



# NAILSEA NEWSLETTER

## WINTER 2024



### Your Practice Manager

Please feel free to contact me:

Liam Rice

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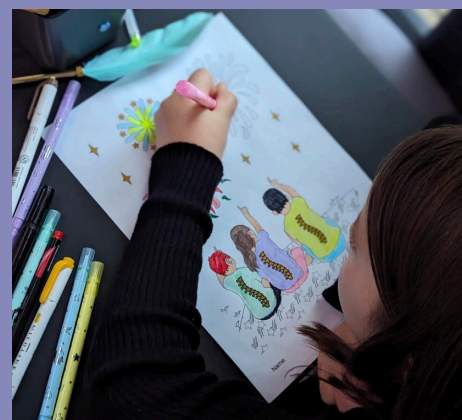
Interests:

Fitness, Golf & Nature

## WHAT'S INSIDE

- Doctor's Insight
- Community News
- Miracle Stories
- Book Recommendations
- Heal With Food
- Walk Of The Month
- A New Habit

## HIGHLIGHTS



# Doctor's Insight

- Written by Dr Rolf  
Emersons Green Practice



Rolf - (PCC-W)  
Doctor of Chiropractic

## Colds, Flus and Chiropractic

Winter has arrived, and with it colds, flus and other challenges to our body's immune systems. You might wonder: **What does Chiropractic have to do with this?**

### A Bit of History

During the famous 1918 Spanish Flu epidemic, an estimated **25 to 50 million people died, more than ever recorded before**. Chiropractic, having been founded in 1895 by DD Palmer, was only in its infancy, but the health care community at the time couldn't but notice that the death rate of chiropractic patients was **radically lower than that of non-chiropractic patients**. This is said to be the reason leading to the profession's licensure in many states in the USA and allowed it to **grow to what it is today**.

To be more specific: In Davenport, Iowa - the home town of DD Palmer - 50 medical doctors treated 4,953 cases with 274 deaths. In the same city, 150 chiropractors including students and faculty of the Palmer School of Chiropractic treated 1,635 cases **with only one death**. In the whole state of Iowa, **non-chiropractic patients died at a rate of one in 15 (6,116 out of 93,590) versus one in 789 (6 out of 4,735 not including Davenport) for chiropractic patients**. In New York, where the flu was a reportable disease, health authorities recorded 25 deaths out of 10,000 cases for chiropractic versus 950 deaths out of 10,000 cases for non-chiropractic patients diagnosed with influenza.

For patients diagnosed with pneumonia, the records showed 100/10,000 deaths for chiropractic patients versus 6,400/10,000 deaths for nonchiropractic patients. In Oklahoma, reports show that chiropractors treated 3,490 cases of influenza **with only 7 deaths**. Those same records also show that chiropractors were called in 233 cases where medical doctors had given them up for lost and managed to save all but 25.

### And Some Science

**You might wonder: How can adjusting your spine possibly affect your immune system?** The truth is that the exact mechanisms are not fully understood. As recently as May 2021, Dr Heidi Haavik, a chiropractor and researcher from New Zealand, **has conducted a literature search and found that 18 out of 23 studies on the subject demonstrated a significant effect of chiropractic adjustments on neuroimmune markers** (neuropeptides,

inflammatory markers and endocrine markers). She stipulated that the mechanisms are most likely due to the **changes in the processing of information from the body within parts of the brain**, affecting the autonomic (sympathetic and parasympathetic) nervous system, the endocrine (hormonal) system and the immune system.

A 2004 orthopaedic study showed that chronic nerve compression secondary to vertebral deformity in the thoracic (upper back) region had a significant effect on immune function. Dr Ronald Pero, PH.D., chief of cancer prevention research in New York, conducted a study involving 107 individuals who had been under chiropractic care for five years or more. He found that **these chiropractic patients had a 200% greater immune competence than people who had not received chiropractic care and 400% greater immune competence than people with cancer and other serious diseases.**

Other studies showed improved CD4 immune cell count after six months of chiropractic care or even an **immediate immune boost** (“phagocytic respiratory burst of polymorphonuclear neutrophils and monocytes”) right after being adjusted by a chiropractor. This might all sound very “sciency”, but to put it simply: The aim of chiropractic is to **improve the function of your spine and your nervous system, and your nervous system directly or indirectly controls all the functions of your body, including your immune response.** It therefore makes sense that, amongst other things, **your body can fight infections better if your spine and nervous system are in better shape.**

## What Does All This Mean for You and Your Family?

In order to get through winter as happily and healthily as possible, here is my advice:

- Get your spine **checked and adjusted regularly**, following the advice of your chiropractor
- **Eat healthy, nutritious food rich in vitamins and minerals** - also see the **relevant article from Dr Gabi in this newsletter**
- Consider using a **good quality multivitamin supplement**
- Stay well **hydrated**
- Get plenty of **sleep and rest**
- Exercise regularly
- Spend plenty of time outside in the **fresh air**

## A little bit about Rolf

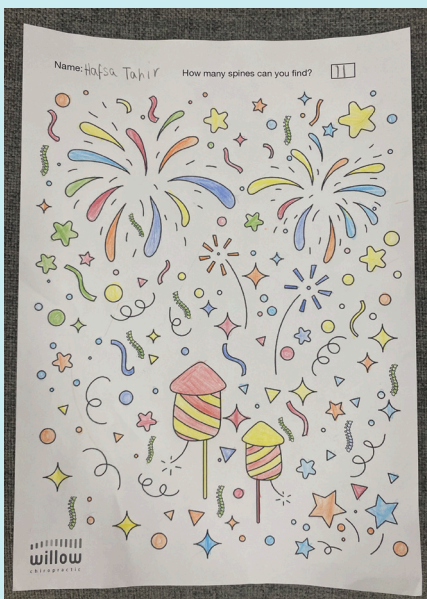
“While working as a hospital intern during my fourth year of medical studies in Switzerland, I realised that **traditional medicine wasn’t the path I wanted to pursue.** Exploring chiropractic principles, **it became clear that addressing the underlying causes of health issues, rather than merely treating symptoms through drugs and surgery, resonated with my philosophy.** So, I decided to leave medical school and become a chiropractor.”

# Community News

## Willow's Firework Competition

**Thank you to everyone** who took part in our recent Firework Colouring Competition. Your creativity and enthusiasm have truly brightened all of our clinics. Your efforts meant that it was very challenging for us to choose winners.

While every competition has its winners, we believe that everyone who participated is deserving of recognition and applause. Here are some of the incredible pieces of art from the competition!



As we celebrate the success of this event, we look forward to more opportunities to engage with the community in such creative and joyful ways. Thank you once again for making our Firework Colouring Competition a **dazzling success!**



# What's happening in the Nailsea Community?

## Join Nailsea Running Club (Couch To 5K) – A Path to Health and Community!

Embark on a **transformative journey with the Nailsea Running Club's Couch To 5K programme**. Open to all over 18s, **regardless of fitness level**, this 9-week course is an exciting opportunity to **boost your health, meet new people, and build confidence**.

**Starts:** 9th January 2024

**Schedule:** Tuesdays & Thursdays, 6:30 PM

**Location:** Nailsea & Backwell Rugby Club

**Enrolment Fee:** £20 (includes a special t-shirt on completion)

**Contact:** [info@nailsearunningclub.org.uk](mailto:info@nailsearunningclub.org.uk)

## Why Join?

**Community Spirit:** Connect with fellow health enthusiasts.

**Enhanced Well-being:** Improve both physical and mental health.

**Build Confidence:** Achieve your personal fitness goals.

**Running Meets Chiropractic Care:** Incorporating chiropractic care enhances your running experience by **improving mobility, reducing injury risk, aiding quicker recovery, and boosting overall energy**. It's not just about running; it's about embracing a balanced lifestyle.

## Take the First Step:

Ready for a change? Sign up for a journey towards a more vibrant and healthier life. Contact the club at [info@nailsearunningclub.org.uk](mailto:info@nailsearunningclub.org.uk) and lace up your running shoes!

# Real stories from real people

## Carol's Story

**“Over a number of years, my posture and health had deteriorated.** This affected my posture, balance, sleep, mobilisation, and mood. I think I accepted this as a natural deterioration due to my age of 64 because most of my friends and my partner are suffering from long-term health challenges which have led them to retire from work.

Increasingly I am under pressure as a nurse to continue working and to work harder. **This was pushing my anxiety about my ability to do this and to continue supporting my partner and family.** I saw on Facebook an offer for an assessment with Willow Chiropractic which I followed up on impulse. My initial assessment revealed a shocking imbalance in my strength and posture which had developed as I tried to avoid the pain.

Within a short time of starting treatment and practicing greater awareness of posture in my everyday life, **I noted significant reductions in pain. I reduced the use of my pain medication and now rarely need it.** My balance improved and my self-confidence and my mood. This reduced my anxiety as I felt more energetic and in control of myself.

I was able to meet the physical demands of my job with less effort and discomfort. **As time has gone on I have had pain-free days which feels amazing and wonderful.** At other times the pain is much reduced in frequency and intensity and rarely requires medication.

**I have also weaned myself off my antidepressants which I have relied on for some 15 years or more to cope with anxiety and mood.** I vividly recall one adjustment in particular on my upper and middle spine which had an immediate result.

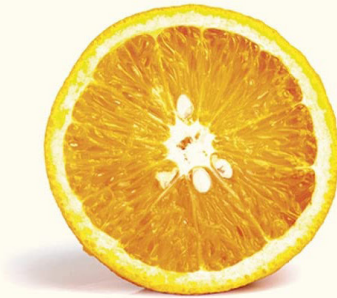
At the end of the session, I felt taller by about 2 inches and much more up right. This has persisted and other people have commented on my improved posture. **My life has improved in so many areas beyond the pain that forced me to seek help and I could not be more happy or grateful for Dr Betina's help and support over the last 12 weeks.”**



Book of the Month

THE NUMBER ONE BESTSELLER

# SPOON FEED



**Why almost  
everything we've  
been told about  
food is wrong**

**TIM SPECTOR**

**'A hugely enjoyable and critical look at common food myths'**

**MICHAEL MOSLEY**



# Our Book Recommendations

## Spoon Fed By Tim Spector



Clem - (MChiro)  
Doctor of Chiropractic

*"I'm excited to share with you a great read I've come across: "Spoon Fed" by Tim Spector. It's a fascinating book that **sheds light on how what we eat plays a huge role in our health.** Tim Spector takes a deep dive into today's **food habits, especially focusing on processed foods and artificial additives, and how they affect our health.***

*What I really like about this book is how it **ties in with our vitalistic approach to health.** Just like we focus on clearing out blockages in the nervous system in chiropractic care, "Spoon Fed" talks about **cutting out the bad stuff from our diet to help our body's natural health processes.***

*The book is super insightful when it comes to understanding nutrition and making better food choices. It's pretty much in **line with how we approach things here – making informed decisions for our health.***

*I'd say "Spoon Fed" is a must-read for anyone looking to boost their health journey. It's packed with **practical tips and has been a big help to many already.***

*If you're curious, we've got copies of "Spoon Fed" at reception. **Feel free to grab one next time you're in!***

*- Article written by Clem*

# Heal With Food

*Written By Gabi, from our Emersons Green Clinic*

**“Food has the power to heal your body, but it can also act as a poison. My grandpa always used to say that anything can be healthy if eaten in moderation. I partly agree with his statement. However, nowadays, we often don’t cook from scratch. Most of the time, we rely on supermarket options, which are full of preservatives and high in salt and sugar.**

*For this winter season, I invite you to find inspiration and step into the kitchen. I hope you find pleasure and enjoyment in cooking and eating these dishes. All the recipes are **nutritionally rich and quite simple to prepare.**”*



**Gabi**  
Doctor of Chiropractic

## 1. Stuffed Mushroom with Cheese

### *Ingredients*

Portobello mushrooms, minced garlic, olive oil, salt and pepper to taste, dried thyme, butter, grated parmesan and shredded mozzarella.

### *Instructions*

Preheat the oven to 400°C. Firstly clean the Portobello mushrooms and remove the stems (these can be mixed with the cheese for stuffing). Then finely mince 1 clove of garlic and lightly oil a baking sheet. Place the mushrooms onto the tray in a single layer, open side facing up. In a small bowl, mix together olive oil, garlic, dried thyme, and a little salt and pepper to taste. Add to the inside of each mushroom evenly. Top with a thin slice of butter, and then bake the mushrooms for 15 minutes until tender.

While they are cooking, mix together the parmesan cheese and shredded mozzarella. After 15 minutes, top the mushrooms with the cheese and return to the oven for 5 minutes. Once the cheese is golden and bubbly, remove the mushrooms from the oven, serve, and enjoy! Portobello mushrooms include an **excellent source of B vitamins that help the body break down carbohydrates into sugar for fuel.**

## 2. Immune Boosting Honey

### *Ingredients*

1 head of fresh ginger, 6 small garlic cloves, 2 sprigs fresh rosemary, 2 sprigs fresh thyme, 4 cinnamon sticks, a dash of cayenne (if wanted), a cup of raw honey and a 300 ml glass jar with a lid.

## ***Instructions***

Slice the ginger into 1/4-inch pieces (no need to peel). Crush the garlic cloves with the side of your knife and pop them out of their skin. Place ginger slices, crushed garlic cloves, rosemary, thyme, cinnamon stick and the a dash of cayenne pepper into the empty jar. If needed, fold or break the stems of herbs in half to allow them to fit comfortably. Cover with honey, and let sit for at least a week to infuse. This infused honey will technically last forever, but I recommend using it within a year of making. **It's very important to use raw honey, and feel free to add more honey or make it as big as you want.**

The end result is a sweet, slightly spicy, totally herbaceous (and yes, a little bit garlicky) honey that's **great for soothing sore throats and keeping you well all winter long.** You could drizzle it into a cup of warm water or tea or spread it on your toast.

## **3. Butternut Squash Veloute**

### ***Ingredients***

1 butternut squash (about 1kg) peeled and deseeded, 2 tbsp olive oil, 1 tbsp butter, 2 onions diced, 1 garlic clove thinly sliced, 2 mild red chillies deseeded and finely chopped, 850ml hot vegetable stock and 4 tbsp boursin garlic and herb cream cheese.

### ***Instructions***

Heat the oven to 200C/180C fan/gas 6, cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil. Roast for 30 minutes, turning once during cooking, until golden and soft. While the butternut squash cooks, melt the butter with the remaining 1 tbsp olive oil in a large saucepan, then add the onions, garlic clove and three-quarters of the chillies.

Cover and cook on a very low heat for 15-20 minutes until the onions are completely soft. Tip the butternut squash into the pan, add the stock and Boursin cream cheese, then whizz with a stick blender until smooth. For a really silky soup, blend in batches. Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with a dollop of Boursin cream cheese garlic and herb, and a scattering of the remaining chopped chilli. Butternut squash is loaded with antioxidants, specifically vitamins A and C. **These antioxidants fight damage in the body and support the immune system.**

**ENJOY!**





# Nailsea Walk Of The Month

## Calling All Nature Enthusiasts!

Embrace the beauty of winter at **Ashton Court Estate**, recommended by Nadine, our Chiropractic Assistant.

