

# Spring

Issue 2 - Spring, 2022

FEATURE ARTICLE

## The Perils of Inactivity

Over the last couple of years, there has been a rise in the number of people who are working from home. What has become apparent is the negative effect that this has had on your body. Your work set-up was only 20 seconds from your bed, you didn't even have your commute to work anymore.

This lack of movement has meant that your body has become increasingly stiff to touch. There has never been such a common change in such a range of people that have come into our clinics. There was a stark difference between how most of your bodies felt before the pandemic and how they feel now.

We all need to start being more proactive to counteract our lack of activity. There is a lot more at stake than is initially obvious.

A lack of spinal movement can have all sorts of effects like depression, weight gain, poor sleep, brain fog, burn out, and lethargy, to name a few. Sitting for too long can create passivity in your spine. We should be holding our spines up actively, but this is progressively being replaced by a passive "hang" in your spine.

This overtime can lead to a forward head posture, and an increased mid-back arch too. This isn't good. Increased spinal curves put your spinal cord under pressure, which will affect its function.

"Chairs and beds allow us to turn our muscles off and sag into cushions. They mess with the way we evolved to sit when we relax."

You could argue that sitting is worse than a lack of exercise.

A lot of us have managed to maintain some level of exercise throughout the pandemic, moreso now with the easing of restrictions. Unfortunately, a lot of your efforts are undermined by the fact that you roll out of bed and are at your work desk in 20 seconds.

There are many studies that have been done on the effect of triglyceride levels and heart disease. Raised triglyceride levels can lead to heart problems, so we want to keep them as low as we can. A lack of movement can cause higher triglyceride levels, so by breaking up the amount of time you are sitting with light activity, you can greatly reduce these levels.

What light activity can you do?

Shrug your shoulders, lean from right to left, and twist your spine in all directions. If you're currently working from home, why not put on your favourite song three times a day and dance to it. Get some flow into your spine.

You could even squat for one or two minutes 10 times a day. Squatting forces you to keep your body balanced over your feet, which needs 5-10 times more muscle activity in the legs than when you are sitting.

Alternatively, if you have the option, you could opt for a standing desk. If you change your work posture, it will all work in your favour. Many new and clever products have emerged in the last 12 months that easily allow you to convert your sitting desk to a standing one.

If you adopt any of these small changes, it will add up over time. Making small changes to your posture is like compound interest in your savings - the reward you receive is disproportionately large compared to the small repetitive actions that you take.

Time plays a vital role in your outcome, so doing these simple things for one week won't really help at all. If you do them everyday consistently, your spine will be in a better flow than if you don't do it.

So, should we abandon our chairs?

Studies suggest that you can experience long term benefits by breaking up your sitting into shorter bouts to increase muscle activity throughout the day. Your chiropractic adjustments keep your spine moving. As soon as the joints in your spine move less, you might notice negative changes. In chiropractic, we call these blocks a subluxation. When you keep moving, you are likely to experience less subluxations.

Enjoy moving your spine. Enjoy the natural cleverness your body will provide with the movement.

## A new habit.

Walking is a great healthy habit to adopt. Go for a brisk 20-30 minute walk everyday, breathe in the fresh air, and enjoy hearing the birds sing and seeing the flowers starting to bloom.

Did you know that adding 150 minutes of walking in a week can add 3.4 years to a person's lifespan?

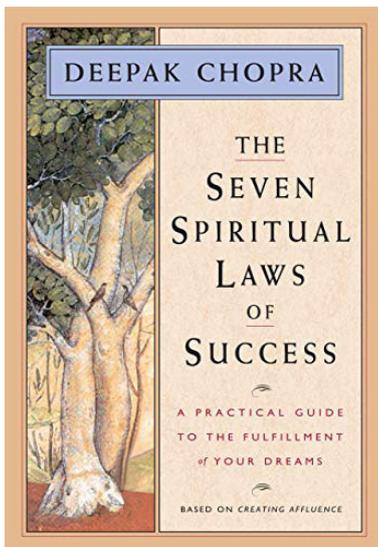
Walking can completely change your health.

