



# NAILSEA NEWSLETTER

SPRING 2024



## Your Team Members

Nailsea Team

Please feel free to contact us:

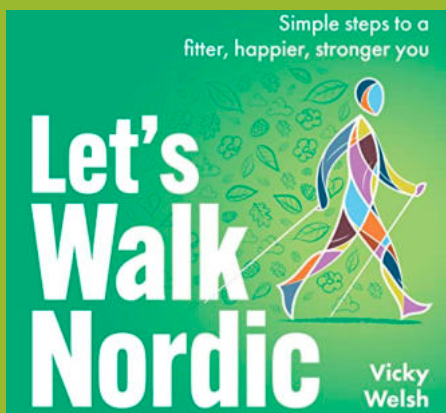
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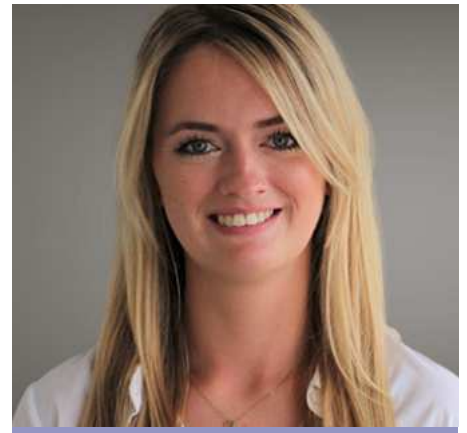
 [hello@willowlife.co.uk](mailto:hello@willowlife.co.uk)

## WHAT'S INSIDE

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

## HIGHLIGHTS





Freya Roberts-Bolton  
Doctor Of Chiropractic

## Unlocking the Power of Quality Sleep

### A Chiropractors' Insight into Sleep Health

As a chiropractor deeply invested in the well-being of my patients, I've dedicated my career to understanding the **intricate connection between spinal health and overall wellness**. In our modern society, where stress and sedentary lifestyles have become the norm, the importance of **prioritising restorative sleep cannot be overstated**.

It's alarming to note that a staggering **75% of the UK population falls short of the recommended 7 to 9 hours of sleep per night**. This widespread sleep deprivation has far-reaching consequences, contributing to a multitude of negative health outcomes, including heightened **risks of cardiovascular issues, diabetes, and cognitive decline**.

***But what exactly happens when we sleep?*** Far from being a passive state, sleep is a dynamic process during which our bodies engage in **essential repair and restoration**. While we rest, our bodies undergo **tissue repair, muscle regeneration** (particularly crucial for individuals embarking on new fitness endeavours), and **overall physical rejuvenation**.

Additionally, sleep is indispensable for **cognitive function and memory consolidation**. Throughout the night, our brains diligently process and integrate the information acquired during the day, strengthening **neural connections and regulating neurotransmitter release to support optimal brain function**.

At our clinic, we've witnessed firsthand the transformative power of chiropractic care in improving sleep quality. In the first six weeks of 2024 alone, **nearly 60% of our patients reported remarkable enhancements in their sleep quality following chiropractic adjustments**. By addressing underlying issues such as spinal misalignments, muscle tension, and nervous system dysfunctions, chiropractic care provides a holistic approach to enhancing **sleep quality and promoting overall health**.

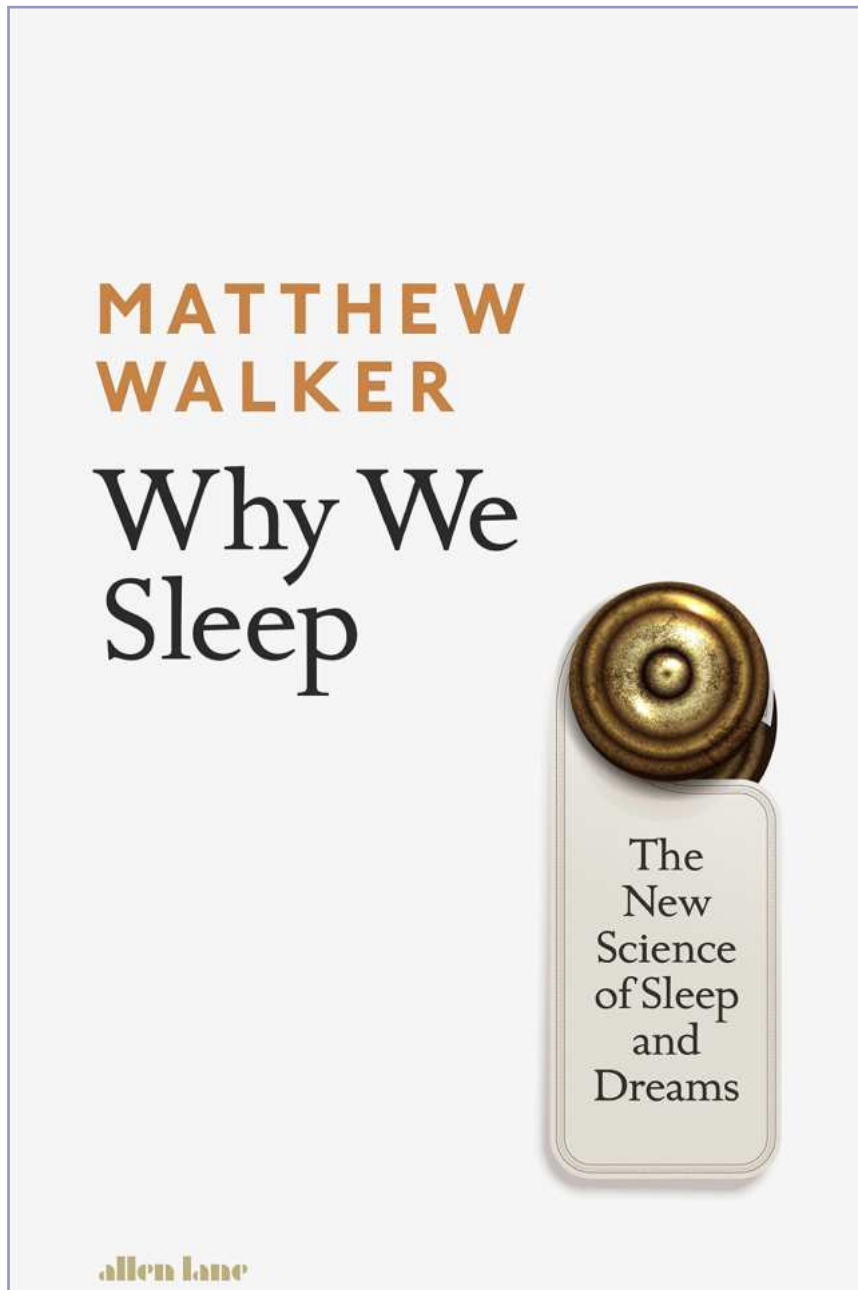
Indeed, chiropractic adjustments not only **alleviate physical discomfort** but also play a crucial role in **reducing stress levels and promoting relaxation** - a vital prerequisite for achieving restful sleep. By restoring proper spinal alignment and optimising nervous system function, chiropractic care empowers individuals to enjoy deeper, more rejuvenating sleep and wake up feeling refreshed and revitalised.

### References

Omnibus research commissioned among 4,003 UK adults between 13th and 18th October 2021  
<https://academic.oup.com/sleep/article/38/6/843/2416939>

If you've enjoyed reading this article, I have a book suggestion for you:

## Why We Sleep - by Matthew Walker



Walker explores the profound impact of sleep on our health. Through **engaging storytelling and scientific research**, Walker reveals how inadequate sleep affects **cognitive function, immune system health, and overall well-being**.

With alarming statistics on the prevalence of sleep deficiency in modern society, Walker advocates for **proactive measures to prioritise restorative sleep**. His insights offer invaluable guidance for achieving optimal health through better sleep habits.

Give it a go and let us know what you think. **We'd love to know your thoughts on this exploration.**



# Heal With Food

## Revitalise Your Mornings with Kefir Overnight Oats

Are you seeking a quick and nourishing breakfast option to kickstart your day? Look no further! I'm thrilled to share a delightful **3-ingredient recipe** for Kefir Overnight Oats that **promises convenience without compromising on taste or nutrition**. As an advocate of kefir's health benefits, I'm excited to introduce you to this effortless breakfast solution. Kefir is not only rich in probiotics, supporting a healthy gut microbiome, but it also boasts a generous serving of **protein to keep you feeling satisfied until your next meal**. With its creamy texture and tangy flavor, kefir offers a refreshing alternative to traditional yogurt, making it a versatile addition to your culinary repertoire. Now, let's dive into the recipe!