*“This beloved green space, just outside Bristol centre, transforms into a picturesque winter landscape, **perfect if you’re looking for a 1.5 hour walk.***

*Wrap up your journey at the estate’s **cozy, pet-friendly cafe** with a warm cup of tea and delightful cake. Ashton Court is not only a scenic retreat but also a **hub of winter activities**. Enjoy the peacefulness of the estate, **often quieter in winter**, and keep an eye out for the beauty of the landscape.”*

### How does walking benefit my Chiropractic care?

Did you know that **walking enhances joint mobility and muscle strength, essential for spinal health**, by keeping joints flexible and strengthening core muscles supporting the spine. Exposure to natural light during winter walks **aids in Vitamin D synthesis, crucial for bone health and spinal maintenance**. Additionally, winter walking **helps in stress reduction and weight management, both of which are vital for reducing back and neck tension and maintaining overall spinal health**.

### Tips for the walk!

**Parking:** Available at Church Lodge and Mansion House. Not free.

**Dogs:** Welcome off lead.

**Dining:** Warm up at the estate’s cafe or The Ashton Pub.

**Hours:** Open daily from 8 am, with seasonal closing times.

For more winter-specific details, visit Ashton Court Estate’s **official page**.



**Nadine -**  
Chiropractic Assistant



## Dr Liam's Recommendation - A New Habit

### The Power Of Touch

At the start of 2021 I had a patient of mine return to care after **avoiding social interactions due to Covid**. She lived on her own and feared the virus, which meant that she avoided her friends, family and anyone else during this time. **It took a lot of courage for her to come into clinic**. At the end of the session she turned to me and said **'you're the first person that's touched me in 18 months'**. This really hit home for me and made me think about how we take the power of physical touch for granted.

Human beings crave human connection, and we long for human touch. With the use of PPE, social distancing and new methods, **physical touch from a Doctor or therapist is rare**. I've just returned from a Chiropractic **Mission Trip In Dehli, India where we had a Chiropractic Clinic setup in a tent to serve and adjust people at a huge spiritual festival**. It's an extremely demanding three days due to the conditions (heat and dust), long hours, hundreds of people queuing at a time and language barriers. **One adjustment can do so much in that environment**. A lot of the people we see are not used to seeing a Doctor or when they are they are used to the Doctor using masks, gloves etc.

**As Chiropractors we value our physical touch**. Aside from the fact it's important for palpating the spine, the most powerful reason is the connection it builds from person to person. **The tender touch of others is now known to boost the immune system, lower blood pressure, decreases stress hormones and balance the nervous system**. If general well being is a side effect to Chiropractic care from the power of touch, then I'm one that's all for embracing the placebo that it brings.

**So my new habit that I wish you all to embrace is the power of touch. Don't take it for granted**. I regularly see two of my patients walking along and with no exception they are always holding hands. It's beautiful to see. About 45% of our activities are performed nearly each day under the same circumstances. So if we are to begin doing something new then we have to make a **key effort to introduce new behaviours to make them stick**. As Joe Dispenza has famously proven, 'Neurons that fire together, wire together'. I challenge and urge you to embrace physical touch more, **and maybe you can make it a pattern/habit for your family too**.

# Your chiropractic adjustment rhythm

These four habits are essential to support your chiropractic care and they will help you to get well faster and stay well.

## Daily:

1. Stand on both legs evenly
2. Sit on both sitting bones evenly

## Post adjustment:

3. Drink a glass of water immediately
4. Go for a 10 minute walk before sitting

If you feel tired later in the day, it may be because the chiropractic adjustment has stimulated the body's healing process and your body wants to rest. You should always move straight after an adjustment. But if later in the day you feel like taking a nap don't feel guilty. Look after yourself. This is your time to heal.

# 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 complimentary Consultation and Report of Findings appointment.

Bring them in for their initial consultation and let us help your loved ones to take their first step towards better spinal health and wellness today.

## Bring Your Loved Ones In!

Scan this QR code to book your loved ones in for a complimentary Consultation and Report of Findings appointment.



To make an appointment, visit our website [willowlife.co.uk](http://willowlife.co.uk) or call us 0800 511 8966



## Child Care Plan

We're thrilled to announce an exciting addition to our family-focused chiropractic services – **the Child's 12 Care Plan**. Building upon the success of our Child's 6 Care Plan, this new offering is designed to provide extended, comprehensive support for the long-term care of your children.

### Why Choose the Child's 12 Care Plan?

#### Early Detection

Our team will address small issues before they become significant problems for your children. Prevention is key.

#### Value For Money

At just **£348**, this plan offers significant savings, making it a cost-effective option for comprehensive care.

#### More Focused

A well-aligned spine can lead to improved concentration and attention span, beneficial for academic performance.

**Speak to a member of the Willow team for more information.**

Total Cost: £348

**£29**

per adjustment

\*T&C's apply







# BEDMINSTER NEWSLETTER

## WINTER NEWSLETTER



### Your Practice Manager

Please feel free to contact me:

Sarah Barrow

✉ [sarah.barrow@willowlife.co.uk](mailto:sarah.barrow@willowlife.co.uk)

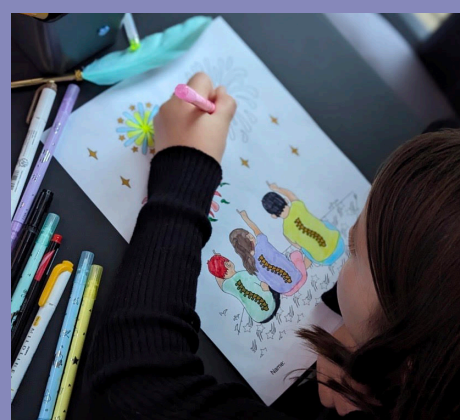
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## HIGHLIGHTS



- Written by Dr Ryan



Ryan - (BSc MChiro)  
Doctor of Chiropractic

## Nourishing Your Way to Wellness: Nutrition and Inflammation

### What is inflammation?

**Inflammation is a natural and necessary response of the body's immune system to injury, infection, or harmful stimuli.** It is a complex biological process that involves various cells, proteins, and blood vessels working together to protect the body and promote healing. While acute inflammation is a normal and protective response, **chronic inflammation can be harmful and contribute to various diseases, including autoimmune disorders like rheumatoid arthritis, inflammatory bowel disease, osteoarthritis, and even certain cancers.** It's important to note that inflammation is a complex biological process with both protective and potentially damaging aspects, and its regulation is crucial for maintaining overall health.

A way of regulating and helping your body from an overactive response to injury or pathogens is **incorporating an anti-inflammatory diet.**

### Including:

1. **Fruits and Vegetables:** Emphasise a variety of colourful fruits and vegetables, which are rich in antioxidants and phytochemicals that can help combat inflammation.
2. **Whole Grains:** Choose whole grains over refined grains. Examples include brown rice, quinoa, oats, and whole wheat.
3. **Healthy Fats:** Include sources of healthy fats, such as olive oil, avocados, and fatty fish like salmon, which contain omega-3 fatty acids with anti-inflammatory properties.
4. **Lean Proteins:** Opt for lean protein sources, including poultry, fish, tofu, legumes, and nuts. Fatty fish, in particular, is rich in omega-3s.
5. **Nuts and Seeds:** Almonds, walnuts, flaxseeds, and chia seeds are examples of nuts and seeds that may have anti-inflammatory effects.
6. **Herbs and Spices:** Use herbs and spices like turmeric, ginger, garlic, and cinnamon, which have anti-inflammatory properties.

### Foods that cause an increase in inflammation:

1. **Processed Foods:** Items high in artificial additives, preservatives, and trans fats, like fast food, processed meats, and packaged snacks.
2. **Refined Carbohydrates:** Foods made with refined grains such as white bread, white

3. **Sugary Foods and Beverages:** High-sugar items, like soda, candies, pastries, and desserts can trigger inflammation.
4. **Vegetable Oils:** Certain oils high in omega-6 fatty acids, like soybean oil, corn oil, and sun flower oil, when consumed in excess, may promote inflammation.
5. **Fried Foods:** Foods cooked at high temperatures in unhealthy oils can release free radicals and trigger inflammation.
6. **Dairy Products:** Some individuals might experience inflammation due to dairy, particularly if they are sensitive or intolerant to lactose or certain proteins in dairy.
7. **Certain Proteins:** Red meat and processed meats can contribute to inflammation, especially when consumed excessively.

So, it's important to mention that whilst eating a diet of anti-inflammatory food is important for your health, it's also not the reality. Everyone is different and has developed eating habits over many years even decades. **Changing your whole diet will be overwhelming and not achievable.**

**Is it ok to make couple of suggestions?**

**Look at the lists above then make a diary of what you eat in the next 5 days.** Then use a coloured maker and cross off the foods that are in the anti-inflammatory one colour and pro-inflammatory foods in another. Then determine the percentage of what is good and what is not so good. After this work on increasing the percentage of anti-inflammatory foods by **10%** - then as the weeks go keep increasing this until your percentage of anti-inflammatory foods are **70% and pro-inflammatory is 30%.**

**Alternatively ...**

**Print off an anti-inflammatory food pyramid** and when you write your shopping list colour the food that you are buying that is from this pyramid. Then go through a similar process as above start by adding 10%.

If you work towards having a 70/30 split of anti vs pro-inflammatory foods this will **accelerate your health and will also help with your chiropractic care to achieve the results you have discussed with your chiropractor.** Reducing the refined sugars and trans fats will help your body regulate more effectively and will lead to less pain and suffering.

## A little bit about Ryan

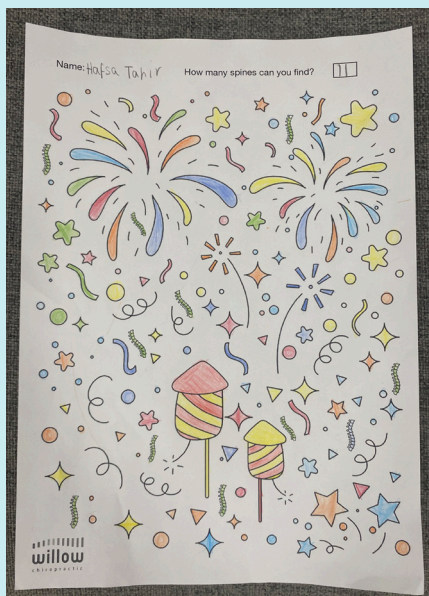
*"While studying sports science at university, I discovered the value of regular chiropractic adjustments. As a rugby player, I experienced various injuries, and **it became clear that caring for my body was essential for optimal performance.** Inspired by the impact chiropractic had on my well-being, I decided to pursue a career in chiropractic. I returned to university to study and **acquire the knowledge and skills to share this important message.**"*

# Community News

## Willow's Firework Competition

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## Windmill Hill City Farm

In the heart of Bristol lies a haven of **tranquility and natural beauty**: Windmill Hill City Farm. This 4.5-acre oasis offers an ideal retreat after your chiropractic session, inviting you to immerse yourself in the beauty of nature. Windmill Hill City Farm, nestled just a **few minutes' walk from our clinic, is more than just a green space; it's a vibrant, living community farm**. Here, amidst the bustling city life, you can find solace among a delightful array of farm animals—**cows, pigs, goats, chickens, and sheep**—all thriving in their natural habitat.

But the farm offers more than just a chance to connect with animals. It's also home to a **flourishing produce garden, where organic, locally-grown produce is cultivated with care**. This "zero food miles" produce is the secret behind the delectable offerings at the farm's **on-site cafe, a perfect spot to unwind and enjoy fresh, wholesome food**. For those who wish to engage more actively with this green sanctuary, **volunteering opportunities abound**. Whether you're tending to the animals, nurturing the garden, or contributing to various farm projects, your time at Windmill Hill City Farm can be as enriching as it is relaxing.

The farm's garden is a serene escape, ideal for those moments when you need a break from the urban hustle of Bedminster. Families will be delighted to find a thoughtfully designed children's play area, ensuring that **the farm is a joy for visitors of all ages**. It's not just a farm; it's a community hub, buzzing with local activities and events that **bring together people from all walks of life**.



# Real stories from real people

## Adrian's Story

"Being a self employed photographer, **being out and about is a huge part of my job.** I do courses in Bristol where you're walking around Bristol looking at different points and I got to the point where they had almost become **impossible to do** because I was **limping**. I was holding my back to go everywhere, every single day involved pain relief gel on my back and those heat pants that you put on your back. **I couldn't go anywhere without them.**

I'd also be **carrying painkillers with me.** One day I went out, and I thought, 'well, I've just done a whole walk without any pain.' Then I thought, 'I'm just going to push myself a little bit here.' And I went from walking a few hundred yards to a little bit further.

I was going to three appointments a week and it was in only my second week when I realised **I've just done all this walking and I've got no sciatic pain at all.** I was in intense pain. I mean, literally, I could barely walk, but within two weeks I experienced **no sciatic pain.**

**It's never come back. Nothing since the first week. Nothing at all."**

## Thank You

"Adrian has been coming to see Dr Nicole since January 2023. When he first started care **he was unable to walk for more than 10 minutes at a time.** He struggled with his sleep, being able to breathe properly and keeping active.

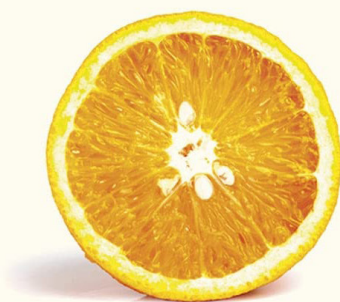
**Adrian now shares the most inspiring stories each time I see him in the clinic. He is full of energy and always has a smile on his face.** He is able to enjoy his passion and life again. He runs multiple photography walking groups a week across Bristol and London doing over **15,000 steps daily**, and he hasn't needed to use his prescribed inhaler in months! I'm so happy that Adrian trusted us with his care and I'm excited to see what he's able to achieve in the future." - **Annie, CA.**



Book of the Month

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# Our Book Recommendations



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*I'd say "Spoon Fed" is a must-read for anyone looking to boost their health journey. It's packed with **practical tips and has been a big help to many already.***

*If you're curious, we've got copies of "Spoon Fed" at reception. **Feel free to grab one next time you're in!**"*

*- Article written by Clem*

# Heal With Food

*Written By Gabi, from our Emersons Green Clinic*

**“Food has the power to heal your body, but it can also act as a poison. My grandpa always used to say that anything can be healthy if eaten in moderation. I partly agree with his statement. However, nowadays, we often don’t cook from scratch. Most of the time, we rely on supermarket options, which are full of preservatives and high in salt and sugar.**

*For this winter season, I invite you to find inspiration and step into the kitchen. I hope you find pleasure and enjoyment in cooking and eating these dishes. All the recipes are nutritionally rich and quite simple to prepare.”*



**Gabi**  
Doctor of Chiropractic

## 1. Stuffed Mushroom with Cheese

### Ingredients

Portobello mushrooms, minced garlic, olive oil, salt and pepper to taste, dried thyme, butter, grated parmesan and shredded mozzarella.

