

Summer

Issue 3 - Summer, 2022

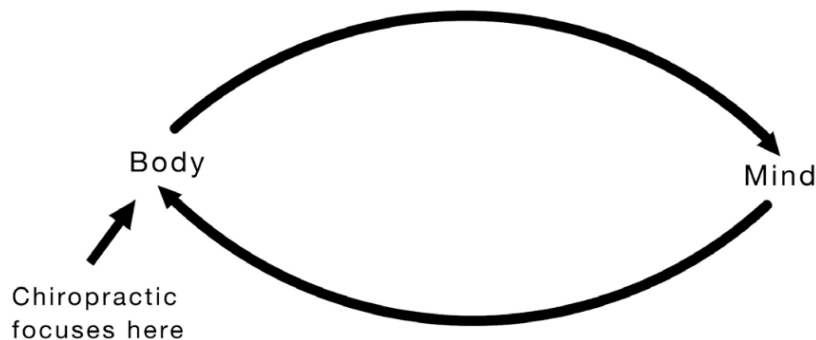
FEATURE ARTICLE

Your body is clever

We all know that our brains are intelligent with all of its random chatter, but just how clever is your body?

What if the mind is only a single part that belongs to the whole body, and it is the whole body that is itself intelligent?

Your body affects your mind equally as much as your mind affects your body.



In fact today your body:

- Blinked 15,000 times
- Produced 1.5 litres of urine to clean itself
- Held it's temperature constant
- Made your heart beat 105,000 times
- Inhaled more than 2 million litres of air
- Shed over 100,000 particles of skin
- Allowed your blood to travel more than 80,000 kilometres
- Produced 25,000 cells every second

All this was achieved without a single thought from you. It's so important that we appreciate and cherish its cleverness, as well as doing everything in our power to help our bodies to work at their optimal performance.

So how can you help your body's innate intelligence? Chiropractic adjustments.

Chiropractic adjustments help the body to send and receive signals throughout the body without any interference. When there is less, or no, interference in the nervous system these signals are interpreted correctly and your essential processes can work exactly as they're meant to.

This means processes, like healing, can function at their optimum. With regular care, your body can start to solve the root cause of your pain and problems. This means that the problems they were causing are unlikely to come back and other processes will start to work better. As a result of this, you could see changes in your mobility, balance, flexibility, and strength, as well as other core functions.

Take a moment to consider how clever, resilient and rhythmic nature is. We live in an eco-system that is intelligent beyond anything we could ever think of. Rain fall, sunrises, moon cycles and seasons all happen so reliably and with a perfect rhythm. The same intelligence that runs through all of these cycles in nature also runs through our bodies.

One of the main things about eco-systems is how interconnected all of the parts are. In fact, scientists propose that a butterfly flapping its wings in the Amazon Rain Forest in Brazil has the potential to cause a tsunami thousands of kilometres away in Indonesia. As humans, on a basic animalistic context, we are a part of this eco-system.

Our bodies are clever, resilient and rhythmic too in so many different ways. We adapt to our environments, and things like our sleep follow the 24 hour circadian rhythm of nature. You can read more about sleep in one of our previous newsletters. Ask a member of the team for a copy next time you are in clinic.

Your body knows what it's doing, so when it is telling us something is wrong, for example with pain, we should listen. We should also be confident that our bodies know how to fix the problem, but we might just need to lend a helping hand.

Your body is clever - that's something you should never forget.

A new habit.

Find new ways to enhance the natural cleverness of your body.

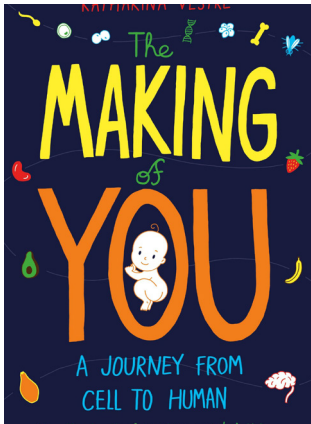
Keep your body moving, make sure you are staying hydrated, keep stretching, make sure it is well rested, and spend time in nature.

Another great way to enhance your body's cleverness, which so many of you are already doing, is coming for regular adjustments. This isn't just to get out of pain, it goes beyond that.

Wellness care will play a huge part in making sure your body is working at its optimum. The longer you are getting adjusted, the more likely you are to see positive changes in other aspects of your health, not just pain reduction.

New additions to our lending library.

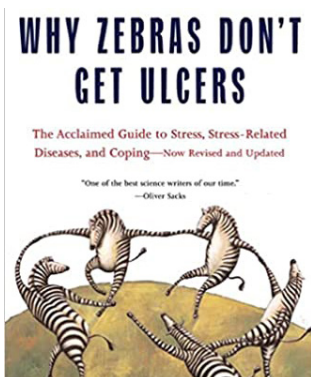
We have new additions to our lending library. If any of the books in our lending library spark your interest, please feel free to borrow it. Talk to one of our Chiropractic Assistants on reception and they'll be more than happy to help.