Sarah Barrow  
Doctor Of Chiropractic

### Recipe Prep:

Prepare your breakfast bowl by combining 1/2 cup of old-fashioned oats with 1 cup of kefir in a jar or container. **Mix well to ensure the oats are evenly coated with the kefir**. For an extra nutritional boost, consider adding chia seeds the night before, allowing them to help thicken the mixture overnight. Next, decorate your oats with a generous serving of frozen fruit. **The frozen fruit not only adds natural sweetness but also provides a delightful contrast in texture**. Cover the jar with a lid and refrigerate overnight to allow the flavors to meld and the oats to soften.

### Ingredients:

- 1 cup kefir (plain or flavored)
- 1/2 cup old-fashioned oats
- 1 cup frozen fruit
- 1 teaspoon honey (optional for added sweetness)
- Additional toppings (chia seeds, flaxseed, sliced almonds, etc.)

### Instructions:

1. Mix 1/2 cup of old-fashioned oats with 1 cup of kefir in a jar or container.
2. Add frozen fruit on top and cover with a lid to refrigerate overnight.
3. In the morning, add any desired toppings and enjoy!

Start your day on a delicious and nutritious note with Kefir Overnight Oats. Whether you're meal-prepping for the week ahead or craving a fuss-free breakfast option, **this recipe is will nourish your body from within**.

Here's to vibrant mornings and wholesome beginnings!

# Community News

## What's Happening in the Nailsea Community?

### **Thrive with Bowls In Backwell - a whole community health movement**

Fancy a new hobby for the Summer? Let off some steam, get some good fresh air and have a laugh. For guaranteed smiles Bowls is the answer! Why Try Bowls? We believe everybody should realise the joy and benefit of playing sport, regardless of age and ability. And there are so many reasons why bowls is ideally placed to unlock these fantastic advantages.

#### **Here are our top reasons to give bowls a try:**

1. Playing bowls is very doable. Whatever your physique, bowls is a sport for everybody and it will help improve your fitness levels and mental wellbeing. West Backwell club is fully accessible and has a special wheelchair for bowling. They also have plenty of aids to help if bending down is a problem.
2. Bowls is not expensive. To get going you just need flat shoes as the bowling club will provide all the equipment. West Backwell also offer three free sessions!
3. Compared to most sports, age, ability and gender differences have less of an effect on a game of bowls, so it's a perfect sport to enjoy a bit of friendly competition with your friends and family.
4. The bowling club is a sociable place in a beautiful park setting full of people looking to have fun.

Bowls is a great way to relax, make new friends and feel part of your local community.

#### **How can I have a go?**

West Backwell run Try Bowls Tuesdays every Tuesday for beginners just pop along anytime from 6-8pm and have a go. They'll set you up with all the equipment and get you bowling in no time. Just wear flat shoes. And of course you can enjoy a drink on the terrace or in the bar afterwards - it's thirsty work!

#### **When and Where?**

- In the park on West Town Road, Backwell.
- Tuesdays, from 16 April pop along anytime from 6-8pm
- Open days with games and family fun 2-5pm on 28th April, 26th May, 27 May



We are delighted to announce that we are continuing our sponsorship of the West Backwell Bowls Club for the year 2024. As part of our ongoing commitment to promoting health and well-being within our community, we will be providing health talks and free posture checks for club members throughout the year.

In the past year, Try Bowls Tuesday attendees had an exceptional experience at the club. But don't just take our word for it!

### Here's what some of the members had to say:

"It's been great for my mental health - I finish work and then go to throw some bowls in the lovely park setting in Backwell."

"I've enjoyed the social side; it's such a friendly club. From the moment I walked in, I was made to feel welcome."

"We have such a giggle - we're beginners so don't take ourselves seriously."

"Be warned, it's highly addictive. Once you've got a bowl near the jack, you want to keep doing it."

"I've played lots of sports; I just wish I'd tried bowls sooner. I'm a new bowling convert and addict!"

West Backwell Bowls Club has been **recognised for its inclusive and welcoming environment, winning the National Inclusivity Award as voted for by the public.** It's truly a place where people thrive, and we're proud to be a part of it.

For more information about the club and upcoming events, please visit the **West Backwell Bowls Club Facebook page**, where they regularly post updates and event details.

**Let's continue to support and celebrate the joy of bowls in Backwell!**

# Real stories from real people

## Tanya's Story

*"I started seeing Liam in 2012. I had been to numerous health professionals, and no one could help me, **but then we came to Willow, and something was different.** For the first time, I got relief from my neck, back, and hip issues, and then wanted to keep it that way!*

*Then my daughter, Yulia came to see Liam as she was pregnant with her first baby and suffering from **back and pelvic pain.** She had great results and had a good birth. My grandson, Nikita, started seeing Liam then for some **mild sleeping issues.** Three years later, my daughter gave birth again to Annoushka. This time the pregnancy was absolutely fine with no problems. **Of course, the birth went well,** and Annoushka was also checked by Liam when she was born but had no issues whatsoever with her spine.*

*In 2020, with Covid happening, my Mum wasn't able to leave the house and, as a result, **got very stiff, had bad back pain, and ached in her legs.** We had terrible nights without her sleeping, and it disrupted the whole family for six months. She came to Willow as well, got mobile again, and then sleeping was no problem. She is now 92 and still comes to get adjusted and is able to jump onto Liam's bench.*

*Two years later, my husband Vitalik fell from the garage roof and had terrible shoulder and neck pain. After very successful treatment, **he now believed in Chiropractic magic after being sceptical before and now takes his maintenance care seriously.***

***Thank you so much, Liam, for your professional skills and really caring for all my family.** We look forward to our regular visits due to what life throws at us, and of course, it's been a stressful time lately being from Ukraine.*

***I know that Chiropractic is about more than just aches and pains.** Whenever I get adjusted, my vision becomes clearer as if the colours have become brighter and crisper. Thank you!"*





Tanya and Vitalik



Tanya and the family

Thank You

*"It's been an honour to help take care of Tanya and her family over the last decade. It's always fun to have families come into the practice together and **makes for a great healing experience for all of us.***

*They are definitely part of the Willow family too."*



Liam Rice  
Doctor Of Chiropractic

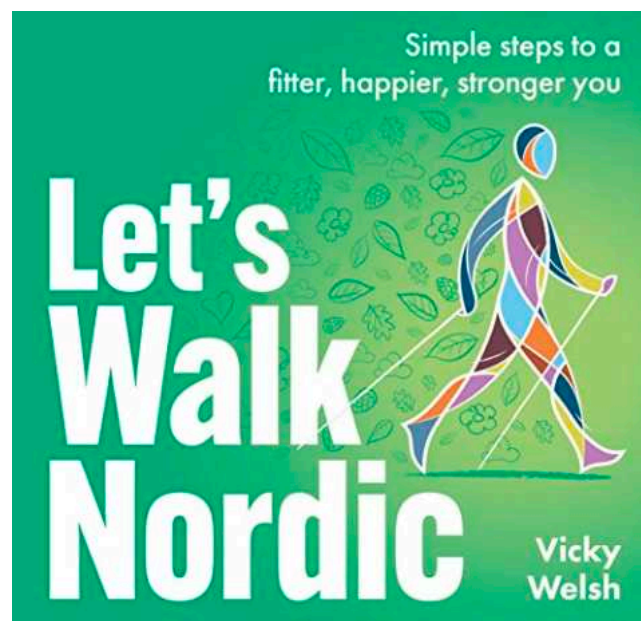
# Our Book Recommendations

## Let's Walk Nordic

"Let's Walk Nordic," authored by **Vicky Welsh**, one of our very own practice members, is a practical guide aimed at promoting **Nordic walking** as an accessible form of exercise for improving **mental and physical health**. Recognising the health disparities in Bristol, especially among communities on **low incomes and minority ethnic groups**, Welsh and **Subitha Baghirathan** have developed a Nordic walking program. This initiative, **funded by the NHS** and private sector, seeks to make Nordic walking **more inclusive**.

The book is a direct outcome of Welsh's experience as a Nordic walking instructor and her observation that **many enthusiasts miss out on the activity's full benefits due to poor technique**. It is designed to offer **straightforward advice** on mastering Nordic walking, targeting both beginners and those familiar with the exercise. The guide is enriched with **expert tips for enhancing the walking experience**, whether the goal is **weight loss**, addressing **specific health issues**, or simply **staying fit**.

Welsh's commitment to spreading the benefits of Nordic walking is evident through her work in expanding the program across Bristol, reaching over **200 people and diversifying the instructor team to reflect the city's multicultural population**. "Let's Walk Nordic" extends this commitment by providing readers with the knowledge to practice Nordic walking correctly and enjoy its advantages.



Fell free to borrow a copy of Let's Walk Nordic at reception!

Dr. Michael describes the book as an **excellent introduction to Nordic walking**, emphasising its benefits for **physical health, social interaction, and enjoyment**. The book encourages readers to take advantage of the improving weather to explore outdoor activities and **adopt a healthier lifestyle**.