### Instructions

Preheat the oven to 400°C. Firstly clean the Portobello mushrooms and remove the stems (these can be mixed with the cheese for stuffing). Then finely mince 1 clove of garlic and lightly oil a baking sheet. Place the mushrooms onto the tray in a single layer, open side facing up. In a small bowl, mix together olive oil, garlic, dried thyme, and a little salt and pepper to taste. Add to the inside of each mushroom evenly. Top with a thin slice of butter, and then bake the mushrooms for 15 minutes until tender.

While they are cooking, mix together the parmesan cheese and shredded mozzarella. After 15 minutes, top the mushrooms with the cheese and return to the oven for 5 minutes. Once the cheese is golden and bubbly, remove the mushrooms from the oven, serve, and enjoy! Portobello mushrooms include an **excellent source of B vitamins that help the body break down carbohydrates into sugar for fuel.**

## 2. Immune Boosting Honey

### Ingredients

1 head of fresh ginger, 6 small garlic cloves, 2 sprigs fresh rosemary, 2 sprigs fresh thyme, 4 cinnamon sticks, a dash of cayenne (if wanted), a cup of raw honey and a 300 ml glass jar with a lid.

## ***Instructions***

Slice the ginger into 1/4-inch pieces (no need to peel). Crush the garlic cloves with the side of your knife and pop them out of their skin. Place ginger slices, crushed garlic cloves, rosemary, thyme, cinnamon stick and the a dash of cayenne pepper into the empty jar. If needed, fold or break the stems of herbs in half to allow them to fit comfortably. Cover with honey, and let sit for at least a week to infuse. This infused honey will technically last forever, but I recommend using it within a year of making. **It's very important to use raw honey, and feel free to add more honey or make it as big as you want.**

The end result is a sweet, slightly spicy, totally herbaceous (and yes, a little bit garlicky) honey that's **great for soothing sore throats and keeping you well all winter long.** You could drizzle it into a cup of warm water or tea or spread it on your toast.

## **3. Butternut Squash Veloute**

### ***Ingredients***

1 butternut squash (about 1kg) peeled and deseeded, 2 tbsp olive oil, 1 tbsp butter, 2 onions diced, 1 garlic clove thinly sliced, 2 mild red chillies deseeded and finely chopped, 850ml hot vegetable stock and 4 tbsp boursin garlic and herb cream cheese.

### ***Instructions***

Heat the oven to 200C/180C fan/gas 6, cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil. Roast for 30 minutes, turning once during cooking, until golden and soft. While the butternut squash cooks, melt the butter with the remaining 1 tbsp olive oil in a large saucepan, then add the onions, garlic clove and three-quarters of the chillies.

Cover and cook on a very low heat for 15-20 minutes until the onions are completely soft. Tip the butternut squash into the pan, add the stock and Boursin cream cheese, then whizz with a stick blender until smooth. For a really silky soup, blend in batches. Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with a dollop of Boursin cream cheese garlic and herb, and a scattering of the remaining chopped chilli. Butternut squash is loaded with antioxidants, specifically vitamins A and C. **These antioxidants fight damage in the body and support the immune system.**

**ENJOY!**





# Bedminster Walk Of The Month



**Freya (MChiro) -  
Doctor of Chiropractic**

## Calling all Nature Enthusiasts!

This walk was recommended by Dr Freya.

*“Arnos Vale Cemetery in Bristol offers a unique walking experience. Spanning 45 acres, this cemetery is not just a final resting place but also a **sanctuary for those seeking a peaceful walk amidst a historic setting.**”*

*The cemetery features a variety of walking trails suitable for different interests. As you wander along these paths, you’ll be surrounded **by greenery, impressive monuments, and a diverse range of plant life.** This setting provides a retreat from the urban hustle and bustle.”*

For nature enthusiasts, the Woodland Walks are ideal. These trails weave through the wooded areas of the cemetery, **offering a chance to connect with nature in quiet, less-traveled parts of the grounds.**

Arnos Vale also hosts various events and special walks throughout the year, including **twilight tours and nature-focused explorations.** These events provide unique opportunities to see the cemetery in a different light and **learn about its rich history and natural beauty.**

Whether you’re drawn to the historical aspects, the natural environment, or just looking for a calm place to stroll, Arnos Vale Cemetery’s walking paths cater to a wide range of interests, **making it a must-visit for anyone in Bristol.**



## Dr Sarah's Recommendation - A New Habit

### Keep Moving

**Being healthy is a continuous journey that should be embraced and enjoyed.** Even the healthiest people are never going to reach an end destination during life, and even the healthiest people can still always be healthier. **Health can fluctuate and change over time, and as our life stresses change so should our habits.**

Small improvements or considerations are all a part of the journey. **Small consistent changes are what can have the biggest long-term improvements.** Here is another easy, simple habit to consider adopting in your day-to-day routine - **a reminder to move.**

**Studies have linked being inactive with being overweight and obese, type 2 diabetes, some types of cancer, and early death.** Sitting for long periods is thought to slow the metabolism, which affects the body's ability to **regulate blood sugar, and blood pressure and break down body fat.** Many adults in the UK spend around 9 hours a day sitting. This includes watching TV, using a computer, reading, doing homework, and travelling by car, bus or train, but does not include sleeping.

So how can we remind ourselves to move? An app I use is called '**Mindfulness**' but there are many different ones out there. With this app, I would recommend **setting the gong for every 30 mins, and this is your reminder to move.** Simply getting up and **moving around the room, going up and down a flight of stairs, or even just walking on the spot with high knees can do the job.**

We were made to move and if we don't use it, **we will ultimately lose it.** I hope you enjoy this healthy habit.

# Your chiropractic adjustment rhythm

These four habits are essential to support your chiropractic care and they will help you to get well faster and stay well.

## **Daily:**

1. Stand on both legs evenly
2. Sit on both sitting bones evenly

## **Post adjustment:**

3. Drink a glass of water immediately
4. Go for a 10 minute walk before sitting

If you feel tired later in the day, it may be because the chiropractic adjustment has stimulated the body's healing process and your body wants to rest. You should always move straight after an adjustment. But if later in the day you feel like taking a nap don't feel guilty. Look after yourself. This is your time to heal.

# 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 complimentary Consultation and Report of Findings appointment.

Bring them in for their initial consultation and let us help your loved ones to take their first step towards better spinal health and wellness today.

## Bring Your Loved Ones In!

Scan this QR code to book your loved ones in for a complimentary Consultation and Report of Findings appointment.



To make an appointment, visit our website [willowlife.co.uk](http://willowlife.co.uk) or call us 0800 511 8966



## Child Care Plan

We're thrilled to announce an exciting addition to our family-focused chiropractic services – **the Child's 12 Care Plan**. Building upon the success of our Child's 6 Care Plan, this new offering is designed to provide extended, comprehensive support for the long-term care of your children.

### Why Choose the Child's 12 Care Plan?

#### Early Detection

Our team will address small issues before they become significant problems for your children. Prevention is key.

#### Value For Money

At just **£348**, this plan offers significant savings, making it a cost-effective option for comprehensive care.

#### More Focused

A well-aligned spine can lead to improved concentration and attention span, beneficial for academic performance.

Speak to a member of the Willow team for more information.

Total Cost: £348

**£29** per adjustment







# CLIFTON NEWSLETTER

## WINTER 2024



### Your Practice Manager

Please feel free to contact me:

Dom Heller

✉ [dom.heller@willowlife.co.uk](mailto:dom.heller@willowlife.co.uk)

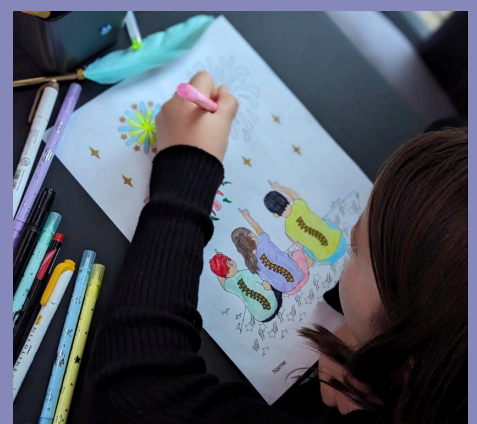
Interests:

Basketball, Cooking, Music

## WHAT'S INSIDE

- Doctor's Insight
- Community News
- Miracle Stories
- Book Recommendations
- Heal With Food
- Walk Of The Month
- A New Habit

## HIGHLIGHTS



# Doctor's Insight

- Written by Dr Rolf  
Emersons Green Practice



Rolf - (PCC-W)  
Doctor of Chiropractic

## Colds, Flus and Chiropractic

Winter has arrived, and with it colds, flus and other challenges to our body's immune systems. You might wonder: **What does Chiropractic have to do with this?**

### A Bit of History

During the famous 1918 Spanish Flu epidemic, an estimated **25 to 50 million people died, more than ever recorded before**. Chiropractic, having been founded in 1895 by DD Palmer, was only in its infancy, but the health care community at the time couldn't but notice that the death rate of chiropractic patients was **radically lower than that of non-chiropractic patients**. This is said to be the reason leading to the profession's licensure in many states in the USA and allowed it to **grow to what it is today**.

To be more specific: In Davenport, Iowa - the home town of DD Palmer - 50 medical doctors treated 4,953 cases with 274 deaths. In the same city, 150 chiropractors including students and faculty of the Palmer School of Chiropractic treated 1,635 cases **with only one death**. In the whole state of Iowa, **non-chiropractic patients died at a rate of one in 15 (6,116 out of 93,590) versus one in 789 (6 out of 4,735 not including Davenport) for chiropractic patients**. In New York, where the flu was a reportable disease, health authorities recorded 25 deaths out of 10,000 cases for chiropractic versus 950 deaths out of 10,000 cases for non-chiropractic patients diagnosed with influenza.

For patients diagnosed with pneumonia, the records showed 100/10,000 deaths for chiropractic patients versus 6,400/10,000 deaths for nonchiropractic patients. In Oklahoma, reports show that chiropractors treated 3,490 cases of influenza **with only 7 deaths**. Those same records also show that chiropractors were called in 233 cases where medical doctors had given them up for lost and managed to save all but 25.

### And Some Science

**You might wonder: How can adjusting your spine possibly affect your immune system?** The truth is that the exact mechanisms are not fully understood. As recently as May 2021, Dr Heidi Haavik, a chiropractor and researcher from New Zealand, **has conducted a literature search and found that 18 out of 23 studies on the subject demonstrated a significant effect of chiropractic adjustments on neuroimmune markers** (neuropeptides,

inflammatory markers and endocrine markers). She stipulated that the mechanisms are most likely due to the **changes in the processing of information from the body within parts of the brain**, affecting the autonomic (sympathetic and parasympathetic) nervous system, the endocrine (hormonal) system and the immune system.

A 2004 orthopaedic study showed that chronic nerve compression secondary to vertebral deformity in the thoracic (upper back) region had a significant effect on immune function. Dr Ronald Pero, PH.D., chief of cancer prevention research in New York, conducted a study involving 107 individuals who had been under chiropractic care for five years or more. He found that **these chiropractic patients had a 200% greater immune competence than people who had not received chiropractic care and 400% greater immune competence than people with cancer and other serious diseases.**

Other studies showed improved CD4 immune cell count after six months of chiropractic care or even an **immediate immune boost** (“phagocytic respiratory burst of polymorphonuclear neutrophils and monocytes”) right after being adjusted by a chiropractor. This might all sound very “sciency”, but to put it simply: The aim of chiropractic is to **improve the function of your spine and your nervous system, and your nervous system directly or indirectly controls all the functions of your body, including your immune response.** It therefore makes sense that, amongst other things, **your body can fight infections better if your spine and nervous system are in better shape.**

## What Does All This Mean for You and Your Family?

In order to get through winter as happily and healthily as possible, here is my advice:

- Get your spine **checked and adjusted regularly**, following the advice of your chiropractor
- **Eat healthy, nutritious food rich in vitamins and minerals** - also see the **relevant article from Dr Gabi in this newsletter**
- Consider using a **good quality multivitamin supplement**
- Stay well **hydrated**
- Get plenty of **sleep and rest**
- Exercise regularly
- Spend plenty of time outside in the **fresh air**

## A little bit about Rolf

“While working as a hospital intern during my fourth year of medical studies in Switzerland, I realised that **traditional medicine wasn’t the path I wanted to pursue.** Exploring chiropractic principles, **it became clear that addressing the underlying causes of health issues, rather than merely treating symptoms through drugs and surgery, resonated with my philosophy.** So, I decided to leave medical school and become a chiropractor.”

# Community News

## Willow's Firework Competition

**Thank you to everyone** who took part in our recent Firework Colouring Competition. Your creativity and enthusiasm have truly brightened all of our clinics. Your efforts meant that it was very challenging for us to choose winners.

While every competition has its winners, we believe that everyone who participated is deserving of recognition and applause. Here are some of the incredible pieces of art from the competition!



As we celebrate the success of this event, we look forward to more opportunities to engage with the community in such creative and joyful ways. Thank you once again for making our Firework Colouring Competition **a dazzling success!**



# Whiteladies Market

## Embrace Winter Wellness at Whiteladies Market with us!

This winter, experience the local charm of Whiteladies Market, held every **Saturday from 8.30 am to 1PM at the junction of Whiteladies Road and Apsley Road**. This bustling market is your go-to destination for **sustainable shopping, offering fresh, seasonal produce and artisan goods from local suppliers**.

**Exciting news for health enthusiasts:** We will be at the market on the first Saturday of each month, **offering free posture checks**. This is a unique opportunity to understand the importance of good posture and its impact on overall health, especially during winter when physical activity tends to decrease.

### Key Dates:

The first Saturday of each month, starting from February 2024

Join us at Whiteladies Market for a blend of community spirit, sustainable shopping, and a step towards better health with Willow Chiropractic.

Reach out for more details at [whiteladiesroadmarket@gmail.com](mailto:whiteladiesroadmarket@gmail.com). See you there!