Coming in July...

The Making of You by Katharina Vestre will take you along a chronological unfolding of you. From the moment of fertilisation right up until now, this book will leave you wondering how we even survive 1 year, let alone 100 years.

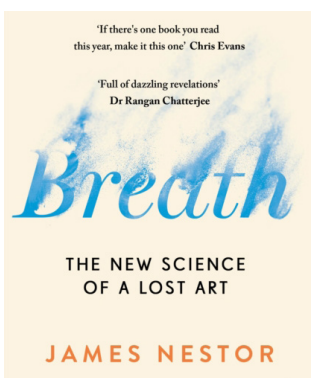
There are so many miraculous details that have to come together to create each individual. Relive your very first moments and discover the secrets of the inner universe that we are still unravelling.



Coming in August...

Why Zebras Don't Get Ulcers by Robert Sapolsky is an amazing book explaining the biology behind stress and the impact it has on our lives. It talks about how stress is an effective way of dealing with immediate problems, but also how it poses serious health risks in the long term.

This book is extremely useful with plenty of practical tips on how to keep your stress levels under control.



Coming in September...

Breath: The New Science of a Lost Art was recommended to us by one of our patients, and what an interesting book it has proven to be.

James Nestor talks through the history, science and culture of breathing, and how it impacts our health. Find out how different breathing patterns allow us to tap into our own nervous system and immune system to restore our health.

OUR BODIES
COMMUNICATE TO
US CLEARLY AND
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WE ARE WILLING TO
LISTEN TO THEM

SHAKTI GAWAIN

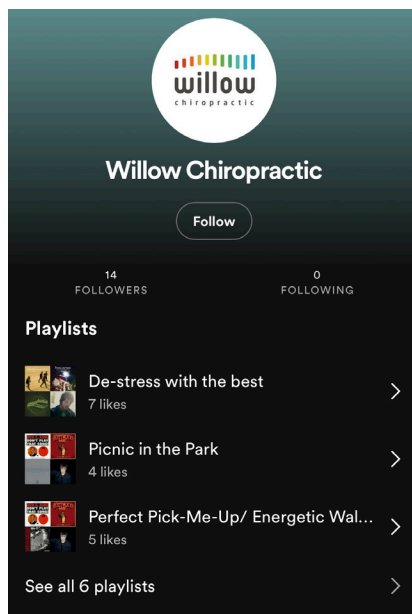
An introduction.

We're sure many of you recognise the wonderful Dr Lacey from our Emersons Green clinic. Dr Lacey has recently given birth to a beautiful baby and we wanted to take this opportunity to welcome her little one into the world.

We are so excited to meet them and can't wait to welcome Lacey back into the clinic.



Music matters - find your rhythm.



Have you taken a listen to our Spotify playlists?

We are always updating them and adding new ones.

Do you have a favourite song? We'd love to create a playlist of all your favourite songs too.

Scan this QR code to listen to our playlists.