In summary, "Let's Walk Nordic" is not just a manual; it's a **part of a broader effort to make health and wellness accessible to all in Bristol**. It's a useful resource for anyone looking to start or improve their Nordic walking practice, offering practical advice for getting the most out of this **enjoyable and healthful activity**.



## Vicky's Story

"I've been seeing my chiropractor for several years now. It was amazing that just a few adjustments released me from my tension and pain. My whole chiropractic experience caused me to reflect on how compatible Chiropractic is with what I do: teaching people how to improve their health and fitness through Nordic walking.

Both Chiropractic and Nordic walking are about helping keep your skeleton, joints, and muscles healthy. A chiropractor uses adjustments to treat musculoskeletal pain and keep your body healthy. Nordic walking helps re-educate your body on correct walking movement, strengthening your body, releasing tension, and helping you walk faster. It's the perfect combination."



# Nailsea Walk Of The Month

## Clevedon Woods

Introducing Kelly, our newest team member and Chiropractic Assistant at our Clevedon clinic! We're thrilled to have her on board, and she's already making waves with her contributions.

**Distance:** Approximately 2.5 miles

**Duration:** Approximately 1.5 hours

### Starting Point:

The walk begins at the crossroads in Highdale Avenue. On-street parking is available, so please park considerately to ensure space for other visitors.

### Why I Recommend It:

*"The Clevedon Woods walk is like a peaceful retreat into nature, right on our doorstep. You can soak up the quiet beauty of the countryside, with nice paths to stroll along and lovely views. It's perfect if you just want to chill outdoors without going too far from home. The path goes in a big circle, thanks to the Clevedon Civic Society, so you can take your time wandering through the trees. It's just a simple, relaxing way to enjoy nature and unwind."*

### Walking is one of the simplest and most effective forms of exercise for maintaining optimal health ...

**Mood Booster:** Walking releases endorphins, the body's natural feel-good chemicals, which can help reduce feelings of stress, anxiety, and depression. It's a simple way to boost your mood and improve mental well-being.

**Joint Health:** Contrary to popular belief, walking can actually help improve joint health by lubricating the joints and strengthening the muscles that support them. It's a gentle form of exercise that can be beneficial for people with arthritis or joint pain.

**Bone Strength:** Weight-bearing exercises like walking help to build and maintain bone density, reducing the risk of osteoporosis and fractures as you age.

**Increased Energy Levels:** Walking increases blood flow and oxygen delivery throughout the body, providing a natural energy boost. Regular physical activity can also improve sleep quality, leaving you feeling more refreshed and energised during the day.

Explore Clevedon Woods at your own pace and enjoy the tranquility of the countryside. It's a perfect opportunity to unwind and connect with nature close to home.



**Kelly**  
Chiropractic Assistant



## Dr Betina's Recommendation - A New Habit

### The Transformative Power of Instinctive Journaling

Feeling overwhelmed and stressed, struggling to find focus or sleep despite good habits? If so, **you're not alone**. Many find themselves in a similar situation, with a mind crowded with tasks and worries. While traditional to-do lists are helpful, **they don't always address the deeper need for calm, organisation, and increased productivity**. That's where instinctive journaling comes in.

Instinctive journaling encourages spontaneous expression, bypassing structured formats to tap into **intuition and raw emotions**. By embracing this practice without judgment, individuals can uncover hidden insights and enhance self-discovery. It offers a safe space for free-flowing thoughts, allowing one to capture the essence of **ideas, emotions, and thoughts**.

The key to instinctive journaling lies in surrendering to the flow of thoughts without judgement. **Just grab a pen and a piece of paper, and start with the first words that come in mind.**

#### Here are 6 benefits you'll notice:

- Studies have shown that journaling can help people manage anxiety and reduce symptoms, especially as part of a mental health treatment program.
- Reflecting on your thoughts and behaviors encourages you to view yourself through multiple lenses.
- Self-reflection channels your energy towards specific goals and aids in discovering your values, beliefs, and core identity.
- It enhances problem-solving and decision-making skills, clarifies thoughts, and facilitates finding solutions.
- Self-reflection also strengthens resilience in the face of challenges and cultivates authenticity, as writing solely for yourself frees you from societal norms or expectations.
- Additionally, it promotes better sleep by alleviating the mental burden of thoughts, transferring some weight onto paper.

# 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.

**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**



## Massage Therapy at Willow

Feeling tense? Struggling with **muscular aches or pains from stress, exertion, or a sports injury?** Massage therapy at Willow might just be the solution you need.

We often find that massage therapy **complements chiropractic care perfectly**. While our chiropractors focus on rebalancing your spine and restoring normal nerve function, **our massage therapists work on relaxing those tight, knotty muscles**. Together, these therapies can help you achieve a more **comprehensive healing and wellness experience**.

At Willow, our qualified massage therapists are experts in both **deep tissue and sports massage**. They're ready to assess your needs and offer the most effective therapy for you, ensuring you get **precisely the kind of care you need to relieve pain and live life fully**.

## Massage Services Launching in Clevedon and Nailsea!

We're excited to announce the **expansion of our massage treatments to Clevedon and Nailsea**. With varying opening hours across our clinics, including Emersons Green, **we're here to accommodate your schedule**. Our approach to massage therapy is not just about offering relief; **it's about providing an affordable, cost-effective solution to support your overall health and wellness**.

Ready to experience the difference?

Whether you're looking to relieve tension, address a sports-related injury, or simply wish to enhance your wellbeing, our team at Willow is here to support you. **Visit us at Emersons Green, Nailsea, or Clevedon**, and discover how massage therapy can help you live your life to the fullest.

For more details, **visit our website or reach out directly**.







# BEDMINSTER NEWSLETTER

SPRING 2024



## Your New Members

Nick and Lacey

Bedminster Team

Please feel free to contact us:

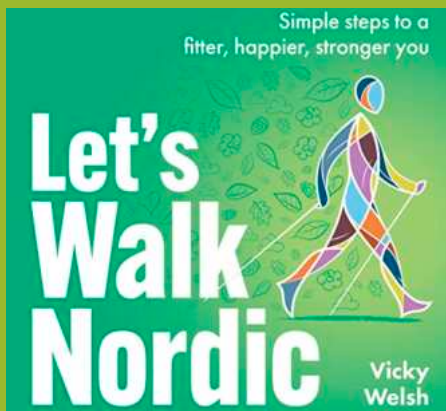
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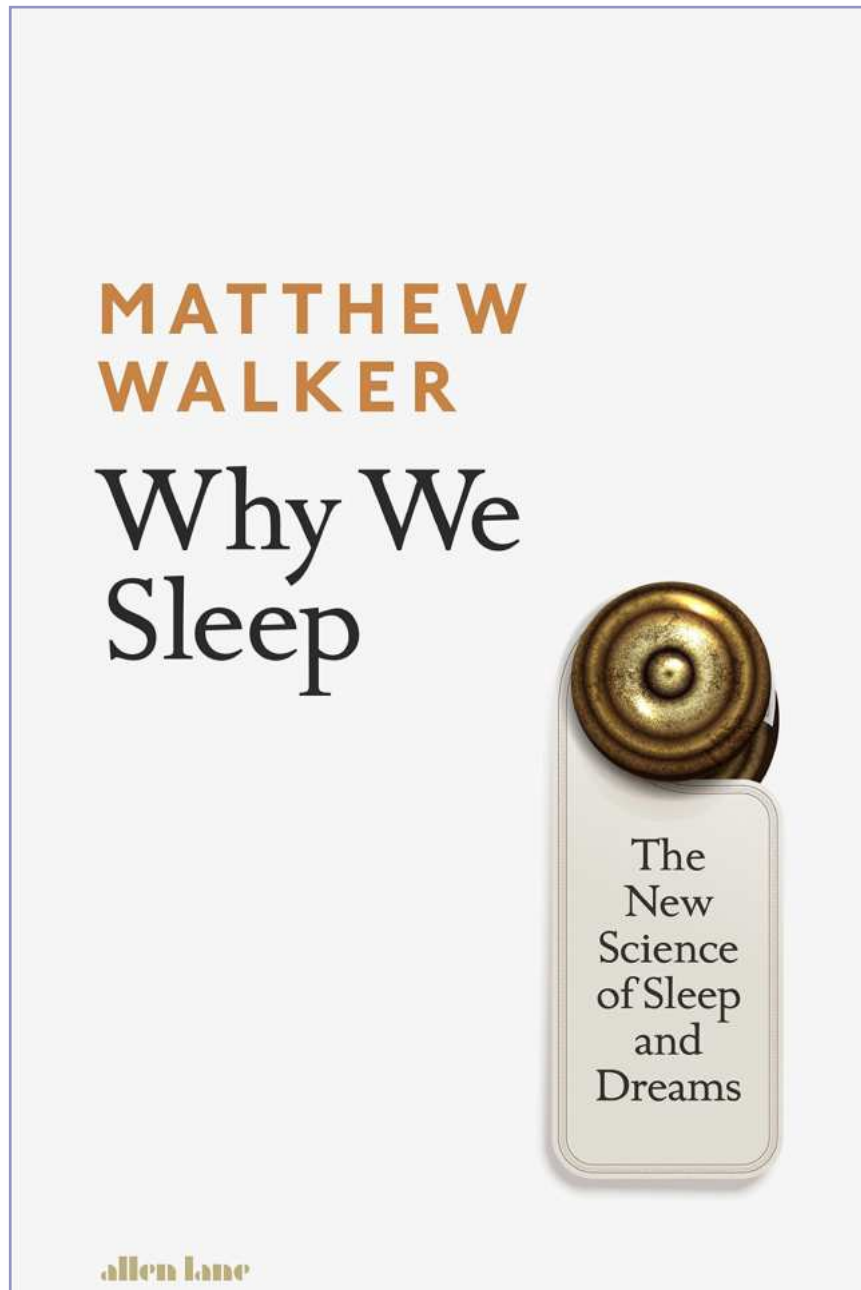
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# Community News