# Real stories from real people

## Paul's Story

*"Hello everyone!*

*For more than **15 years I've been dealing with back pain**, namely sciatica...but in the last 2 months **I didn't even have stability in my legs because of the electric shocks I was receiving in my legs from the spine**. Hard life at home...and at work I couldn't even sit on a chair...in bed **I could only rest with a pillow under my stomach**.*

*But after the first **two chiropractic sessions**, I was shocked at **the return of mobility and no back pain**... wow wonderful, the sessions continue even if there is no pain... **what can I say about the pills, I haven't even touched them for two weeks**.*

*Thank you Chiropractic and thank you to the staff who are **particularly respectful**, and last but not least to Doctor Michael Gallagher. I recommend with **confidence!**" - Paul*

## Thank You

***"Paul is someone who always shows up with a big smile, even when he was struggling in the beginning**, and it has been a real pleasure seeing the improvements he has made so far.*

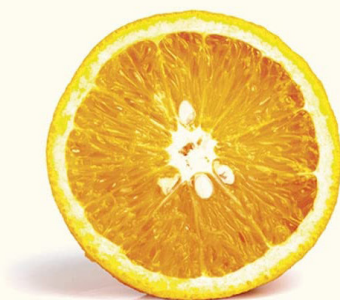
*There is still some work to do but in know he is going into 2024 feeling happier, pain free and more optimistic about the year ahead." - Mickey*



Book of the Month

THE NUMBER ONE BESTSELLER

# SPOON FEED



**Why almost  
everything we've  
been told about  
food is wrong**

**TIM SPECTOR**

'A hugely enjoyable and critical look at common food myths'

MICHAEL MOSLEY



# Our Book Recommendations



Clem - (MChiro)  
Doctor of Chiropractic

## Spoon Fed

By Tim Spector

*"I'm excited to share with you a great read I've come across: "Spoon Fed" by Tim Spector. It's a fascinating book that **sheds light on how what we eat plays a huge role in our health.** Tim Spector takes a deep dive into today's **food habits, especially focusing on processed foods and artificial additives, and how they affect our health.***

*What I really like about this book is how it **ties in with our vitalistic approach to health.** Just like we focus on clearing out blockages in the nervous system in chiropractic care, "Spoon Fed" talks about **cutting out the bad stuff from our diet to help our body's natural health processes.***

*The book is super insightful when it comes to understanding nutrition and making better food choices. It's pretty much **in line with how we approach things here – making informed decisions for our health.***

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*- Article written by Clem*

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*Written By Gabi, from our Emersons Green Clinic*

*“Food has the power to heal your body, but it can also act as a **poison**. My grandpa always used to say that anything can be healthy if eaten in moderation. I partly agree with his statement. However, nowadays, **we often don’t cook from scratch**. Most of the time, we rely on supermarket options, which are full of **preservatives and high in salt and sugar**.*

*For this winter season, **I invite you to find inspiration and step into the kitchen**. I hope you find pleasure and enjoyment in cooking and eating these dishes. All the recipes are **nutritionally rich and quite simple to prepare**.”*



**Gabi - (MChiro)  
Doctor of Chiropractic**

## 1. Stuffed Mushroom with Cheese

### *Ingredients*

Portobello mushrooms, minced garlic, olive oil, salt and pepper to taste, dried thyme, butter, grated parmesan and shredded mozzarella.

### *Instructions*

Preheat the oven to 400°C. Firstly clean the Portobello mushrooms and remove the stems (these can be mixed with the cheese for stuffing). Then finely mince 1 clove of garlic and lightly oil a baking sheet. Place the mushrooms onto the tray in a single layer, open side facing up. In a small bowl, mix together olive oil, garlic, dried thyme, and a little salt and pepper to taste. Add to the inside of each mushroom evenly. Top with a thin slice of butter, and then bake the mushrooms for 15 minutes until tender.

While they are cooking, mix together the parmesan cheese and shredded mozzarella. After 15 minutes, top the mushrooms with the cheese and return to the oven for 5 minutes. Once the cheese is golden and bubbly, remove the mushrooms from the oven, serve, and enjoy! Portobello mushrooms include an **excellent source of B vitamins that help the body break down carbohydrates into sugar for fuel**.

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### *Ingredients*

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The end result is a sweet, slightly spicy, totally herbaceous (and yes, a little bit garlicky) honey that's **great for soothing sore throats and keeping you well all winter long.** You could drizzle it into a cup of warm water or tea or spread it on your toast.

## **3. Butternut Squash Veloute**

### ***Ingredients***

1 butternut squash (about 1kg) peeled and deseeded, 2 tbsp olive oil, 1 tbsp butter, 2 onions diced, 1 garlic clove thinly sliced, 2 mild red chillies deseeded and finely chopped, 850ml hot vegetable stock and 4 tbsp boursin garlic and herb cream cheese.

### ***Instructions***

Heat the oven to 200C/180C fan/gas 6, cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil. Roast for 30 minutes, turning once during cooking, until golden and soft. While the butternut squash cooks, melt the butter with the remaining 1 tbsp olive oil in a large saucepan, then add the onions, garlic clove and three-quarters of the chillies.

Cover and cook on a very low heat for 15-20 minutes until the onions are completely soft. Tip the butternut squash into the pan, add the stock and Boursin cream cheese, then whizz with a stick blender until smooth. For a really silky soup, blend in batches. Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with a dollop of Boursin cream cheese garlic and herb, and a scattering of the remaining chopped chilli. Butternut squash is loaded with antioxidants, specifically vitamins A and C. **These antioxidants fight damage in the body and support the immune system.**

**ENJOY!**





# Clifton Walk Of The Month

## Calling All Nature Enthusiasts !

Embrace the beauty of winter at **Ashton Court Estate**, recommended by Annie, our Chiropractic Assistant.

*“This beloved green space, just outside Bristol centre, transforms into a picturesque winter landscape, **perfect if you’re looking for a 1.5 hour walk.***

*Wrap up your journey at the estate’s **cozy, pet-friendly cafe** with a warm cup of tea and delightful cake. Ashton Court is not only a scenic retreat but also a **hub of winter activities**. Enjoy the peacefulness of the estate, **often quieter in winter**, and keep an eye out for the beauty of the landscape.”*

### How does walking benefit my Chiropractic care?

Did you know that **walking enhances joint mobility and muscle strength, essential for spinal health**, by keeping joints flexible and strengthening core muscles supporting the spine. Exposure to natural light during winter walks **aids in Vitamin D synthesis, crucial for bone health and spinal maintenance**. Additionally, winter walking **helps in stress reduction and weight management, both of which are vital for reducing back and neck tension and maintaining overall spinal health**.

### Tips for the walk!

**Parking:** Available at Church Lodge and Mansion House. Not free.

**Dogs:** Welcome off lead.

**Dining:** Warm up at the estate’s cafe or The Ashton Pub.

**Hours:** Open daily from 8 am, with seasonal closing times.

For more winter-specific details, visit Ashton Court Estate’s **official page**.



**Annie -**  
Chiropractic Assistant



## Dr Hardus' Recommendation - A New Habit

### Brush your spine

Have you heard of the term, “brush your spine”?

Similar to brushing your teeth for cleanliness and preventive care, did you know you can also “brush your spine”?

#### **For the neck:**

- Begin by tucking your chin to your chest and then move your neck up to look at the ceiling or sky. Perform this movement fluidly and easily.
- Next, rotate your neck to each side, aiming to bring your chin close to your shoulder. Repeat on the opposite side.
- Finally, tilt your ear towards each shoulder, moving gently from one side to the other. Remember to keep the movements smooth and avoid over stretching any muscles.

#### **For the rest of the spine:**

- Start by bending down to touch your toes, keeping your knees slightly bent.
- Then, arch your back backwards as far as you comfortably can, supporting your lower back with your hands.
- To further mobilise your spine, rotate your torso to each side, turning your shoulders. Repeat on the other side.

Incorporate these movements into your morning and evening routines. Use them as a pick-me-up during the day when you feel tired. By doing so, you keep your joints mobile, enhance blood circulation around your spine, and promote the flow of spinal fluid around your brain and spinal cord, helping to maintain a clean and healthy spine. Combining this practice with chiropractic care increases your chances of preserving alignment and preventing future spinal issues.

Suppose you experience pain, discomfort, or stiffness while performing these exercises. In that case, it may indicate the need for a spinal check-up to assess the underlying cause and receive appropriate adjustments and realignment. Feel free to reach out if you require assistance. Enjoy the process, and let us know how it's benefiting you!

# Your chiropractic adjustment rhythm

These four habits are essential to support your chiropractic care and they will help you to get well faster and stay well.

## Daily:

1. Stand on both legs evenly
2. Sit on both sitting bones evenly

## Post adjustment:

3. Drink a glass of water immediately
4. Go for a 10 minute walk before sitting

If you feel tired later in the day, it may be because the chiropractic adjustment has stimulated the body's healing process and your body wants to rest. You should always move straight after an adjustment. But if later in the day you feel like taking a nap don't feel guilty. Look after yourself. This is your time to heal.

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Bring them in for their initial consultation and let us help your loved ones to take their first step towards better spinal health and wellness today.

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### Why Choose the Child's 12 Care Plan?

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#### Value For Money

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#### More Focused

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Speak to a member of the Willow team for more information.

Total Cost: £348

**£29** per adjustment







# CLEVEDON NEWSLETTER

## WINTER 2024



### Your Practice Manager

Please feel free to contact me:

Alex Knight

✉ [alex.knight@willowlife.co.uk](mailto:alex.knight@willowlife.co.uk)

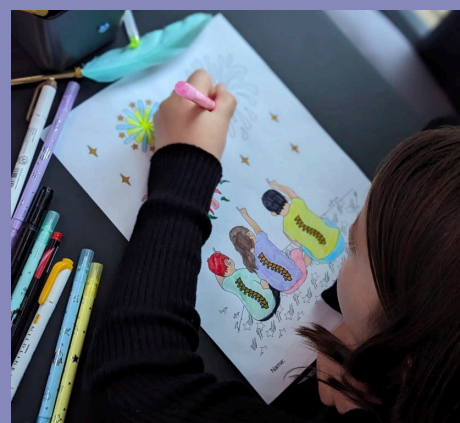
Interests:

Nature, Fitness & Chiropractic

## WHAT'S INSIDE

- Doctor's Insight
- Community News
- Miracle Stories
- Book Recommendations
- Heal With Food
- Walk Of The Month
- A New Habit

## HIGHLIGHTS



# Doctor's Insight

- Written by Dr Rolf  
Emersons Green Practice



Rolf - (PCC-W)  
Doctor of Chiropractic

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Winter has arrived, and with it colds, flus and other challenges to our body's immune systems. You might wonder: **What does Chiropractic have to do with this?**

### A Bit of History

During the famous 1918 Spanish Flu epidemic, an estimated **25 to 50 million people died, more than ever recorded before**. Chiropractic, having been founded in 1895 by DD Palmer, was only in its infancy, but the health care community at the time couldn't but notice that the death rate of chiropractic patients was **radically lower than that of non-chiropractic patients**. This is said to be the reason leading to the profession's licensure in many states in the USA and allowed it to **grow to what it is today**.

To be more specific: In Davenport, Iowa - the home town of DD Palmer - 50 medical doctors treated 4,953 cases with 274 deaths. In the same city, 150 chiropractors including students and faculty of the Palmer School of Chiropractic treated 1,635 cases **with only one death**. In the whole state of Iowa, **non-chiropractic patients died at a rate of one in 15 (6,116 out of 93,590) versus one in 789 (6 out of 4,735 not including Davenport) for chiropractic patients**. In New York, where the flu was a reportable disease, health authorities recorded 25 deaths out of 10,000 cases for chiropractic versus 950 deaths out of 10,000 cases for non-chiropractic patients diagnosed with influenza.

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### And Some Science

**You might wonder: How can adjusting your spine possibly affect your immune system?** The truth is that the exact mechanisms are not fully understood. As recently as May 2021, Dr Heidi Haavik, a chiropractor and researcher from New Zealand, **has conducted a literature search and found that 18 out of 23 studies on the subject demonstrated a significant effect of chiropractic adjustments on neuroimmune markers** (neuropeptides,

inflammatory markers and endocrine markers). She stipulated that the mechanisms are most likely due to the **changes in the processing of information from the body within parts of the brain**, affecting the autonomic (sympathetic and parasympathetic) nervous system, the endocrine (hormonal) system and the immune system.

A 2004 orthopaedic study showed that chronic nerve compression secondary to vertebral deformity in the thoracic (upper back) region had a significant effect on immune function. Dr Ronald Pero, PH.D., chief of cancer prevention research in New York, conducted a study involving 107 individuals who had been under chiropractic care for five years or more. He found that **these chiropractic patients had a 200% greater immune competence than people who had not received chiropractic care and 400% greater immune competence than people with cancer and other serious diseases.**

Other studies showed improved CD4 immune cell count after six months of chiropractic care or even an **immediate immune boost** (“phagocytic respiratory burst of polymorphonuclear neutrophils and monocytes”) right after being adjusted by a chiropractor. This might all sound very “sciency”, but to put it simply: The aim of chiropractic is to **improve the function of your spine and your nervous system, and your nervous system directly or indirectly controls all the functions of your body, including your immune response.** It therefore makes sense that, amongst other things, **your body can fight infections better if your spine and nervous system are in better shape.**

## What Does All This Mean for You and Your Family?

In order to get through winter as happily and healthily as possible, here is my advice:

- Get your spine **checked and adjusted regularly**, following the advice of your chiropractor
- **Eat healthy, nutritious food rich in vitamins and minerals** - also see the **relevant article from Dr Gabi in this newsletter**
- Consider using a **good quality multivitamin supplement**
- Stay well **hydrated**
- Get plenty of **sleep and rest**
- Exercise regularly
- Spend plenty of time outside in the **fresh air**

## A little bit about Rolf

“While working as a hospital intern during my fourth year of medical studies in Switzerland, I realised that **traditional medicine wasn’t the path I wanted to pursue.** Exploring chiropractic principles, **it became clear that addressing the underlying causes of health issues, rather than merely treating symptoms through drugs and surgery, resonated with my philosophy.** So, I decided to leave medical school and become a chiropractor.”



# Community News

## Willow's Firework Competition

**Thank you to everyone** who took part in our recent Firework Colouring Competition. Your creativity and enthusiasm have truly brightened all of our clinics. Your efforts meant that it was very challenging for us to choose winners.

While every competition has its winners, we believe that everyone who participated is deserving of recognition and applause. Here are some of the incredible pieces of art from the competition!



As we celebrate the success of this event, we look forward to more opportunities to engage with the community in such creative and joyful ways. Thank you once again for making our Firework Colouring Competition a **dazzling success!**



# What's Happening in the Clevedon Community?

## Clevedon Marine Lake Cold Water Swimming

Let's delve into the serene world of Clevedon Marine Lake, a community gem managed by the **MARLENS** charity. Here's everything you need to know for a delightful visit!

### Swimming in the Lake:

**Open Access:** The lake is open year-round, free for public use. Donations are welcome to support its upkeep.

**Safety First:** There are no lifeguards, so swim with a buddy for safety. Depth maps and throwing rings are available around the lake.

**Swimming Areas:** Enter via the steps at the wooded end, and swim along the sea wall for deeper waters. Avoid diving as the lake is shallow in most parts.

### Cold Water Swimming:

Did you know that swimming during the winter months can offer **several benefits that complement chiropractic care, enhancing overall health and well-being?**

**Acclimatisation:** Start now, and gradually build up your tolerance. Always **check with a healthcare professional before starting.**

**Entering and Swimming:** Enter slowly to avoid cold shock. Swim duration should be based on water temperature.

**Post-Swim Care:** Warm up slowly but immediately after exiting the water.

However, it's important to note that while winter swimming can be beneficial, **it's not suitable for everyone.** Individuals should **consider their own health conditions**, especially one involving extreme temperatures like cold water swimming.