It can:

- Improve cardiovascular fitness
- Strengthen bones and muscles
- Improve muscle endurance
- Reduce stress and anxiety, and improve your mood
- Help you to be present in the moment

## New additions to our lending library.

We have new additions to our lending library. If any of the books in our lending library spark your interest, please feel free to borrow it. Talk to one of our Chiropractic Assistants on reception and they'll be more than happy to help.

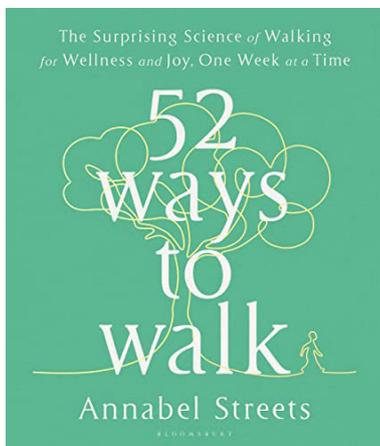


Coming in April...

This book is a practical guide to the fulfilment of your dreams. The Seven Spiritual Laws are powerful principles. Put into practice, they set you on a direct course to authentically achieve your goals.

They are easy to understand and apply. It is inspired by Hinduist and Spiritualistic concepts, which preach the idea that personal success is not the outcome of hard work, precise plans or a driving ambition, but rather our understanding of our basic nature as humans and how to follow the laws of nature.

Coming in May...



We all think we know how to walk. It's one of the very first things we learn how to do. This book will leave you itching to go out for walk.

This thought-provoking read will leave you wanting to improve how you walk, and how to vary your walking routine. From finding new walks in your local area, to discovering the time of day that suits you best to walk.

Be inspired, be challenged, and be supported with this user-friendly guide, and explore the best-kept secret to being healthy and happy.

Get more from life, one step at a time.

IN EVERY WALK  
WITH NATURE, ONE  
RECEIVES FAR MORE  
THAN HE SEEKS

JOHN MUIR

## An introduction.

Meet Bruce, one of the patients at our Yate clinic. He had severe sciatica that stopped him from being able to embrace his love of walking. Bruce went from being able to walk 10 miles to 100 yards, and could only stand for a few minutes at a time.

His pain wasn't getting any better and it impacted everything. He even had to sit down to cook. That's when Bruce found Willow.

Here's what Bruce told us about where he is now:

"The fact I was out of pain from sciatica was unexpected. I'm 76 years-old and I can walk for miles now more regularly and I can lead a normal life. I am grateful for the difference. My main objective is to keep moving forward and maintain my current health."



## Music matters - find your rhythm.



If you're someone that likes to listen to music when you go for your walks, make sure the music you are listening to matches your energy and head space.

For example, you might want to listen to softer music, or music without singing if you want calm and peaceful, or you might want to listen to upbeat music to uplift your mood.

Keep an eye on our Spotify account for new playlists that you might like when you're walking.

Scan this QR code to listen to our playlists. Happy walking!