## The Willow Water Challenge Winner

We are thrilled to announce that **Grant**, a practice member from our Bedminster clinic, has emerged as the triumphant **winner of the Willow Water Challenge 2024!** In the short span of the challenge, Grant displayed unwavering dedication and enthusiasm, serving as an exceptional example for the entire Willow community. **Their journey over the past couple of months has been nothing short of inspiring**, demonstrating the remarkable transformations that can occur with commitment and perseverance.

The Willow Water Challenge aims to foster positive change in participants' lives, and Grant's testimony of **improved sleep, increased energy levels, and overall well-being is a testament to its success.** It is heartening to witness firsthand the tangible impact that the challenge has had on many of our patients lives.

We are deeply touched by Grant's gratitude and recognition of the difference that the Willow Water Challenge has made in their life. Their words serve as a source of inspiration for us all and reinforce our **commitment to promoting holistic health and wellness within our community.**

Congratulations once again to Grant and everyone who took part in their well-deserved victory in the Willow Water Challenge 2024. We can't wait to witness the **continued positive impact of your journey to optimal health.**



# What's Happening in the Bedminster Community?



Get ready to immerse yourself in a colorful celebration as Upfest, **Europe's largest street art and graffiti festival**, returns to Bedminster for an 18 day cultural programme, supported by Arts Council England from **18 May - 2 June 2024**. Artists from around the world will transform the streets into an open-air gallery, showcasing a diverse range of styles and techniques.

**From bold abstract designs to intricate portraits**, there's something for everyone to enjoy as you explore the vibrant murals adorning walls and buildings throughout the neighborhood. But Upfest is more than just art - **it's a celebration of community spirit and collaboration**.

Local businesses and residents will open their doors to welcome visitors, offering **refreshments, live music, and opportunities to engage with artists**. Whether you're a longtime resident or a first-time visitor, join us in Bedminster and experience the magic of Upfest for yourself.

**SCAN FOR MORE INFO**



# Real stories from real people

## Phil's Story

*"I've been seeing Dr. Sarah for three months, **initially seeking treatment for a neck injury and addressing a history of poor posture and sports-related injuries.** Thanks to her treatment, I feel much stronger and completely pain-free.*

*Since starting care, I've noticed unexpected improvements in my health. I experience **less post-sport soreness and I'm far less susceptible to the various illnesses that my children often bring home from nursery.***

*My experience with both my chiropractor and the front desk team has been excellent. They've **consistently accommodated last-minute changes, communicated effectively, and created a welcoming atmosphere that brightens every visit.** They've truly exceeded my expectations."*

## Thank You

*"Phil is a Lieutenant Colonel in the British Army as well as a keen basketball player. His ability to be able to maintain an exceedingly high level of fitness, stressful busy job, as well as being a father of two very energetic boys is vital. **Therefore he needs his body strong, fit and healthy no matter what crosses his path.***

*Even in the short time that Phil has been under chiropractic care it is amazing to witness how his posture has improved, his energy to play basketball, as well as his resilience to all the bugs his children bring back from nursery, is fantastic. **It just goes to show how a healthy body can lead to a very happy life.**"*



Sarah Barrow  
Doctor Of Chiropractic





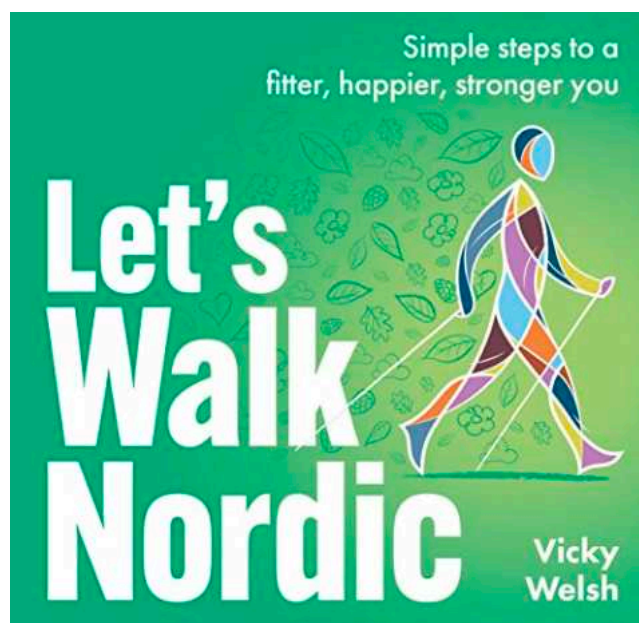
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## Let's Walk Nordic

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The book is a direct outcome of Welsh's experience as a Nordic walking instructor and her observation that **many enthusiasts miss out on the activity's full benefits due to poor technique**. It is designed to offer **straightforward advice** on mastering Nordic walking, targeting both beginners and those familiar with the exercise. The guide is enriched with **expert tips for enhancing the walking experience**, whether the goal is **weight loss**, addressing **specific health issues**, or simply **staying fit**.

Welsh's commitment to spreading the benefits of Nordic walking is evident through her work in expanding the program across Bristol, reaching over **200 people and diversifying the instructor team to reflect the city's multicultural population**. "Let's Walk Nordic" extends this commitment by providing readers with the knowledge to practice Nordic walking correctly and enjoy its advantages.



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In summary, "Let's Walk Nordic" is not just a manual; it's a **part of a broader effort to make health and wellness accessible to all in Bristol**. It's a useful resource for anyone looking to start or improve their Nordic walking practice, offering practical advice for getting the most out of this **enjoyable and healthful activity**.



## Vicky's Story

"I've been seeing my chiropractor for several years now. It was amazing that just a few adjustments released me from my tension and pain. My whole chiropractic experience caused me to reflect on how compatible Chiropractic is with what I do: teaching people how to improve their health and fitness through Nordic walking.

Both Chiropractic and Nordic walking are about helping keep your skeleton, joints, and muscles healthy. A chiropractor uses adjustments to treat musculoskeletal pain and keep your body healthy. Nordic walking helps re-educate your body on correct walking movement, strengthening your body, releasing tension, and helping you walk faster. It's the perfect combination."

# Bedminster Walk Of The Month

## Leigh Woods Woodland Warrior

Tucked away on the outskirts of Bristol lies Leigh Woods National Nature Reserve, a haven of serenity and natural beauty. **Offering a moderate circular walk that weaves**

**through ancient woodlands, past historical sites, and along dramatic gorge views, this trail invites adventurers of all ages** to step into a world where nature and history intertwine.



**Tim Scott**  
Dr of Chiropractor

**Location:** Leigh Woods National Nature Reserve, Bristol, BS8 3PL

**Map Reference:** OS Landranger 154

**Trail Length:** 1 mile (1.6 km)

**Estimated Time:** 30 to 45 minutes

**Terrain:** A mix of surfaced paths, grass, and rocky sections. Be prepared for some uneven and potentially slippery areas, especially in wet weather.