# Real stories from real people

## Sam's Story

***“Giulia has changed my life. From a fractured spine having a -6lb breast reduction and carrying two pretty weighty babies, it was safe to say my body was in a mess 3 months ago, and with how good I feel now, I **didn't realise how much it affected me.*****

*Physically, mentally and emotionally, I am **happy** now, I am **comfortable** now, and I can even sit through a whole theatre show. I can lay on my back in bed now and not only does my spine feel so much better, **my 8 week headache went away after my second adjustment - incredible!***

*I could write a whole chapter on what Chiropractic treatment has done for me and how positive my outcomes are, but I am **too eager to get to my next appointment!***

*Lets not shy away from the fact that it is pricey and as a parent it was hard to justify, however, **its the best investment I have ever made.** Thank you Giulia, and thank you to everyone at Willow Chiropractic.”*



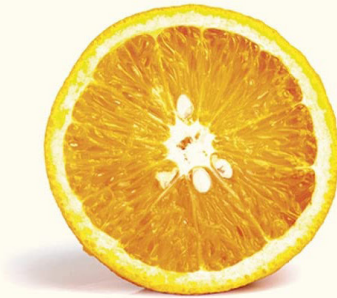
Lending Library  
A great resource for reading at home  
This site has thousands of e-books available to read on your phone, tablet or computer. You can also borrow audiobooks and digital magazines. It's free to borrow and you can use it on any device.  
Do you have any book suggestions?  
We would love to hear about them!

Live

Book of the Month

THE NUMBER ONE BESTSELLER

# SPOON FEED



**Why almost  
everything we've  
been told about  
food is wrong**

**TIM SPECTOR**

**'A hugely enjoyable and critical look at common food myths'**

**MICHAEL MOSLEY**



# Our Book Recommendations



**Clem - (MChiro)**  
Doctor of Chiropractic

## **Spoon Fed** *By Tim Spector*

*"I'm excited to share with you a great read I've come across: "Spoon Fed" by Tim Spector. It's a fascinating book that **sheds light on how what we eat plays a huge role in our health.** Tim Spector takes a deep dive into today's **food habits, especially focusing on processed foods and artificial additives, and how they affect our health.***

*What I really like about this book is how it **ties in with our vitalistic approach to health.** Just like we focus on clearing out blockages in the nervous system in chiropractic care, "Spoon Fed" talks about **cutting out the bad stuff from our diet to help our body's natural health processes.***

*The book is super insightful when it comes to understanding nutrition and making better food choices. It's pretty much in **line with how we approach things here – making informed decisions for our health.***

*I'd say "Spoon Fed" is a must-read for anyone looking to boost their health journey. It's packed with **practical tips and has been a big help to many already.***

*If you're curious, we've got copies of "Spoon Fed" at reception. **Feel free to grab one next time you're in!***

*- Article written by Clem*

# Heal With Food

*Written By Gabi, from our Emersons Green Clinic*

**“Food has the power to heal your body, but it can also act as a poison. My grandpa always used to say that anything can be healthy if eaten in moderation. I partly agree with his statement. However, nowadays, we often don’t cook from scratch. Most of the time, we rely on supermarket options, which are full of preservatives and high in salt and sugar.**

*For this winter season, I invite you to find inspiration and step into the kitchen. I hope you find pleasure and enjoyment in cooking and eating these dishes. All the recipes are **nutritionally rich and quite simple to prepare.**”*



**Gabi**  
Doctor of Chiropractic

## 1. Stuffed Mushroom with Cheese

### *Ingredients*

Portobello mushrooms, minced garlic, olive oil, salt and pepper to taste, dried thyme, butter, grated parmesan and shredded mozzarella.

### *Instructions*

Preheat the oven to 400°C. Firstly clean the Portobello mushrooms and remove the stems (these can be mixed with the cheese for stuffing). Then finely mince 1 clove of garlic and lightly oil a baking sheet. Place the mushrooms onto the tray in a single layer, open side facing up. In a small bowl, mix together olive oil, garlic, dried thyme, and a little salt and pepper to taste. Add to the inside of each mushroom evenly. Top with a thin slice of butter, and then bake the mushrooms for 15 minutes until tender.

While they are cooking, mix together the parmesan cheese and shredded mozzarella. After 15 minutes, top the mushrooms with the cheese and return to the oven for 5 minutes. Once the cheese is golden and bubbly, remove the mushrooms from the oven, serve, and enjoy! Portobello mushrooms include an **excellent source of B vitamins that help the body break down carbohydrates into sugar for fuel.**

## 2. Immune Boosting Honey

### *Ingredients*

1 head of fresh ginger, 6 small garlic cloves, 2 sprigs fresh rosemary, 2 sprigs fresh thyme, 4 cinnamon sticks, a dash of cayenne (if wanted), a cup of raw honey and a 300 ml glass jar with a lid.

## ***Instructions***

Slice the ginger into 1/4-inch pieces (no need to peel). Crush the garlic cloves with the side of your knife and pop them out of their skin. Place ginger slices, crushed garlic cloves, rosemary, thyme, cinnamon stick and the a dash of cayenne pepper into the empty jar. If needed, fold or break the stems of herbs in half to allow them to fit comfortably. Cover with honey, and let sit for at least a week to infuse. This infused honey will technically last forever, but I recommend using it within a year of making. **It's very important to use raw honey, and feel free to add more honey or make it as big as you want.**

The end result is a sweet, slightly spicy, totally herbaceous (and yes, a little bit garlicky) honey that's **great for soothing sore throats and keeping you well all winter long.** You could drizzle it into a cup of warm water or tea or spread it on your toast.

## **3. Butternut Squash Veloute**

### ***Ingredients***

1 butternut squash (about 1kg) peeled and deseeded, 2 tbsp olive oil, 1 tbsp butter, 2 onions diced, 1 garlic clove thinly sliced, 2 mild red chillies deseeded and finely chopped, 850ml hot vegetable stock and 4 tbsp boursin garlic and herb cream cheese.

### ***Instructions***

Heat the oven to 200C/180C fan/gas 6, cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil. Roast for 30 minutes, turning once during cooking, until golden and soft. While the butternut squash cooks, melt the butter with the remaining 1 tbsp olive oil in a large saucepan, then add the onions, garlic clove and three-quarters of the chillies.

Cover and cook on a very low heat for 15-20 minutes until the onions are completely soft. Tip the butternut squash into the pan, add the stock and Boursin cream cheese, then whizz with a stick blender until smooth. For a really silky soup, blend in batches. Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with a dollop of Boursin cream cheese garlic and herb, and a scattering of the remaining chopped chilli. Butternut squash is loaded with antioxidants, specifically vitamins A and C. **These antioxidants fight damage in the body and support the immune system.**

**ENJOY!**





# Clevedon Walk Of The Month

## Calling All Nature Enthusiasts !

Embrace the beauty of winter at **Ashton Court Estate**, recommended by Nadine, our Chiropractic Assistant.

*“This beloved green space, just outside Bristol centre, transforms into a picturesque winter landscape, **perfect if you’re looking for a 1.5 hour walk.***

*Wrap up your journey at the estate’s **cozy, pet-friendly cafe** with a warm cup of tea and delightful cake. Ashton Court is not only a scenic retreat but also a **hub of winter activities**. Enjoy the peacefulness of the estate, **often quieter in winter**, and keep an eye out for the beauty of the landscape.”*

### How does walking benefit my Chiropractic care?

Did you know that **walking enhances joint mobility and muscle strength, essential for spinal health**, by keeping joints flexible and strengthening core muscles supporting the spine. Exposure to natural light during winter walks **aids in Vitamin D synthesis, crucial for bone health and spinal maintenance**. Additionally, winter walking **helps in stress reduction and weight management, both of which are vital for reducing back and neck tension and maintaining overall spinal health**.

### Tips for the walk!

**Parking:** Available at Church Lodge and Mansion House. Not free.

**Dogs:** Welcome off lead.

**Dining:** Warm up at the estate’s cafe or The Ashton Pub.

**Hours:** Open daily from 8 am, with seasonal closing times.

For more winter-specific details, visit Ashton Court Estate’s **official page**.



**Nadine -**  
Chiropractic Assistant



## Dr Dan's Recommendation - A New Habit

### Foundation Training Exercises

If you want to support your long term spinal health alongside chiropractic care, it is good to do certain exercises. Dr. Dan has given us recommendations on some exercises that his patients have found really useful to help keep them flexible and mobile.

*"Many of us would benefit from improved flexibility in the spine, especially those who sit for hours at a time at work. A sedentary lifestyle often leads to shoulders that are rounded forward to some degree, which puts the spine in some degree of forward flexion, which is what gradually robs intervertebral joints of their natural capacity to extend backwards. A highly effective way of improving your body's your spines ability is through Foundation Training exercises.*



*These exercises don't require any special equipment and can be done anywhere at any time making them a valuable adjunct to your chiropractic care. While the exercises may look like yoga, the emphasis is on strengthening the posterior chain or the muscles that are all along the back of your body. These muscles hold you upright and allow you to hinge at your hips without stressing your lower back."*

**If you're interested in finding out more about foundation training, scan the QR code!**



# Your chiropractic adjustment rhythm

These four habits are essential to support your chiropractic care and they will help you to get well faster and stay well.

## Daily:

1. Stand on both legs evenly
2. Sit on both sitting bones evenly

## Post adjustment:

3. Drink a glass of water immediately
4. Go for a 10 minute walk before sitting

If you feel tired later in the day, it may be because the chiropractic adjustment has stimulated the body's healing process and your body wants to rest. You should always move straight after an adjustment. But if later in the day you feel like taking a nap don't feel guilty. Look after yourself. This is your time to heal.

# 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 complimentary Consultation and Report of Findings appointment.

Bring them in for their initial consultation and let us help your loved ones to take their first step towards better spinal health and wellness today.

## Bring Your Loved Ones In!

Scan this QR code to book your loved ones in for a complimentary Consultation and Report of Findings appointment.



To make an appointment, visit our website [willowlife.co.uk](http://willowlife.co.uk) or call us 0800 511 8966



## Child Care Plan

We're thrilled to announce an exciting addition to our family-focused chiropractic services – **the Child's 12 Care Plan**. Building upon the success of our Child's 6 Care Plan, this new offering is designed to provide extended, comprehensive support for the long-term care of your children.

### Why Choose the Child's 12 Care Plan?

#### Early Detection

Our team will address small issues before they become significant problems for your children. Prevention is key.

#### Value For Money

At just **£348**, this plan offers significant savings, making it a cost-effective option for comprehensive care.

#### More Focused

A well-aligned spine can lead to improved concentration and attention span, beneficial for academic performance.

**Speak to a member of the Willow team for more information.**

Total Cost: £348

**£29** per adjustment







# YATE NEWSLETTER

## WINTER 2024



### Your Practice Manager

Please feel free to contact me:

Lee Brankin

✉ [lee.brankin@willowlife.co.uk](mailto:lee.brankin@willowlife.co.uk)

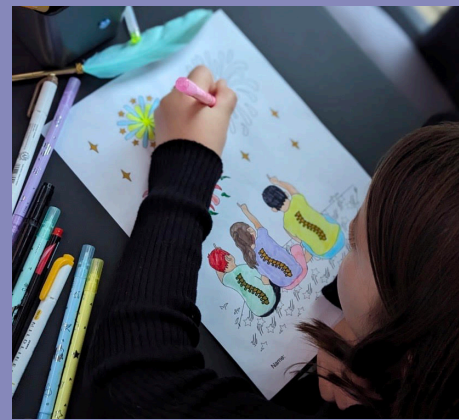
Interests:

Gardening, Basketball, Cooking

## WHAT'S INSIDE

- Doctor's Insight
- Community News
- Miracle Stories
- Book Recommendations
- Heal With Food
- Walk Of The Month
- A New Habit

## HIGHLIGHTS



# Doctor's Insight

- Written by Dr Rolf  
Emersons Green Practice



Rolf - (PCC-W)  
Doctor of Chiropractic

## Colds, Flus and Chiropractic

Winter has arrived, and with it colds, flus and other challenges to our body's immune systems. You might wonder: **What does Chiropractic have to do with this?**

### A Bit of History

During the famous 1918 Spanish Flu epidemic, an estimated **25 to 50 million people died, more than ever recorded before**. Chiropractic, having been founded in 1895 by DD Palmer, was only in its infancy, but the health care community at the time couldn't but notice that the death rate of chiropractic patients was **radically lower than that of non-chiropractic patients**. This is said to be the reason leading to the profession's licensure in many states in the USA and allowed it to **grow to what it is today**.

To be more specific: In Davenport, Iowa - the home town of DD Palmer - 50 medical doctors treated 4,953 cases with 274 deaths. In the same city, 150 chiropractors including students and faculty of the Palmer School of Chiropractic treated 1,635 cases **with only one death**. In the whole state of Iowa, **non-chiropractic patients died at a rate of one in 15 (6,116 out of 93,590) versus one in 789 (6 out of 4,735 not including Davenport) for chiropractic patients**. In New York, where the flu was a reportable disease, health authorities recorded 25 deaths out of 10,000 cases for chiropractic versus 950 deaths out of 10,000 cases for non-chiropractic patients diagnosed with influenza.

For patients diagnosed with pneumonia, the records showed 100/10,000 deaths for chiropractic patients versus 6,400/10,000 deaths for nonchiropractic patients. In Oklahoma, reports show that chiropractors treated 3,490 cases of influenza **with only 7 deaths**. Those same records also show that chiropractors were called in 233 cases where medical doctors had given them up for lost and managed to save all but 25.

### And Some Science

**You might wonder: How can adjusting your spine possibly affect your immune system?** The truth is that the exact mechanisms are not fully understood. As recently as May 2021, Dr Heidi Haavik, a chiropractor and researcher from New Zealand, **has conducted a literature search and found that 18 out of 23 studies on the subject demonstrated a significant effect of chiropractic adjustments on neuroimmune markers** (neuropeptides,

inflammatory markers and endocrine markers). She stipulated that the mechanisms are most likely due to the **changes in the processing of information from the body within parts of the brain**, affecting the autonomic (sympathetic and parasympathetic) nervous system, the endocrine (hormonal) system and the immune system.

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## What Does All This Mean for You and Your Family?

In order to get through winter as happily and healthily as possible, here is my advice:

- Get your spine **checked and adjusted regularly**, following the advice of your chiropractor
- **Eat healthy, nutritious food rich in vitamins and minerals** - also see the **relevant article from Dr Gabi in this newsletter**
- Consider using a **good quality multivitamin supplement**
- Stay well **hydrated**
- Get plenty of **sleep and rest**
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## A little bit about Rolf

“While working as a hospital intern during my fourth year of medical studies in Switzerland, I realised that **traditional medicine wasn’t the path I wanted to pursue.** Exploring chiropractic principles, **it became clear that addressing the underlying causes of health issues, rather than merely treating symptoms through drugs and surgery, resonated with my philosophy.** So, I decided to leave medical school and become a chiropractor.”