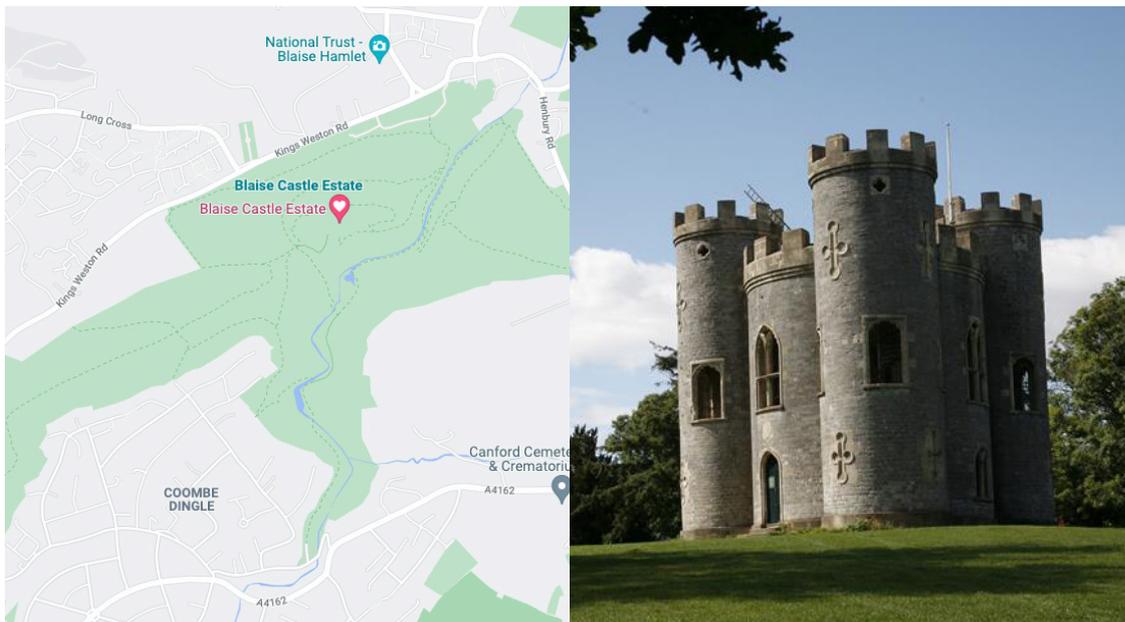
## Walk of the month

This month, take a stroll around Blaise Castle House Museum and Estate.

With acres of space and pathways, it's the perfect escape into nature. Wander into the woodland and wind your way to the top of the hill to discover a folly castle and beautiful gorge views.

It's part of the mythical Bristol giants walking tour too. You'll come across Goram's Chair and the tantrum footprint, as well as mysterious tunnels and Robbers cave.

There are four different routes that you can choose from which vary in difficulty, distance, and time.



## The Naked Truth About Your Body - it is clever.

Today, your body produced 25,000 cells every second, made your heart beat 105,000 times, and one of your red blood cells travelled around 80,000km.

It did this without a single, conscious thought from you. Your body has a natural cleverness, and your chiropractic adjustments helps your body with this natural cleverness.

## Of timeless appeal -

# The 33 Principles of Chiropractic.

#3 The Union of Intelligence and Matter - Life is necessarily the union of intelligence and matter.

Simply put, there is no life without the intelligence of the universe meeting the intelligence of your body. Without this meeting, your body is not alive. The quality of this meeting is dependent on how well organised your body is.

#4 The Truine of Life – Life is a trinity having three necessary factors, namely: Intelligence, Force and Matter.

In lay man's terms, to live your best life and enjoying your body to the max, this 100% intelligence must be able to flow from above in your brain, down your spinal cord, into your nerve root and out into your body. In chiropractic we refer to this as Above. Down. Inside. Out flow.

## What's on?

### **Movement in May**

We all need to be more active, so we'd like to encourage you to take part in our walking challenge.

By the end of the 5 day challenge, we want you to have completed 55,000 steps. Don't worry if you don't hit the 11,000 steps on one day, you can always make this up on another day.

We know that we should be hitting our 10,000 steps a day, but how many of us actually do? If you are working at a desk all day, unless you make the conscious effort to go for a walk in the evening, it's unlikely that you will hit this number.

For more information about the challenge, ask one of our reception team for a copy of our walking challenge booklet.

## Can chiropractic help with.....?

Sciatica can affect around 40% of people at some point in their life.

We have a lot of patients who used to take painkillers to get even a little bit of relief from their pain. It would be stopping them from doing what they wanted and needed to do. Now, after coming to us, they have seen a reduction in their pain.

As Chiropractors, we look for the root cause of what is causing your pain. We work with your spine to restore movement and function, and reduce the irritation of your sciatic nerve. When your spine is correctly aligned, it allows the body to communicate effectively and heal from within.

You can read about Bruce's experience in 'An Introduction'.

I LOVE WALKING  
BECAUSE IT CLEARS  
YOUR MIND, ENRICHES  
THE SOUL, TAKES AWAY  
STRESS, AND OPENS UP  
YOUR EYES TO A WHOLE  
NEW WORLD

CLAUDETTE DUDLEY

## 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.



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

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