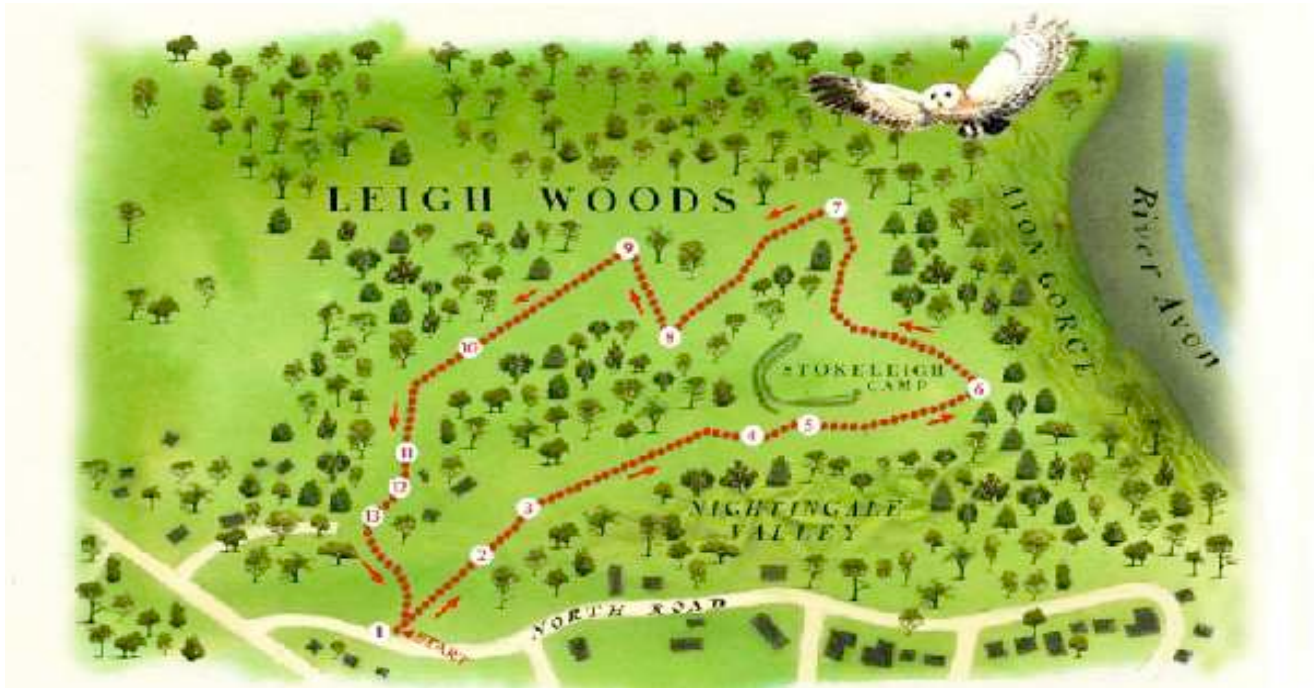
## Trail Highlights

**Dogs Welcome:** Bring your furry friend along, but stay alert for any signs about cows on site.

**Starting Point:** The journey begins at Leigh Woods North Road entrance, Grid Ref: ST555730, where a site map awaits to guide you. Discover a line of rare whitebeam trees, marking the start of your adventure into the heart of the woodland. Venture through the historic ramparts of Stokeleigh Camp, an Iron Age hillfort that stands guard over the Avon Gorge, offering breathtaking views and a tangible connection to the past. Follow the winding paths of the Purple Trail, surrounded by the natural beauty of the gorge and the ancient wisdom of the trees.

Ready your walking boots for an adventure that promises not only a physical journey through beautiful terrains but also a voyage **back in time and into the heart of nature's wonders.**

This walk passes our natural play area and runs through beautiful woodland with rare trees as well as grassland. Stokeleigh Camp hillfort is perched on the edge of the Avon Gorge, **with dramatic views along the river.**





## Dr Ryan's Recommendation - A New Habit

### Embracing a Plant-Rich Diet

Embracing a plant-rich diet is a powerful way to nourish your body and promote overall well-being. While adopting new habits may seem challenging, incorporating a variety of plants into your daily meals can have a significant impact on your health over time.

**Here's a simple guide to help you make eating 30 different types of plants per week a new daily habit:**

**Plan your meals:** Map out your weekly meals, ensuring a diverse mix of fruits, vegetables, legumes, nuts, seeds, and whole grains.

**Grocery shopping:** Compile a shopping list and pick up fresh, seasonal produce from your local market for maximum flavor and nutrition.

**Mix it up:** Aim for at least five different plants in each meal. For example, enjoy a colorful salad for lunch and a vegetable stir-fry for dinner.

**Snack on plants:** Opt for fresh fruits, raw veggies with hummus, or mixed nuts and seeds instead of processed snacks.

**Experiment with new recipes:** Explore new plant-based recipes online or in cookbooks to keep your meals exciting and varied.

**Keep track:** Use a journal or smartphone app to monitor your daily plant intake and stay motivated.

**Get creative:** Experiment with different cooking methods and flavors to enhance the taste of your plant-based dishes.

**Listen to your body:** Notice the positive changes in your energy levels, digestion, and overall well-being as you nourish your body with plant-based foods.

By making plant-based eating a daily habit, you'll promote your health while contributing to a sustainable food system.

# 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.

**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**



## Massage Therapy at Willow

Feeling tense? Struggling with **muscular aches or pains from stress, exertion, or a sports injury?** Massage therapy at Willow might just be the solution you need.

We often find that massage therapy **complements chiropractic care perfectly**. While our chiropractors focus on rebalancing your spine and restoring normal nerve function, **our massage therapists work on relaxing those tight, knotty muscles**. Together, these therapies can help you achieve a more **comprehensive healing and wellness experience**.

At Willow, our qualified massage therapists are experts in both **deep tissue and sports massage**. They're ready to assess your needs and offer the most effective therapy for you, ensuring you get **precisely the kind of care you need to relieve pain and live life fully**.

### Massage Services Launching in Clevedon and Nailsea!

We're excited to announce the **expansion of our massage treatments to Clevedon and Nailsea**. With varying opening hours across our clinics, including Emersons Green, **we're here to accommodate your schedule**. Our approach to massage therapy is not just about offering relief; **it's about providing an affordable, cost-effective solution to support your overall health and wellness**.

Ready to experience the difference?

Whether you're looking to relieve tension, address a sports-related injury, or simply wish to enhance your wellbeing, our team at Willow is here to support you. **Visit us at Emersons Green, Nailsea, or Clevedon**, and discover how massage therapy can help you live your life to the fullest.

For more details, **visit our website or reach out directly**.







# CLIFTON NEWSLETTER

SPRING 2024



## Your Practice Manager

Dom Heller

## Clifton Team

Please feel free to contact us

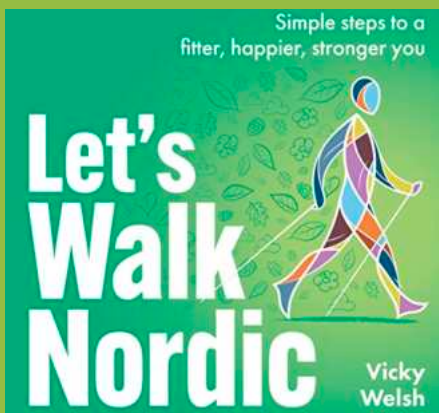
✉ [hello@willowlife.co.uk](mailto:hello@willowlife.co.uk)

☎ 0800 511 8966

## WHAT'S INSIDE

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

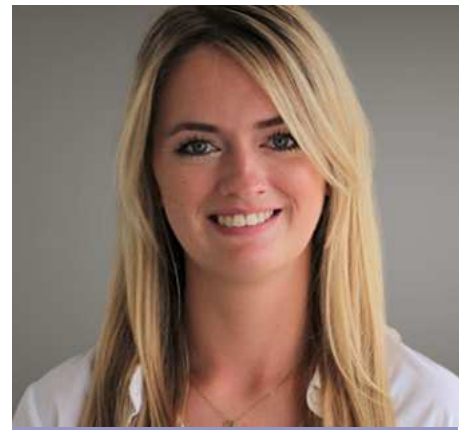
## HIGHLIGHTS



# Doctors' Insight

## Unlocking the Power of Quality Sleep

### A Chiropractors' Insight into Sleep Health



Freya Roberts-Bolton  
Doctor Of Chiropractic

As a chiropractor deeply invested in the well-being of my patients, I've dedicated my career to understanding the **intricate connection between spinal health and overall wellness**. In our modern society, where stress and sedentary lifestyles have become the norm, the importance of **prioritising restorative sleep cannot be overstated**.

It's alarming to note that a staggering **75% of the UK population falls short of the recommended 7 to 9 hours of sleep per night**. This widespread sleep deprivation has far-reaching consequences, contributing to a multitude of negative health outcomes, including heightened **risks of cardiovascular issues, diabetes, and cognitive decline**.

***But what exactly happens when we sleep?*** Far from being a passive state, sleep is a dynamic process during which our bodies engage in **essential repair and restoration**. While we rest, our bodies undergo **tissue repair, muscle regeneration** (particularly crucial for individuals embarking on new fitness endeavours), and **overall physical rejuvenation**.

Additionally, sleep is indispensable for **cognitive function and memory consolidation**. Throughout the night, our brains diligently process and integrate the information acquired during the day, strengthening **neural connections and regulating neurotransmitter release to support optimal brain function**.

At our clinic, we've witnessed firsthand the transformative power of chiropractic care in improving sleep quality. In the first six weeks of 2024 alone, **nearly 60% of our patients reported remarkable enhancements in their sleep quality following chiropractic adjustments**. By addressing underlying issues such as spinal misalignments, muscle tension, and nervous system dysfunctions, chiropractic care provides a holistic approach to enhancing **sleep quality and promoting overall health**.