# Community News

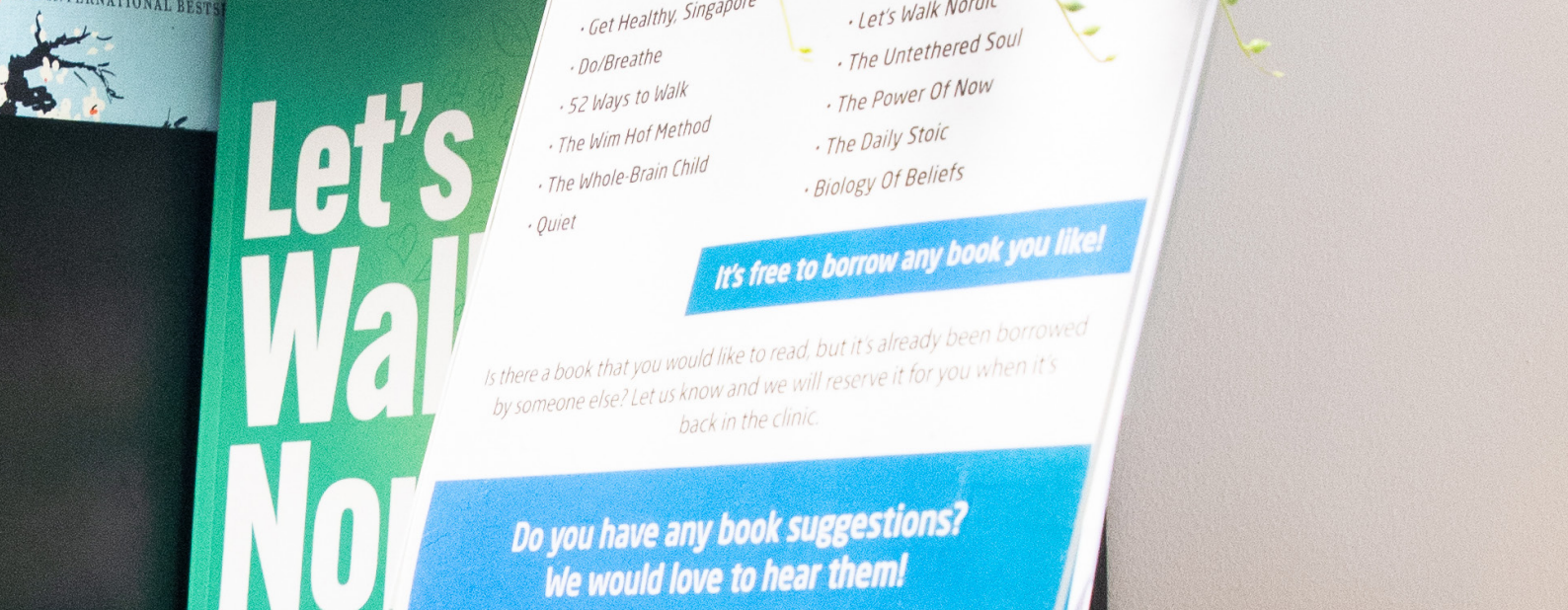
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# What's Happening in the Yate Community?

## Have You Heard About The New Book Group In Yate?

We are delighted to announce a fantastic new venture for our valued practice members: **the joyous world of books!** Whether you are a part of the local Yate community or not, we invite you to join a vibrant Book Club, convening **every 4th Friday of the month.** This club presents a unique opportunity to **dive** into the enriching world of literature, **engage** in stimulating discussions, and **connect** with fellow book lovers.

### Local Library Book Club Details:

**Date:** Every 4th Friday of the Month

**Location:** Yate Library

**Time:** 10:30 AM

Joining the Book Club is an enriching way to **explore diverse perspectives, uncover new stories, and participate in the captivating journey of communal reading.** It's an experience that goes beyond the pages, embracing the shared joy of storytelling and the profound connections that come with it.

### Enhance Your Reading Experience:

In line with our commitment to holistic well-being, we are proud to offer a special feature at our practice – **a carefully curated lending library.** This collection features an array of health-conscious and empowering books, thoughtfully selected to **complement your wellness journey and intellectual curiosity.**

Our lending library is not just a collection of books; it's a resource that intertwines the pleasure of reading with **our ethos of health and vitality.** It's a way for our practice members to engage with literature that not only captivates the mind but also **resonates with our vitalistic approach to health.**

Happy reading, and we look forward to sharing this literary adventure with you!

# Real stories from real people

## Sam's Story

*"When I came in, I was struggling quite badly with some lower back pain. I felt as if I was being stabbed constantly. I was sleeping badly, and **I couldn't sit up without supporting myself.** The pain was making it very hard for me to participate in sports.*

*Even **coughing and sneezing was sending my body into spasming.** I tried massage and physio, but nothing was working. When I tried to exercise in the gym, that only made it worse.*

*Since seeing Dan, **there's no pain anymore and I don't have to worry about anything anymore.***

*Thank you!"*

## Thank You

*"I'm so glad to hear that Sam's treatments have helped with his lower back pain. He was going through a really tough time before we connected, so it's great to know that his efforts to alleviate the discomfort have paid off with such positive results."*

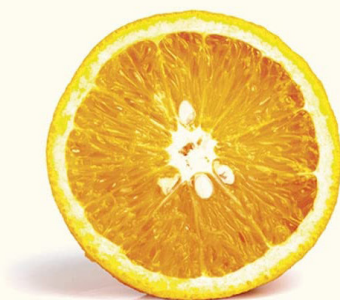
**- Dan, Sam's Chiropractor**



Book of the Month

THE NUMBER ONE BESTSELLER

# SPOON FED



**Why almost  
everything we've  
been told about  
food is wrong**

**TIM SPECTOR**

**'A hugely enjoyable and critical look at common food myths'**  
MICHAEL MOSLEY



# Our Book Recommendations



Clem - (MChiro)  
Doctor of Chiropractic

## Spoon Fed

By Tim Spector

*"I'm excited to share with you a great read I've come across: "Spoon Fed" by Tim Spector. It's a fascinating book that **sheds light on how what we eat plays a huge role in our health.** Tim Spector takes a deep dive into today's **food habits, especially focusing on processed foods and artificial additives, and how they affect our health.***

*What I really like about this book is how it **ties in with our vitalistic approach to health.** Just like we focus on clearing out blockages in the nervous system in chiropractic care, "Spoon Fed" talks about **cutting out the bad stuff from our diet to help our body's natural health processes.***

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*- Article written by Clem*

# Heal With Food

*Written By Gabi, from our Emersons Green Clinic*

**“Food has the power to heal your body, but it can also act as a poison. My grandpa always used to say that anything can be healthy if eaten in moderation. I partly agree with his statement. However, nowadays, we often don’t cook from scratch. Most of the time, we rely on supermarket options, which are full of preservatives and high in salt and sugar.**



**Gabi**  
Doctor of Chiropractic

*For this winter season, I invite you to find inspiration and step into the kitchen. I hope you find pleasure and enjoyment in cooking and eating these dishes. All the recipes are **nutritionally rich and quite simple to prepare.**”*

## 1. Stuffed Mushroom with Cheese

### **Ingredients**

Portobello mushrooms, minced garlic, olive oil, salt and pepper to taste, dried thyme, butter, grated parmesan and shredded mozzarella.

### **Instructions**

Preheat the oven to 400°C. Firstly clean the Portobello mushrooms and remove the stems (these can be mixed with the cheese for stuffing). Then finely mince 1 clove of garlic and lightly oil a baking sheet. Place the mushrooms onto the tray in a single layer, open side facing up. In a small bowl, mix together olive oil, garlic, dried thyme, and a little salt and pepper to taste. Add to the inside of each mushroom evenly. Top with a thin slice of butter, and then bake the mushrooms for 15 minutes until tender.

While they are cooking, mix together the parmesan cheese and shredded mozzarella. After 15 minutes, top the mushrooms with the cheese and return to the oven for 5 minutes. Once the cheese is golden and bubbly, remove the mushrooms from the oven, serve, and enjoy! Portobello mushrooms include an **excellent source of B vitamins that help the body break down carbohydrates into sugar for fuel.**

## 2. Immune Boosting Honey

### **Ingredients**

1 head of fresh ginger, 6 small garlic cloves, 2 sprigs fresh rosemary, 2 sprigs fresh thyme, 4 cinnamon sticks, a dash of cayenne (if wanted), a cup of raw honey and a 300 ml glass jar with a lid.

## *Instructions*

Slice the ginger into 1/4-inch pieces (no need to peel). Crush the garlic cloves with the side of your knife and pop them out of their skin. Place ginger slices, crushed garlic cloves, rosemary, thyme, cinnamon stick and the a dash of cayenne pepper into the empty jar. If needed, fold or break the stems of herbs in half to allow them to fit comfortably. Cover with honey, and let sit for at least a week to infuse. This infused honey will technically last forever, but I recommend using it within a year of making. **It's very important to use raw honey, and feel free to add more honey or make it as big as you want.**

The end result is a sweet, slightly spicy, totally herbaceous (and yes, a little bit garlicky) honey that's **great for soothing sore throats and keeping you well all winter long.** You could drizzle it into a cup of warm water or tea or spread it on your toast.

## **3. Butternut Squash Veloute**

### *Ingredients*

1 butternut squash (about 1kg) peeled and deseeded, 2 tbsp olive oil, 1 tbsp butter, 2 onions diced, 1 garlic clove thinly sliced, 2 mild red chillies deseeded and finely chopped, 850ml hot vegetable stock and 4 tbsp boursin garlic and herb cream cheese.

### *Instructions*

Heat the oven to 200C/180C fan/gas 6, cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil. Roast for 30 minutes, turning once during cooking, until golden and soft. While the butternut squash cooks, melt the butter with the remaining 1 tbsp olive oil in a large saucepan, then add the onions, garlic clove and three-quarters of the chillies.

Cover and cook on a very low heat for 15-20 minutes until the onions are completely soft. Tip the butternut squash into the pan, add the stock and Boursin cream cheese, then whizz with a stick blender until smooth. For a really silky soup, blend in batches. Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with a dollop of Boursin cream cheese garlic and herb, and a scattering of the remaining chopped chilli. Butternut squash is loaded with antioxidants, specifically vitamins A and C. **These antioxidants fight damage in the body and support the immune system.**

**ENJOY!**





# Yate Walk Of The Month



Lynn -  
Chiropractic Assistant

## Calling all Woodlanders!

This walk was recommended by **Lynn**, our Chiropractic Assistant (CA) from our Emersons Green clinic.

***“Located on the edge of North Bristol near Downend, you will find Leap Valley, a charming nature reserve. Discover a children’s play area, a park, open fields, a stream, a frozen pond, and a woodland area awaiting exploration. As you head down the valley, a bridge over the stream leads you through the nature reserve. I highly recommend this walk to all!”***

**Did you know:** Steeped in history, Leap Valley has been a part of the landscape since at least **1327**. It once harboured a **water mill and mill pond**. Today, the Friends of Leap Valley meticulously manage the valley.

**Extra information:** While the full expanse of the Nature Reserve isn’t completely accessible, **the primary pathways are maintained for winter conditions**, suitable for pushchairs and wheelchairs. A leisurely circular walk around Leap Valley offers a perfect escape into nature and **can be enjoyed in less than an hour**, even in winter.

**Health Benefits of Walking:** Walking boosts **cardiovascular fitness, strengthens bones, and enhances muscle power and endurance**. For mental health, walking in nature is known to **decrease stress, anxiety, and depression**. Additionally, it can **improve posture and spinal health**.

**Bundle up warmly** and make the most of this **picturesque, health-enhancing walk!**



## Dr Liam's Recommendation - A New Habit

### The Head Position

You may have come across our advice or read online about the concerns surrounding **forward head carriage**. This issue is becoming increasingly prevalent in our clinic, even among **teenagers and children**. Unfortunately, it is challenging to avoid in today's **technology-driven and desk-oriented jobs**.

The primary concern with forward head carriage is its impact on the **natural cervical (neck) curve** that should be present. This curve ensures that our head is properly supported on top of our spine. When this curve is lost or reversed, it can lead to symptoms such as **neck and upper back pain, stiffness, headaches, dizziness, and arm or shoulder problems caused by nerve impingement**. Additionally, it can contribute to increased **spinal degeneration and is aesthetically less pleasing**.

I am currently working with my patients to **raise their awareness about the position of their heads**. While implementing better desk set-ups, reducing phone and social media usage (I personally do not have these apps on my phone to avoid temptation), and avoiding phone use during meals or while waiting at the chiropractor's office are all beneficial habits to build, I believe that the **awareness of head position in our daily activities is crucial**. Even in the gym I see about 90% of people hunching on their phones between sets. Next time you are in a public space, take a moment to observe how people hold themselves. It is common to see individuals **looking down at the floor while walking, talking, eating, or reading**. This has become a habitual behaviour, but it can be changed with consistent efforts. Developing better head position habits will significantly support the effectiveness of your adjustments and lead to **faster and longer-lasting results**. Remember, **posture is not just about appearance; it has been linked to various symptoms and health conditions**.

# Your chiropractic adjustment rhythm

These four habits are essential to support your chiropractic care and they will help you to get well faster and stay well.

## **Daily:**

1. Stand on both legs evenly
2. Sit on both sitting bones evenly

## **Post adjustment:**

3. Drink a glass of water immediately
4. Go for a 10 minute walk before sitting

If you feel tired later in the day, it may be because the chiropractic adjustment has stimulated the body's healing process and your body wants to rest. You should always move straight after an adjustment. But if later in the day you feel like taking a nap don't feel guilty. Look after yourself. This is your time to heal.

# 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 complimentary Consultation and Report of Findings appointment.

Bring them in for their initial consultation and let us help your loved ones to take their first step towards better spinal health and wellness today.

## Bring Your Loved Ones In!

Scan this QR code to book your loved ones in for a complimentary Consultation and Report of Findings appointment.



To make an appointment, visit our website [willowlife.co.uk](http://willowlife.co.uk) or call us 0800 511 8966



## Child Care Plan

We're thrilled to announce an exciting addition to our family-focused chiropractic services – **the Child's 12 Care Plan**. Building upon the success of our Child's 6 Care Plan, this new offering is designed to provide extended, comprehensive support for the long-term care of your children.

### Why Choose the Child's 12 Care Plan?

#### Early Detection

Our team will address small issues before they become significant problems for your children. Prevention is key.

#### Value For Money

At just **£348**, this plan offers significant savings, making it a cost-effective option for comprehensive care.

#### More Focused

A well-aligned spine can lead to improved concentration and attention span, beneficial for academic performance.

