chiropractic Meaning of Life – The expression of this intelligence through matter is the chiropractic meaning of life.

This means that the difference between a perfect expression of this universal intelligence through you and your current state is the interference found in your body (your matter).

“Innate must flow fully, freely, and naturally” – B.J. Palmer

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**SLEEP IS THAT GOLDEN
CHAIN THAT TIES HEALTH
AND OUR BODIES
TOGETHER.**

THOMAS DEKKER

Can chiropractic help with.....?

A lot of you come to us with questions about your sleep. It's become a real problem as the pace of life seems to have no end.

Most of us get into bed with our minds racing, even late at night. Although we would never claim to fix any symptom that you are suffering with, ask yourself these 2 questions;

“Do you think that you would sleep better if your body had more grace and ease about it?”

“Do you believe that the chiropractic adjustment leads to more grace and ease in your body”?

From the answers to these questions, you can draw your own conclusions around sleep and a more relaxed body.

On Your Behalf

This Christmas, we raised £500 for The Lord Mayor of Bristol's Children Appeal. It is a favourite charity of ours that supports Bristol's most disadvantaged children and young people at Christmas time. This fantastic charity uses donations and events to help those children who are most in need.



The Lord Mayor of Bristol's Children Appeal

Your post chiropractic adjustment rhythm.

There are 4 habits you can adopt to complement your chiropractic care. These habits will account for at least 30% of the effectiveness of your adjustments.

1. Stand on both legs evenly.
2. Sit on both sitting bones evenly.
3. Drink a glass of water immediately.
4. Go for a 10 minute walk before sitting.

*If you can, take a nap and let your body digest the adjustment while the natural cleverness of your body goes to work. Your post chiropractic adjustment rhythm.

Are we connected?

Scan the QR code below to connect with us on social media or visit our website.



Next quarterly issue... Your body is clever...

To make an appointment you can visit our website, or call us 0800 511 8966