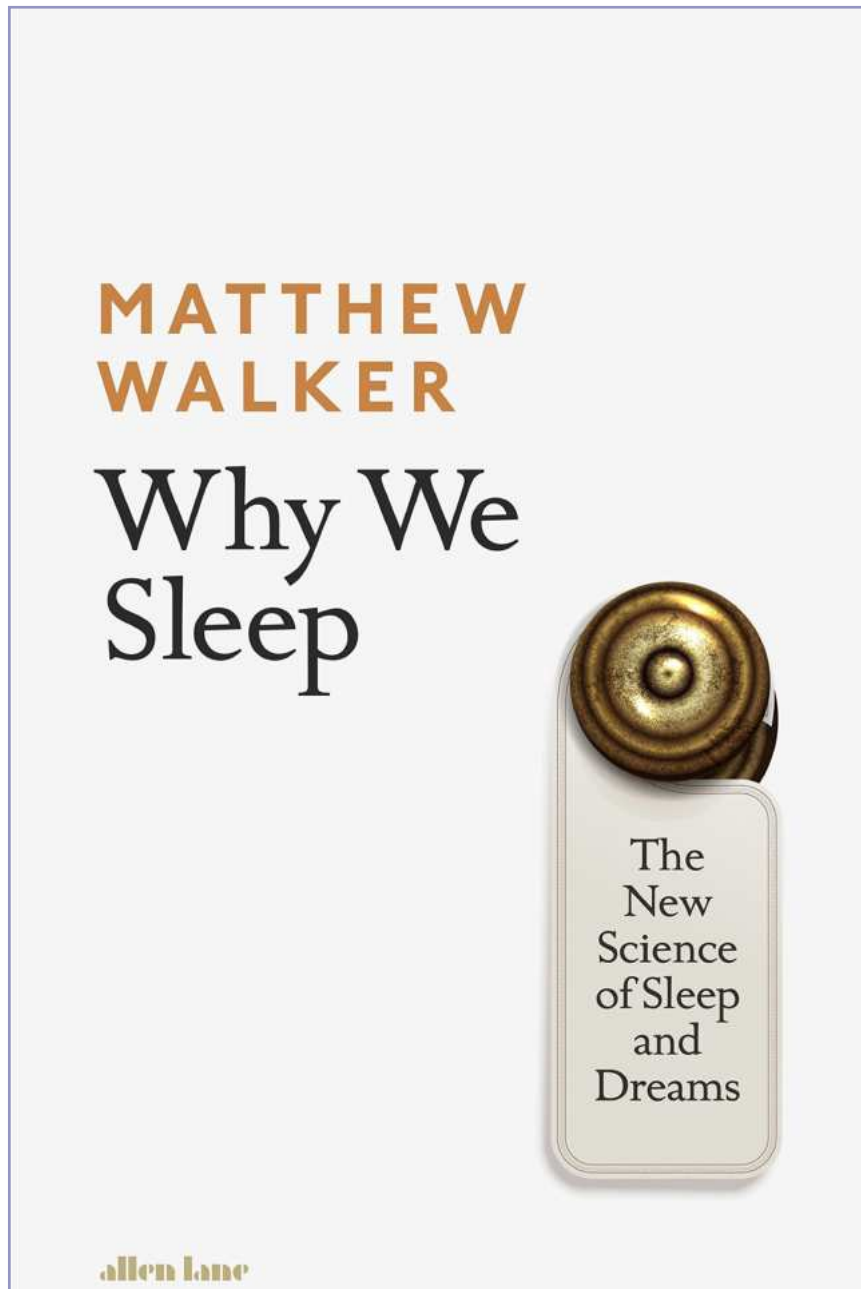
Indeed, chiropractic adjustments not only **alleviate physical discomfort** but also play a crucial role in **reducing stress levels and promoting relaxation** - a vital prerequisite for achieving restful sleep. By restoring proper spinal alignment and optimising nervous system function, chiropractic care empowers individuals to enjoy deeper, more rejuvenating sleep and wake up feeling refreshed and revitalised.

### References

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<https://academic.oup.com/sleep/article/38/6/843/2416939>

If you've enjoyed reading this article, I have a book suggestion for you:

## Why We Sleep - by Matthew Walker



Walker explores the profound impact of sleep on our health. Through **engaging storytelling and scientific research**, Walker reveals how inadequate sleep affects **cognitive function, immune system health, and overall well-being**.

With alarming statistics on the prevalence of sleep deficiency in modern society, Walker advocates for **proactive measures to prioritise restorative sleep**. His insights offer invaluable guidance for achieving optimal health through better sleep habits.

Give it a go and let us know what you think. **We'd love to know your thoughts on this exploration.**



# Heal With Food

## Revitalise Your Mornings with Kefir Overnight Oats

Are you seeking a quick and nourishing breakfast option to kickstart your day? Look no further! I'm thrilled to share a delightful **3-ingredient recipe** for Kefir Overnight Oats that **promises convenience without compromising on taste or nutrition**. As an advocate of kefir's health benefits, I'm excited to introduce you to this effortless breakfast solution. Kefir is not only rich in probiotics, supporting a healthy gut microbiome, but it also boasts a generous serving of **protein to keep you feeling satisfied until your next meal**. With its creamy texture and tangy flavor, kefir offers a refreshing alternative to traditional yogurt, making it a versatile addition to your culinary repertoire. Now, let's dive into the recipe!



Sarah Barrow  
Doctor Of Chiropractic

### Recipe Prep:

Prepare your breakfast bowl by combining 1/2 cup of old-fashioned oats with 1 cup of kefir in a jar or container. **Mix well to ensure the oats are evenly coated with the kefir**. For an extra nutritional boost, consider adding chia seeds the night before, allowing them to help thicken the mixture overnight. Next, decorate your oats with a generous serving of frozen fruit. **The frozen fruit not only adds natural sweetness but also provides a delightful contrast in texture**. Cover the jar with a lid and refrigerate overnight to allow the flavors to meld and the oats to soften.

### Ingredients:

- 1 cup kefir (plain or flavored)
- 1/2 cup old-fashioned oats
- 1 cup frozen fruit
- 1 teaspoon honey (optional for added sweetness)
- Additional toppings (chia seeds, flaxseed, sliced almonds, etc.)

### Instructions:

1. Mix 1/2 cup of old-fashioned oats with 1 cup of kefir in a jar or container.
2. Add frozen fruit on top and cover with a lid to refrigerate overnight.
3. In the morning, add any desired toppings and enjoy!

Start your day on a delicious and nutritious note with Kefir Overnight Oats. Whether you're meal-prepping for the week ahead or craving a fuss-free breakfast option, **this recipe is will nourish your body from within**.

Here's to vibrant mornings and wholesome beginnings!

# Community News

## Willow Partner with Pure Gym

In a bid to champion better posture and overall wellness within the Bristol community, **Willow has formed an exciting partnership with Pure Gym**, offering free posture checks at select gym branches. Poor posture isn't just about slouching; it can lead to a host of health issues like back pain, headaches, and reduced mobility. Understanding the importance of addressing posture early on, we're taking our expertise beyond our clinic doors and into the heart of Bristol.

Starting soon, members and visitors at Pure Gym locations across Bristol will have the opportunity **to offer complimentary posture checks**. These checks will provide valuable insights into posture habits and potential areas for improvement. "We're thrilled to collaborate with Pure Gym to bring our posture expertise directly to Bristolians," shares Dr Michael. **"Better posture isn't just about appearances; it's about feeling better and optimising overall health."**



During the checks, participants will receive **personalised recommendations and tips for enhancing their posture, tailored to their unique needs and routines**. Whether it's adjusting workstations, incorporating targeted exercises, or making simple lifestyle tweaks, the aim is to **empower individuals to take proactive steps toward better posture and overall wellness**.

**Keep an eye out for upcoming dates when we will be offering free posture checks at a Pure Gym near you.** Take the first step toward better posture and better health - your body will thank you.



# What's Happening in our Clifton Community?

We're excited to announce a fantastic opportunity for you to not only support your loved ones in their journey to optimal wellness but also stand a chance to win a fabulous prize! Introducing the Clifton Referral Raffle... Your opportunity to win a **£50 voucher for John Lewis simply by referring someone you care about to our practice.**

## Here's how it works:

1. Encourage your loved ones to book their initial consultation and Report of Findings (ROF) at any clinic.
2. Once they've attended their consultation, our CA team will write your name down and enter it into the raffle bowl.

There's no limit to the number of referrals you can make, so the more you refer, the greater your chances of winning!

We believe that sharing the gift of chiropractic care is not only beneficial for your friends and family but also for our entire community. By participating in the Clifton Referral Raffle, you're not only **contributing to the wellbeing of your loved ones but also potentially winning a fantastic prize for yourself!**

Remember, every referral you make increases your chances of winning. We look forward to seeing the positive impact of your referrals and announcing the lucky winner of the £50 John Lewis voucher!