**Speak to a member of the Willow team for more information.**

Total Cost: £348

**£29** per adjustment







# FILTON NEWSLETTER

## WINTER 2024



### Your Practice Manager

Please feel free to contact me:

Dom Heller

✉ [dom.heller@willowlife.co.uk](mailto:dom.heller@willowlife.co.uk)

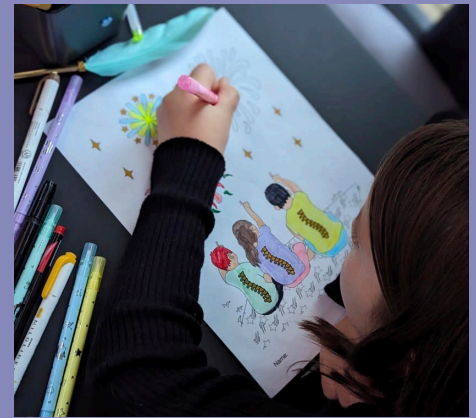
Interests:

Basketball, Cooking, Music

## WHAT'S INSIDE

- Doctor's Insight
- Community News
- Miracle Stories
- Book Recommendations
- Heal With Food
- Walk Of The Month
- A New Habit

## HIGHLIGHTS



# Doctor's Insight

- Written by Dr Rolf  
Emersons Green Practice



Rolf - (PCC-W)  
Doctor of Chiropractic

## Colds, Flus and Chiropractic

Winter has arrived, and with it colds, flus and other challenges to our body's immune systems. You might wonder: **What does Chiropractic have to do with this?**

### A Bit of History

During the famous 1918 Spanish Flu epidemic, an estimated **25 to 50 million people died, more than ever recorded before.** Chiropractic, having been founded in 1895 by DD Palmer, was only in its infancy, but the health care community at the time couldn't but notice that the death rate of chiropractic patients was **radically lower than that of non-chiropractic patients.** This is said to be the reason leading to the profession's licensure in many states in the USA and allowed it to **grow to what it is today.**

To be more specific: In Davenport, Iowa - the home town of DD Palmer - 50 medical doctors treated 4,953 cases with 274 deaths. In the same city, 150 chiropractors including students and faculty of the Palmer School of Chiropractic treated 1,635 cases **with only one death.** In the whole state of Iowa, **non-chiropractic patients died at a rate of one in 15 (6,116 out of 93,590) versus one in 789 (6 out of 4,735 not including Davenport) for chiropractic patients.** In New York, where the flu was a reportable disease, health authorities recorded 25 deaths out of 10,000 cases for chiropractic versus 950 deaths out of 10,000 cases for non-chiropractic patients diagnosed with influenza.

For patients diagnosed with pneumonia, the records showed 100/10,000 deaths for chiropractic patients versus 6,400/10,000 deaths for nonchiropractic patients. In Oklahoma, reports show that chiropractors treated 3,490 cases of influenza **with only 7 deaths.** Those same records also show that chiropractors were called in 233 cases where medical doctors had given them up for lost and managed to save all but 25.

### And Some Science

**You might wonder: How can adjusting your spine possibly affect your immune system?** The truth is that the exact mechanisms are not fully understood. As recently as May 2021, Dr Heidi Haavik, a chiropractor and researcher from New Zealand, **has conducted a literature search and found that 18 out of 23 studies on the subject demonstrated a significant effect of chiropractic adjustments on neuroimmune markers** (neuropeptides,

inflammatory markers and endocrine markers). She stipulated that the mechanisms are most likely due to the **changes in the processing of information from the body within parts of the brain**, affecting the autonomic (sympathetic and parasympathetic) nervous system, the endocrine (hormonal) system and the immune system.

A 2004 orthopaedic study showed that chronic nerve compression secondary to vertebral deformity in the thoracic (upper back) region had a significant effect on immune function. Dr Ronald Pero, PH.D., chief of cancer prevention research in New York, conducted a study involving 107 individuals who had been under chiropractic care for five years or more. He found that **these chiropractic patients had a 200% greater immune competence than people who had not received chiropractic care and 400% greater immune competence than people with cancer and other serious diseases.**

Other studies showed improved CD4 immune cell count after six months of chiropractic care or even an **immediate immune boost** (“phagocytic respiratory burst of polymorphonuclear neutrophils and monocytes”) right after being adjusted by a chiropractor. This might all sound very “sciency”, but to put it simply: The aim of chiropractic is to **improve the function of your spine and your nervous system, and your nervous system directly or indirectly controls all the functions of your body, including your immune response.** It therefore makes sense that, amongst other things, **your body can fight infections better if your spine and nervous system are in better shape.**

## What Does All This Mean for You and Your Family?

In order to get through winter as happily and healthily as possible, here is my advice:

- Get your spine **checked and adjusted regularly**, following the advice of your chiropractor
- **Eat healthy, nutritious food rich in vitamins and minerals** - also see the **relevant article from Dr Gabi in this newsletter**
- Consider using a **good quality multivitamin supplement**
- Stay well **hydrated**
- Get plenty of **sleep and rest**
- Exercise regularly
- Spend plenty of time outside in the **fresh air**

## A little bit about Rolf

“While working as a hospital intern during my fourth year of medical studies in Switzerland, I realised that **traditional medicine wasn’t the path I wanted to pursue.** Exploring chiropractic principles, **it became clear that addressing the underlying causes of health issues, rather than merely treating symptoms through drugs and surgery, resonated with my philosophy.** So, I decided to leave medical school and become a chiropractor.”



# Community News

## Willow's Firework Competition

**Thank you to everyone** who took part in our recent Firework Colouring Competition. Your creativity and enthusiasm have truly brightened all of our clinics. Your efforts meant that it was very challenging for us to choose winners.

While every competition has its winners, we believe that everyone who participated is deserving of recognition and applause. Here are some of the incredible pieces of art from the competition!



As we celebrate the success of this event, we look forward to more opportunities to engage with the community in such creative and joyful ways. Thank you once again for making our Firework Colouring Competition **a dazzling success!**



University of  
BRISTOL

# What's happening In The Filton Community?

Exciting news for the University of Bristol community! **Our skilled team are thrilled to be offering an exclusive health talk and posture check session on campus.** This will be a fantastic opportunity for **students and staff alike to gain valuable insights** into maintaining optimal spinal health and overall well-being.

## What are we offering?

Our interactive health talk, led by experienced chiropractors, will delve into the **essentials of good posture, spinal health, and the impact of daily habits on your physical condition.** It's a chance to **learn practical tips and strategies** to improve your posture and **prevent** potential health issues.

Following the talk, our team will provide **one-on-one posture checks.** These quick but comprehensive evaluations are designed to **identify any postural misalignments or issues,** offering personalised advice to enhance posture and comfort, especially important for those spending long hours studying or working at a desk.

## Why are these events beneficial?

**Educational:** Expand your understanding of chiropractic health.

**Personalised Advice:** Receive individual posture assessments.

**Preventive Care:** Learn how to prevent future health issues.

**Community Engagement:** Meet our team and connect with fellow attendees.

We're excited to engage with the University of Bristol community and contribute to a healthier, more informed campus environment. **If you would like to share this unique opportunity with your own workplace, club or business, you can reach out to [events@willowlife.co.uk](mailto:events@willowlife.co.uk) for more information.**

# Real stories from real people

## Deborah's Story

*"I had suffered for many years with an intermittent painful hip. Not wanting to stay on painkillers I decided to book an appointment Willow. I had not attended a Chiropractor before and **really did not know what to expect**. But the team and Dr Christian were so **welcoming and professional**, and they **explained the process clearly**. It was interesting to learn about the nerves coming from the spine and how the adjustments can help other organs of the body. It seems amazing to me that a small adjustment each week can make such an amazing difference.*

*It has now been 12 months and **my life has completely changed, not only is there no more pain in my hip, but I also sleep better, my posture is better, and this gives me a positive mental attitude**. I have **more energy and I want to get on with life**. I have **not taken painkillers now for a long time**. Recently I have **undertaken a 25k and a 50k ultra challenge**. Also I have taken up cold water swimming and enjoy going out walking with friends, family and walking the dog.*

***I would recommend the Willow to anyone** and when people ask how I look so well, I am happy to share my experience. Thank you Dr Christian and everyone at Willow."*



## Deborah's Story

*"I first started coming in April/May of this year. **I was struggling to stand and walk and felt I had no quality of life.** My mindset was not in a good place either. After 4 weeks of 3 times a week I was able to walk again. With the help in **movement, and meditation,** I am getting back to doing some of the things that I love doing.*

***I am clear of all medication that my GP gave me,** and I am now visiting once a week. **Dr Ana has basically given me back my life.** I am trying to get strength back into my legs with walking 30 mins a day, but most of all I keep moving. It's lovely to walk into the clinic and see smiling friendly faces. Thanks you."*

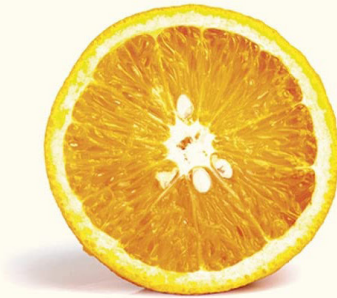


## Gina's Story

***"After my second adjustment I slept like a baby.** I woke up for the first time ever feeling refreshed and energised. The information evening was fun and educational. **I highly recommend Willow Chiropractic, great results and friendly staff."***

THE NUMBER ONE BESTSELLER

# SPOON FEED



**Why almost  
everything we've  
been told about  
food is wrong**

**TIM SPECTOR**

**'A hugely enjoyable and critical look at common food myths'**

**MICHAEL MOSLEY**



# Our Book Recommendations



**Clem - (MChiro)**  
Doctor of Chiropractic

## **Spoon Fed** *By Tim Spector*

*"I'm excited to share with you a great read I've come across: "Spoon Fed" by Tim Spector. It's a fascinating book that **sheds light on how what we eat plays a huge role in our health.** Tim Spector takes a deep dive into today's **food habits, especially focusing on processed foods and artificial additives, and how they affect our health.***

*What I really like about this book is how it **ties in with our vitalistic approach to health.** Just like we focus on clearing out blockages in the nervous system in chiropractic care, "Spoon Fed" talks about **cutting out the bad stuff from our diet to help our body's natural health processes.***

*The book is super insightful when it comes to understanding nutrition and making better food choices. It's pretty much in **line with how we approach things here – making informed decisions for our health.***

*I'd say "Spoon Fed" is a must-read for anyone looking to boost their health journey. It's packed with **practical tips and has been a big help to many already.***

*If you're curious, we've got copies of "Spoon Fed" at reception. **Feel free to grab one next time you're in!***

*- Article written by Clem*

# Heal With Food

*Written By Gabi, from our Emersons Green Clinic*

**“Food has the power to heal your body, but it can also act as a poison. My grandpa always used to say that anything can be healthy if eaten in moderation. I partly agree with his statement. However, nowadays, we often don’t cook from scratch. Most of the time, we rely on supermarket options, which are full of preservatives and high in salt and sugar.**

*For this winter season, I invite you to find inspiration and step into the kitchen. I hope you find pleasure and enjoyment in cooking and eating these dishes. All the recipes are **nutritionally rich and quite simple to prepare.**”*



**Gabi**  
Doctor of Chiropractic

## 1. Stuffed Mushroom with Cheese

### *Ingredients*

Portobello mushrooms, minced garlic, olive oil, salt and pepper to taste, dried thyme, butter, grated parmesan and shredded mozzarella.

### *Instructions*

Preheat the oven to 400°C. Firstly clean the Portobello mushrooms and remove the stems (these can be mixed with the cheese for stuffing). Then finely mince 1 clove of garlic and lightly oil a baking sheet. Place the mushrooms onto the tray in a single layer, open side facing up. In a small bowl, mix together olive oil, garlic, dried thyme, and a little salt and pepper to taste. Add to the inside of each mushroom evenly. Top with a thin slice of butter, and then bake the mushrooms for 15 minutes until tender.

While they are cooking, mix together the parmesan cheese and shredded mozzarella. After 15 minutes, top the mushrooms with the cheese and return to the oven for 5 minutes. Once the cheese is golden and bubbly, remove the mushrooms from the oven, serve, and enjoy! Portobello mushrooms include an **excellent source of B vitamins that help the body break down carbohydrates into sugar for fuel.**

## 2. Immune Boosting Honey

### *Ingredients*

1 head of fresh ginger, 6 small garlic cloves, 2 sprigs fresh rosemary, 2 sprigs fresh thyme, 4 cinnamon sticks, a dash of cayenne (if wanted), a cup of raw honey and a 300 ml glass jar with a lid.

## ***Instructions***

Slice the ginger into 1/4-inch pieces (no need to peel). Crush the garlic cloves with the side of your knife and pop them out of their skin. Place ginger slices, crushed garlic cloves, rosemary, thyme, cinnamon stick and the a dash of cayenne pepper into the empty jar. If needed, fold or break the stems of herbs in half to allow them to fit comfortably. Cover with honey, and let sit for at least a week to infuse. This infused honey will technically last forever, but I recommend using it within a year of making. **It's very important to use raw honey, and feel free to add more honey or make it as big as you want.**

The end result is a sweet, slightly spicy, totally herbaceous (and yes, a little bit garlicky) honey that's **great for soothing sore throats and keeping you well all winter long.** You could drizzle it into a cup of warm water or tea or spread it on your toast.

## **3. Butternut Squash Veloute**

### ***Ingredients***

1 butternut squash (about 1kg) peeled and deseeded, 2 tbsp olive oil, 1 tbsp butter, 2 onions diced, 1 garlic clove thinly sliced, 2 mild red chillies deseeded and finely chopped, 850ml hot vegetable stock and 4 tbsp boursin garlic and herb cream cheese.

### ***Instructions***

Heat the oven to 200C/180C fan/gas 6, cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil. Roast for 30 minutes, turning once during cooking, until golden and soft. While the butternut squash cooks, melt the butter with the remaining 1 tbsp olive oil in a large saucepan, then add the onions, garlic clove and three-quarters of the chillies.

Cover and cook on a very low heat for 15-20 minutes until the onions are completely soft. Tip the butternut squash into the pan, add the stock and Boursin cream cheese, then whizz with a stick blender until smooth. For a really silky soup, blend in batches. Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with a dollop of Boursin cream cheese garlic and herb, and a scattering of the remaining chopped chilli. Butternut squash is loaded with antioxidants, specifically vitamins A and C. **These antioxidants fight damage in the body and support the immune system.**

**ENJOY!**





# Filton Walk Of The Month

## Calling All Nature Enthusiasts !



**Annie -**  
Chiropractic Assistant

Embrace the beauty of winter at **Ashton Court Estate**, recommended by Annie, our Chiropractic Assistant.

*“This beloved green space, just outside Bristol centre, transforms into a picturesque winter landscape, **perfect if you’re looking for a 1.5 hour walk.**”*

*Wrap up your journey at the estate’s **cozy, pet-friendly cafe** with a warm cup of tea and delightful cake. Ashton Court is not only a scenic retreat but also a **hub of winter activities**. Enjoy the peacefulness of the estate, **often quieter in winter**, and keep an eye out for the beauty of the landscape.”*

### How does walking benefit my Chiropractic care?

Did you know that **walking enhances joint mobility and muscle strength, essential for spinal health**, by keeping joints flexible and strengthening core muscles supporting the spine. Exposure to natural light during winter walks **aids in Vitamin D synthesis, crucial for bone health and spinal maintenance**. Additionally, winter walking **helps in stress reduction and weight management, both of which are vital for reducing back and neck tension and maintaining overall spinal health**.

### Tips for the walk!

**Parking:** Available at Church Lodge and Mansion House. Not free.

**Dogs:** Welcome off lead.

**Dining:** Warm up at the estate’s cafe or The Ashton Pub.

**Hours:** Open daily from 8 am, with seasonal closing times.

For more winter-specific details, visit Ashton Court Estate’s **official page**.



## Dr Dan's Recommendation - A New Habit

### Foundation Training Exercises

If you want to support your long term spinal health alongside chiropractic care, it is good to do certain exercises. Dr. Dan has given us recommendations on some exercises that his patients have found really useful to help keep them flexible and mobile.