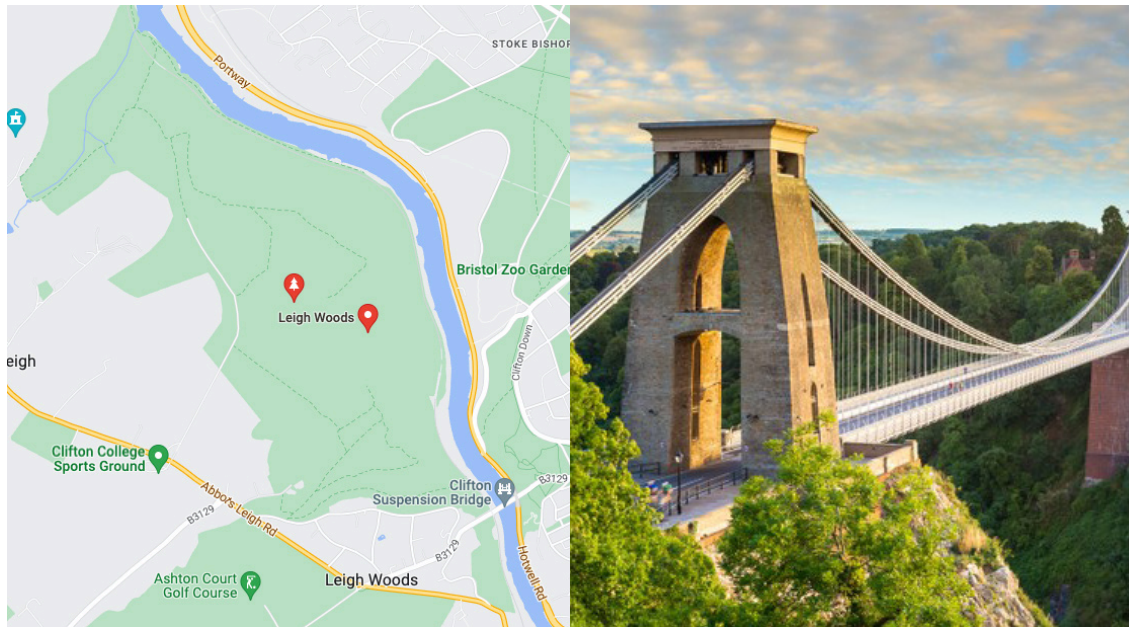
Walk of the month

This month, take a stroll around Leigh Woods.

Leigh Woods is filled with fascinating walking trails and picturesque views across Bristol, like the Suspension Bridge, the surrounding landscape, and an abundance of wildlife. It is the perfect place to stretch your legs.

With three different routes to choose from, you can choose one with a level of accessibility suited to you.

We can't wait to see your photos from this walk.



The Naked Truth About Your Body - it is clever.

Your body is connected to the cleverness of the entire universe.

This force is so perfect that science probably still has centuries to catch up to this idea. It's quite a miracle that your body knows exactly how much oxygen to breathe in and how much carbon dioxide to breathe out, even as early as your very first breath.

Tonight, sit down with a pen and paper and make a list of all the clever activities your body did today. If you have children, ask them too as well and you will have a good laugh.

Of timeless appeal -

The 33 Principles of Chiropractic.

#5 The Perfection of the Truine - In order to have 100% life, there must be 100% intelligence, 100% force, and 100% matter.

For you to be at your best, and connected to the intelligence of life itself, this intelligence must be able to flow through your body. The more interference in your body, the less this intelligent force can flow, and the less you get to experience your connection to this source.

#6 The Principle of Time – There is no process that doesn't require time.

It takes time for your body to be interfered with, just as it will take time for your body to return to a state of grace and ease. Be patient with your improvement process. It is a process and all processes take time.

One of the most common questions that we hear from new patients is "How long will it take to get better?" There is no way to answer this question. We could give you a standard answer based on 10 other people who have presented with the same symptom but that would not be personal to you. Everyone's body is different, and it takes repeated adjustments for your Chiropractor to assess the parts of your body which are unstable.

It also depends on your current life situation. For example, if you have just had a car accident, are in the middle of a divorce, or starting a new job, these factors will influence the speed at which your body starts to heal etc.

What's on?

Vital Experience Weekend

One of the things that makes us unique here at Willow, is that we constantly strive for improvement in everything that we do, whether that's in our personal or professional lives.

That's why, this July, our Chiropractors will be going on a retreat for personal and professional development.

We are committed to bettering ourselves, so that you can always trust us to provide the best standard of care for you and your loved ones.

Can chiropractic help with.....?

Neck pain is uncomfortable and can restrict the movement of your head. It could be because of a sudden movement of your head, or it might seem like it has come on for no apparent reason. Many people will accept neck pain as an inevitable part of life and down to working long hours at a desk.

We have a lot of patients who have had to put their life on hold because they couldn't do what they wanted or 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 interference in your nervous system. When your spine is correctly aligned, it allows the body to communicate effectively and heal from within.

Read Iona's story below...

Iona's Story

We spoke to Iona about the neck pain she was experiencing before coming to chiropractic, and how she is doing now. Iona sprained her neck around four years ago doing acrobatics, and had issues ever since.

It was affecting her career; doing stunts and circus work wasn't possible without getting a very sharp pain in her neck.

Here is what Iona said about where she is now:

"Things are feeling much, much better. I don't get any pain when I drive long distances or cycle. I can do handstands and cartwheels again which is great for my career. I'm hoping this means I can train more going forward. Give chiropractic a shot. Yes it takes a bit of time to see results, but it's so worth it in the end."



THE NERVOUS SYSTEM
HOLDS THE KEY TO THE
BODY'S INCREDIBLE
POTENTIAL TO HEAL
ITSELF

JAY HOLDER

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.

Do you know someone in pain?

Do you know someone suffering with back pain, neck pain, or headaches? We can help.

We are committed to helping the local community get out of pain, and back to doing what they love. That's why if your loved ones mention your name when they book in, they will receive a complementary Consultation and Report of Findings appointment.

Help your loved ones to take their first step towards better spinal health and wellness today.

Next quarterly issue...

Energy for life

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

Are we connected?

Scan the QR code below to connect with us on social media.