This raffle runs every month, **Speak to our reception team for more information.**

**Congratulations to our recent Referral Raffle winner, Jill Watkins!** After experiencing relief from neck and arm pain within just six weeks and continuing to make progress, Jill is now enthusiastic about getting her husband, Ron, to share the same transformative experience.



## The Cherry on Top

*“Upon entering the Clifton Chiropractic Clinic, burdened by relentless pain in my left arm, shoulder, and a sore spine and neck, **I found assurance, professional advice, and transformation.** It was astounding how **quickly the pain in all affected areas diminished, allowing me to perform movements and tasks that had long been impossible for me.**”*

*After introducing my husband as a new patient, not only was my name entered into February's raffle, but I also won the John Lewis voucher. I cannot thank the team enough for their friendliness and professionalism, and above all, **Dr. Mickey for his exceptional skills.**”*

**Jill**



# Real stories from real people

## Callumn's Story

***"I'd recommend Willow Chiropractic to anyone.** The front-of-house staff are all lovely, making you feel very welcome. Dr. Alex, whom I've been working with for several months now, is absolutely fantastic. I've consulted multiple healthcare professionals in the past for various sporting injuries, **but none have instilled confidence quite like Alex.***

*Her approach to treatment, coupled with her incredible depth of knowledge, **truly stands out. She treats you as a whole person, not just focusing on the immediate issue at hand.** For example, I initially sought help for my shoulder, but she insisted on addressing my neck first, underscoring her comprehensive view of health.*

*Dr. Alex is also **refreshingly honest, advising me right at the start to stop my gym sessions immediately due to the condition of my neck.** Her professionalism, friendliness, and politeness shine through every interaction. **She always remembers details about your life and takes the time to ask how you're doing.***

*My trust in her is complete, and the results speak for themselves. I recently spent a couple of weeks skiing, **and my body has never felt better.** I was stronger and free from any discomfort throughout the trip."*

## Thank You

***"Thank you so much for taking the time to share your experience with us.** We're thrilled to hear that you'd recommend Willow Chiropractic and Dr Alex.*

*We truly appreciate your trust in us and are delighted to hear about the positive results, especially during your recent skiing trip! **We wish you continued health and strength!"***



Dom  
Clifton Clinic Manager

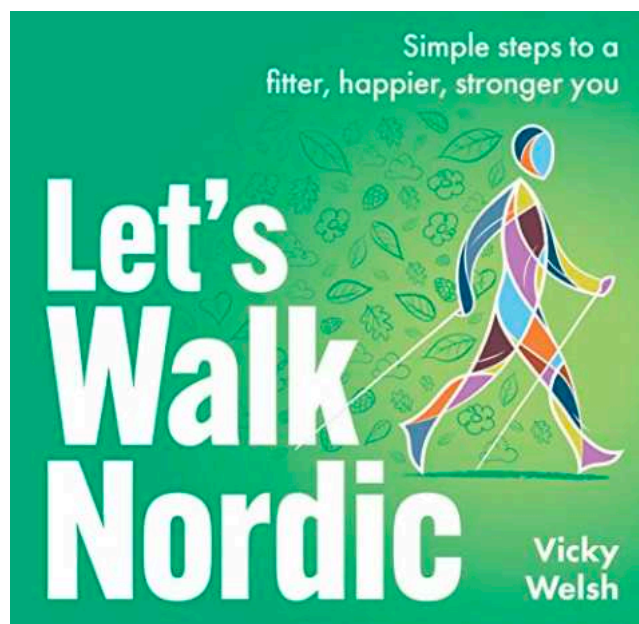
# Our Book Recommendations

## Let's Walk Nordic

"Let's Walk Nordic," authored by **Vicky Welsh**, one of our very own practice members, is a practical guide aimed at promoting **Nordic walking** as an accessible form of exercise for improving **mental and physical health**. Recognising the health disparities in Bristol, especially among communities on **low incomes and minority ethnic groups**, Welsh and **Subitha Baghirathan** have developed a Nordic walking program. This initiative, **funded by the NHS** and private sector, seeks to make Nordic walking **more inclusive**.

The book is a direct outcome of Welsh's experience as a Nordic walking instructor and her observation that **many enthusiasts miss out on the activity's full benefits due to poor technique**. It is designed to offer **straightforward advice** on mastering Nordic walking, targeting both beginners and those familiar with the exercise. The guide is enriched with **expert tips for enhancing the walking experience**, whether the goal is **weight loss**, addressing **specific health issues**, or simply **staying fit**.

Welsh's commitment to spreading the benefits of Nordic walking is evident through her work in expanding the program across Bristol, reaching over **200 people and diversifying the instructor team to reflect the city's multicultural population**. "Let's Walk Nordic" extends this commitment by providing readers with the knowledge to practice Nordic walking correctly and enjoy its advantages.



Fell free to borrow a copy of Let's Walk Nordic at reception!

Dr. Michael describes the book as an **excellent introduction to Nordic walking**, emphasising its benefits for **physical health, social interaction, and enjoyment**. The book encourages readers to take advantage of the improving weather to explore outdoor activities and **adopt a healthier lifestyle**.

In summary, "Let's Walk Nordic" is not just a manual; it's a **part of a broader effort to make health and wellness accessible to all in Bristol**. It's a useful resource for anyone looking to start or improve their Nordic walking practice, offering practical advice for getting the most out of this **enjoyable and healthful activity**.



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# Clifton Walk Of The Month

## Bristol & Bath Railway Path

Recommeneded by Nikki, our Chiropractic Assistant in Clifton



**Nikki**  
Chiropractic Assistant

*“Explore the Bristol and Bath Railway Path, a serene route connecting these two charming cities. This 13-mile path, which follows a disused railway line, **is perfect for various activities, including walking, cycling, running, and it’s accessible to people with disabilities too.**”*

### What To Know:

- The pathway is entirely traffic-free and mostly flat, making it ideal for a day out or for commuting between Bath and Bristol. Cyclists can pedal both ways, or if feeling fatigued, they can **conveniently catch a train from stations near the path’s start or end.**
- During your journey, make sure to pause and enjoy refreshments at Bitton and Warmley Stations, where delightful cafes await. Alternatively, you can **indulge in a pub lunch in Saltford.** The path also features iconic sculptures and operational steam engines at Bitton station, a fitting addition to the experience.
- Whether you’re seeking a leisurely stroll, an invigorating run, or a scenic bike ride, the **Bristol and Bath Railway Path offers something for everyone.** So grab your walking shoes, hop on your bike, or lace up your running shoes, and embark on a delightful journey through the countryside.





## A shared New Habit by our Chiropractors

### The Transformative Power of Instinctive Journaling

Feeling overwhelmed and stressed, struggling to find focus or sleep despite good habits? If so, **you're not alone**. Many find themselves in a similar situation, with a mind crowded with tasks and worries. While traditional to-do lists are helpful, **they don't always address the deeper need for calm, organisation, and increased productivity**. That's where instinctive journaling comes in.

Instinctive journaling encourages spontaneous expression, bypassing structured formats to tap into **intuition and raw emotions**. By embracing this practice without judgment, individuals can uncover hidden insights and enhance self-discovery. It offers a safe space for free-flowing thoughts, allowing one to capture the essence of **ideas, emotions, and thoughts**.

The key to instinctive journaling lies in surrendering to the flow of thoughts without judgement. **Just grab a pen and a piece of paper, and start with the first words that come in mind.**

#### Here are 6 benefits you'll notice:

- Studies have shown that journaling can help people manage anxiety and reduce symptoms, especially as part of a mental health treatment program.
- Reflecting on your thoughts and behaviors encourages you to view yourself through multiple lenses.
- Self-reflection channels your energy towards specific goals and aids in discovering your values, beliefs, and core identity.
- It enhances problem-solving and decision-making skills, clarifies thoughts, and facilitates finding solutions.
- Self-reflection also strengthens resilience in the face of challenges and cultivates authenticity, as writing solely for yourself frees you from societal norms or expectations.
- Additionally, it promotes better sleep by alleviating the mental burden of thoughts, transferring some weight onto paper.

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# CLEVEDON NEWSLETTER

SPRING 2024



Joining The Team

**Rama Yade**

Doctor Of Chiropractic

Welcome to the Clevedon Team

Please feel free to contact us:

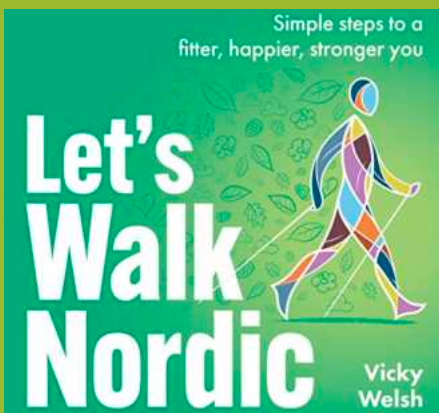
 01275 338711

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## HIGHLIGHTS



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## Unlocking the Power of Quality Sleep

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Freya Roberts-Bolton  
Doctor Of Chiropractic

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**But what exactly happens when we sleep?** Far from being a passive state, sleep is a dynamic process during which our bodies engage in **essential repair and restoration**. While we rest, our bodies undergo **tissue repair, muscle regeneration** (particularly crucial for individuals embarking on new fitness endeavours), and **overall physical rejuvenation**.