*"Many of us would benefit from improved flexibility in the spine, especially those who sit for hours at a time at work. A sedentary lifestyle often leads to shoulders that are rounded forward to some degree, which puts the spine in some degree of forward flexion, which is what gradually robs intervertebral joints of their natural capacity to extend backwards. A highly effective way of improving your body's your spines ability is through Foundation Training exercises.*



*These exercises don't require any special equipment and can be done anywhere at any time making them a valuable adjunct to your chiropractic care. While the exercises may look like yoga, the emphasis is on strengthening the posterior chain or the muscles that are all along the back of your body. These muscles hold you upright and allow you to hinge at your hips without stressing your lower back."*

**If you're interested in finding out more about foundation training, scan the QR code!**



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# EMERSONS GREEN NEWSLETTER

## WINTER 2024



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Please feel free to contact me:

Lee Brankin

✉ [lee.brankin@willowlife.co.uk](mailto:lee.brankin@willowlife.co.uk)

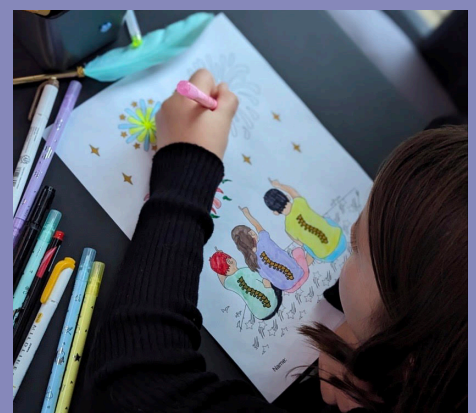
### Interests:

Gardening, Basketball, Cooking

## WHAT'S INSIDE

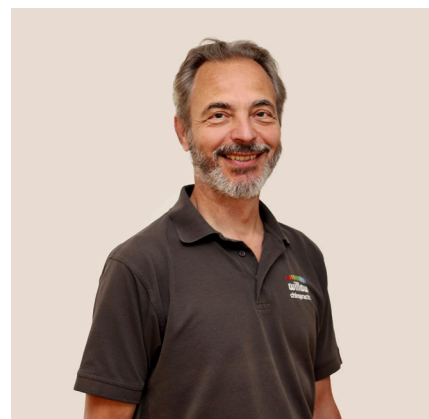
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# What's happening in the Emersons Green Community

## Explore Community and Wellness at Emersons Green Village Hall

Nestled at the heart of our local community, Emersons Green Village Hall is a vibrant hub of **activity, wellness, and connection for all ages.**

### Wellness Across Generations

The village hall is a sanctuary for wellbeing, offering **yoga and mindfulness sessions.** These activities are tailored to enhance both **physical and mental health, suitable for every generation** in our community.

### Joyful Learning for Toddlers

The hall is a welcoming space for the youngest among us. Engaging **baby and toddler classes** provide a supportive environment for early development and offer a chance for parents to connect and share experiences.

### Craft and Creativity

For those with a creative spark, the craft clubs are the perfect outlet. Whether you're a beginner or an experienced crafter, these sessions are a wonderful opportunity to **learn new skills, share ideas, and collaborate on beautiful projects.**

### A Hub for Family and Friends

Emersons Green Village Hall goes beyond just activities; it's a place where **lasting relationships are built.** It's about connecting families, fostering friendships, and creating a supportive community network.

For more details on their wellbeing sessions, children's classes, baby activities, and crafting clubs, visit their website at **[www.EGVH.org.uk](http://www.EGVH.org.uk)** or call them at **01454 862182.**

# Real stories from real people

## Siobhan's Story

*"I've always suffered with sciatica or what I thought was sciatica for as long as I can remember, **I used to just self-medicate, it was unbearable.** I was in pain pretty much as soon as I woke up, and then **it got a lot worse when I was pregnant** for the second time.*

*When I would take my kids to the park, I would be stood in unbearable pain, and I thought to myself, **I can't do this.** I need to be able to move around with my little kids. I wasn't really getting any help from the doctors and I basically **exhausted all options.** I thought I've got to try chiropractic as my last resort. I went into it thinking, I don't think it's going to work.*

*This time, **I'm not in pain. It's completely changed it. I honestly can't believe it,** to be honest, because it was so unbearable. I just I don't want to go back to how it was before.*

*I've been coming here for about a year and a half, and I'm not in pain during my pregnancy. **Not in pain at all. No painkillers.** I was taking painkillers every 4 hours every day, and now nothing. **I've never looked back.***

*Thank you Lacey."*

## Thank you

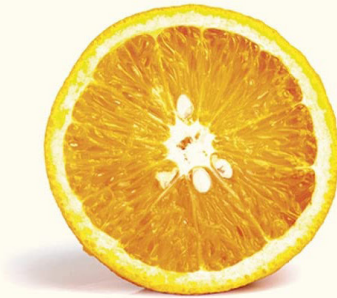
*"Our bodies go through so many changes when we are pregnant it's no wonder most women have some level of back or pelvis pain pre or post natal. **So many women including Siobhan think that nothing can help the pain so end up taking tablets. That is absolutely not the case.** Chiropractic can help the pelvis and low back be as stable as possible allowing the body to continue to function with no or minimal pain.*

***I know from my own experience, I would not have been able to continue working or look after my daughter comfortably during my second pregnancy without chiropractic care.** I'm so happy to have been a part of Siobhan's journey starting after her second pregnancy and keeping her well during her third." - Lacey*



THE NUMBER ONE BESTSELLER

# SPOON FEED



**Why almost  
everything we've  
been told about  
food is wrong**

**TIM SPECTOR**

**'A hugely enjoyable and critical look at common food myths'**

**MICHAEL MOSLEY**



# Our Book Recommendations



**Clem - (MChiro)**  
Doctor of Chiropractic

## **Spoon Fed** *By Tim Spector*

*"I'm excited to share with you a great read I've come across: "Spoon Fed" by Tim Spector. It's a fascinating book that **sheds light on how what we eat plays a huge role in our health.** Tim Spector takes a deep dive into today's **food habits, especially focusing on processed foods and artificial additives, and how they affect our health.***

*What I really like about this book is how it **ties in with our vitalistic approach to health.** Just like we focus on clearing out blockages in the nervous system in chiropractic care, "Spoon Fed" talks about **cutting out the bad stuff from our diet to help our body's natural health processes.***

*The book is super insightful when it comes to understanding nutrition and making better food choices. It's pretty much in **line with how we approach things here – making informed decisions for our health.***

*I'd say "Spoon Fed" is a must-read for anyone looking to boost their health journey. It's packed with **practical tips and has been a big help to many already.***

*If you're curious, we've got copies of "Spoon Fed" at reception. **Feel free to grab one next time you're in!***

*- Article written by Clem*

# Heal With Food

*Written By Gabi, from our Emersons Green Clinic*

**“Food has the power to heal your body, but it can also act as a poison. My grandpa always used to say that anything can be healthy if eaten in moderation. I partly agree with his statement. However, nowadays, we often don’t cook from scratch. Most of the time, we rely on supermarket options, which are full of preservatives and high in salt and sugar.**

*For this winter season, I invite you to find inspiration and step into the kitchen. I hope you find pleasure and enjoyment in cooking and eating these dishes. All the recipes are nutritionally rich and quite simple to prepare.”*



**Gabi**  
Doctor of Chiropractic

## 1. Stuffed Mushroom with Cheese

### Ingredients

Portobello mushrooms, minced garlic, olive oil, salt and pepper to taste, dried thyme, butter, grated parmesan and shredded mozzarella.

### Instructions

Preheat the oven to 400°C. Firstly clean the Portobello mushrooms and remove the stems (these can be mixed with the cheese for stuffing). Then finely mince 1 clove of garlic and lightly oil a baking sheet. Place the mushrooms onto the tray in a single layer, open side facing up. In a small bowl, mix together olive oil, garlic, dried thyme, and a little salt and pepper to taste. Add to the inside of each mushroom evenly. Top with a thin slice of butter, and then bake the mushrooms for 15 minutes until tender.

While they are cooking, mix together the parmesan cheese and shredded mozzarella. After 15 minutes, top the mushrooms with the cheese and return to the oven for 5 minutes. Once the cheese is golden and bubbly, remove the mushrooms from the oven, serve, and enjoy! Portobello mushrooms include an **excellent source of B vitamins that help the body break down carbohydrates into sugar for fuel.**

## 2. Immune Boosting Honey

### Ingredients

1 head of fresh ginger, 6 small garlic cloves, 2 sprigs fresh rosemary, 2 sprigs fresh thyme, 4 cinnamon sticks, a dash of cayenne (if wanted), a cup of raw honey and a 300 ml glass jar with a lid.

## ***Instructions***

Slice the ginger into 1/4-inch pieces (no need to peel). Crush the garlic cloves with the side of your knife and pop them out of their skin. Place ginger slices, crushed garlic cloves, rosemary, thyme, cinnamon stick and the a dash of cayenne pepper into the empty jar. If needed, fold or break the stems of herbs in half to allow them to fit comfortably. Cover with honey, and let sit for at least a week to infuse. This infused honey will technically last forever, but I recommend using it within a year of making. **It's very important to use raw honey, and feel free to add more honey or make it as big as you want.**

The end result is a sweet, slightly spicy, totally herbaceous (and yes, a little bit garlicky) honey that's **great for soothing sore throats and keeping you well all winter long.** You could drizzle it into a cup of warm water or tea or spread it on your toast.

## **3. Butternut Squash Veloute**

### ***Ingredients***

1 butternut squash (about 1kg) peeled and deseeded, 2 tbsp olive oil, 1 tbsp butter, 2 onions diced, 1 garlic clove thinly sliced, 2 mild red chillies deseeded and finely chopped, 850ml hot vegetable stock and 4 tbsp boursin garlic and herb cream cheese.

### ***Instructions***

Heat the oven to 200C/180C fan/gas 6, cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil. Roast for 30 minutes, turning once during cooking, until golden and soft. While the butternut squash cooks, melt the butter with the remaining 1 tbsp olive oil in a large saucepan, then add the onions, garlic clove and three-quarters of the chillies.

Cover and cook on a very low heat for 15-20 minutes until the onions are completely soft. Tip the butternut squash into the pan, add the stock and Boursin cream cheese, then whizz with a stick blender until smooth. For a really silky soup, blend in batches. Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with a dollop of Boursin cream cheese garlic and herb, and a scattering of the remaining chopped chilli. Butternut squash is loaded with antioxidants, specifically vitamins A and C. **These antioxidants fight damage in the body and support the immune system.**

**ENJOY!**





# Emersons Green Walk Of The Month

## Calling all Community-Oriented Walkers!



**Embrace the Winter Beauty of Kelston Roundhill** recommended by Jade, our Chiropractic Assistant.

*“Located between Bath and Bristol, this walk, steeped in **Celtic history**, transforms into a beautiful landscape, **offering a unique walking experience**. Kelston Roundhill, is a favourite of mine and is very popular among local walkers.*

### Winter Walk with Care

The route to Kelston Roundhill is accessible from various points, including **Saltford, Lansdown, and Weston**. During winter, the paths may be more challenging. Please remember to **keep dogs on a lead**, as the fields often have livestock, and it's essential to **respect the wildlife and farm animals** in this area.

### Refreshments

After your walk, warm up at the **Old Crown**, a historical inn from the 17th century, located in the village (**postcode BA1 9AQ**). This award-winning pub is not only known for its fine food and large garden but also for being **dog-friendly** – perfect for resting after your adventure.

### How does walking benefit my Chiropractic care?

Did you know that **walking in winter enhances joint mobility and muscle strength, essential for spinal health**, by keeping joints flexible and strengthening core muscles supporting the spine. Additionally, winter walking **helps in stress reduction and weight management, both of which are vital for reducing back and neck tension and maintaining overall spinal health**.

Wrap up warm and join us in celebrating the winter season with a memorable walk at Kelston Roundhill, where **history, nature, and community come together**.



## Dr Clem's Recommendation - New Habits

# Stress prevents us from breathing properly

Here are Dr. Clem's recommendations on how to improve your breathing for health, wellness and increased flexibility:

### 1. Conscious Breathing

As we grow into adults, we lose our natural capacity to breathe properly. **Being under stress also prevents us from being able to breath properly.**

- Take a deep breath in (inhalation), through your nose using your abdomen (diaphragm)
- Focus on your breathing and take a slow deep breath out, like if you want to inflate a balloon
- This technique forces your mind to become focused on and conscious of your breath. This can be especially powerful during times of tension or distress, but also beneficial anytime, anywhere as a daily habit

1 cycle of breathing must be between 8-10 seconds and I suggest you practise this every day.

### 2. Stretching and Flexibility

We all need to stretch our muscles and joints every day for good communication between the brain and body. We are often sedentary in life, and **if we don't consciously stretch and improve flexibility, we lose flexibility.**

Touch Toes: Try to touch your toes, (don't cheat! This needs to be done with straight legs). Bend your head forwards and touch your chin with your chest, forming a slight curve with your spine. You need to reach the point of muscle tension, as much as you can handle it (everyone has different flexibility in their body, so please don't push yourself too much). When you feel the tension, do 1 cycle of conscious breathing (as mentioned above). Then try to go a little bit further, hold it, and complete another conscious breathing cycle.

A routine is key to success. Try to complete between 4-8 repetitions in the morning right after you wake up. It's important to do this in the morning as this is when your brain is most active. Once you create your daily routine, you can slowly start adding more stretches into the mix but **it's important that you continue with your conscious breathing everyday.**

# Your chiropractic adjustment rhythm

These four habits are essential to support your chiropractic care and they will help you to get well faster and stay well.

## Daily:

1. Stand on both legs evenly
2. Sit on both sitting bones evenly

## Post adjustment:

3. Drink a glass of water immediately
4. Go for a 10 minute walk before sitting

If you feel tired later in the day, it may be because the chiropractic adjustment has stimulated the body's healing process and your body wants to rest. You should always move straight after an adjustment. But if later in the day you feel like taking a nap don't feel guilty. Look after yourself. This is your time to heal.

# 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 complimentary Consultation and Report of Findings appointment.

Bring them in for their initial consultation and let us help your loved ones to take their first step towards better spinal health and wellness today.

## Bring Your Loved Ones In!

Scan this QR code to book your loved ones in for a complimentary Consultation and Report of Findings appointment.



To make an appointment, visit our website [willowlife.co.uk](http://willowlife.co.uk) or call us 0800 511 8966



## Child Care Plan

We're thrilled to announce an exciting addition to our family-focused chiropractic services – **the Child's 12 Care Plan**. Building upon the success of our Child's 6 Care Plan, this new offering is designed to provide extended, comprehensive support for the long-term care of your children.

### Why Choose the Child's 12 Care Plan?

#### Early Detection

Our team will address small issues before they become significant problems for your children. Prevention is key.

#### Value For Money

At just **£348**, this plan offers significant savings, making it a cost-effective option for comprehensive care.

#### More Focused

A well-aligned spine can lead to improved concentration and attention span, beneficial for academic performance.

**Speak to a member of the Willow team for more information.**

Total Cost: £348

**£29** per adjustment