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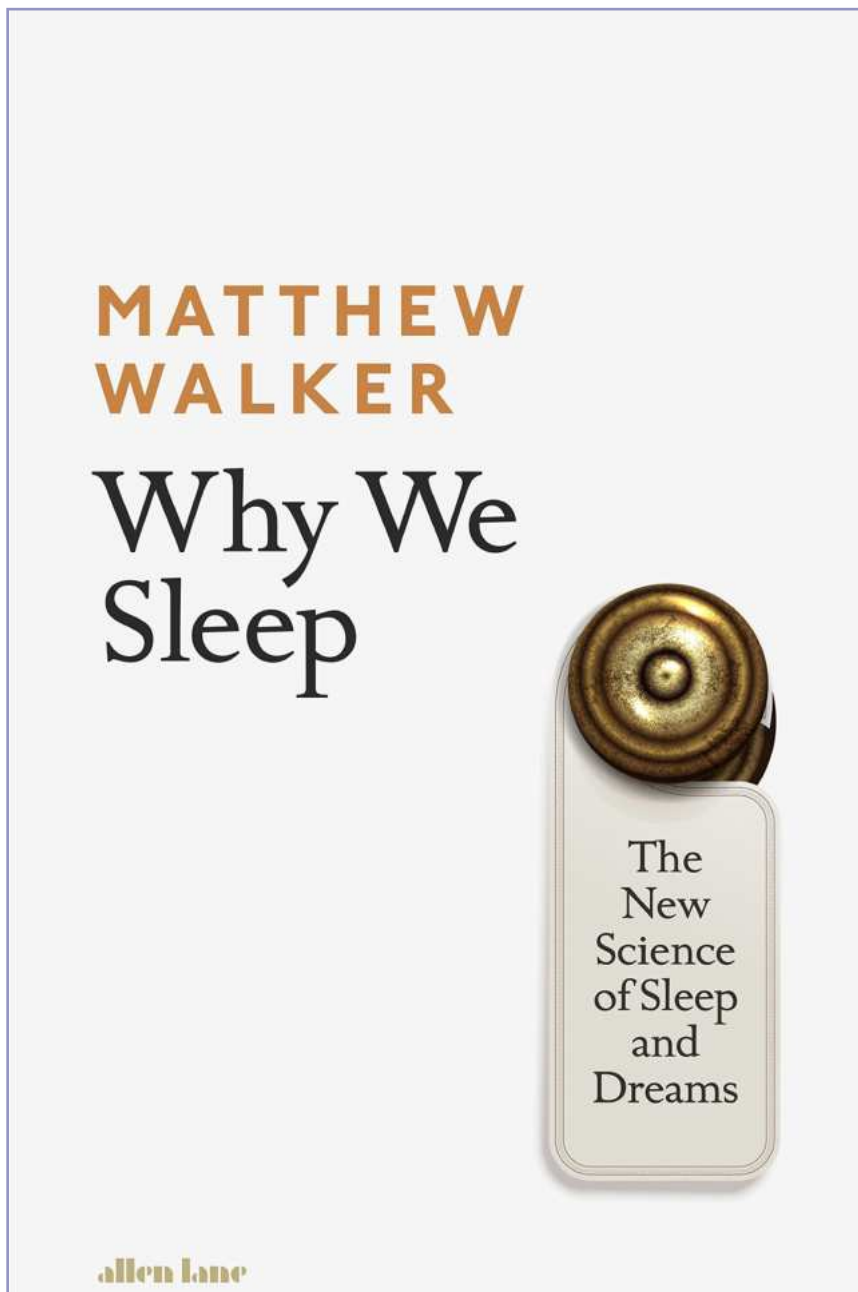
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Sarah Barrow  
Doctor Of Chiropractic

### Recipe Prep:

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### Ingredients:

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- 1 cup frozen fruit
- 1 teaspoon honey (optional for added sweetness)
- Additional toppings (chia seeds, flaxseed, sliced almonds, etc.)

### Instructions:

1. Mix 1/2 cup of old-fashioned oats with 1 cup of kefir in a jar or container.
2. Add frozen fruit on top and cover with a lid to refrigerate overnight.
3. In the morning, add any desired toppings and enjoy!

Start your day on a delicious and nutritious note with Kefir Overnight Oats. Whether you're meal-prepping for the week ahead or craving a fuss-free breakfast option, **this recipe is will nourish your body from within**.

Here's to vibrant mornings and wholesome beginnings!

# Community News

## The Willow Water Challenge Winner

We are thrilled to announce that **Grant**, a practice member from our Bedminster clinic, has emerged as the triumphant **winner of the Willow Water Challenge 2024!** In the short span of the challenge, Grant displayed unwavering dedication and enthusiasm, serving as an exceptional example for the entire Willow community. **Grant's journey over the past couple of months has been nothing short of inspiring**, demonstrating the remarkable transformations that can occur with commitment and perseverance.

The Willow Water Challenge aims to foster positive change in participants' lives, and Grant's testimony of **improved sleep, increased energy levels, and overall well-being is a testament to its success.** It is heartening to witness firsthand the tangible impact that the challenge has had on many of our patients lives.

We are deeply touched by Grant's gratitude and recognition of the difference that the Willow Water Challenge has made in their life. Their words serve as a source of inspiration for us all and reinforce our **commitment to promoting holistic health and wellness within our community.**

Congratulations once again to Grant and everyone who took part in their well-deserved victory in the Willow Water Challenge 2024. We can't wait to witness the **continued positive impact of your journey to optimal health.**



# What's Happening in the Clevedon Community?

## Martial Arts Enthusiast Finds Relief and Renewed Ability through Chiropractic Care



For more than 30 years, martial arts has been an integral part of my life, shaping both my physical abilities and mental discipline. However, when a back injury began to hinder my performance, particularly with kicking techniques, **I knew I needed professional help.**

After years of enduring discomfort, I turned to Willow Chiropractic for assistance. Under the care of Dr. Giulia, I discovered that my back injury was more severe than I had realised, leading to significant misalignment. Through a crash course of **twice-weekly adjustments, I experienced immediate improvement.** My legs felt stronger, and the hip pain diminished significantly.

Though the pace of treatment has slowed, I continue to see progress. One technique, the jump spinning back kick, had become challenging and painful. Thanks to the care I received, **it's now much easier and pain-free to perform.**

Jim leads the martial arts club Clevedon Tang Soo Do at Yeo Moor Primary School in Clevedon. Sessions are held on Monday evenings from 7:30pm to 9:00pm, welcoming both children and adults. For more information, please visit [www.clevedontangsoodo.co.uk](http://www.clevedontangsoodo.co.uk) or contact [info@clevedontangsoodo.co.uk](mailto:info@clevedontangsoodo.co.uk). You can also find them on Facebook for updates.

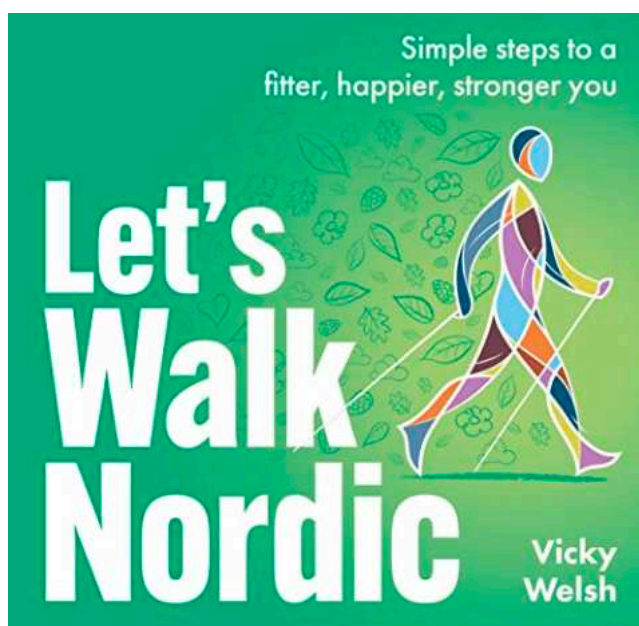
# Our Book Recommendations

## Let's Walk Nordic

"Let's Walk Nordic," authored by **Vicky Welsh, one of our very own practice members**, is a practical guide aimed at promoting **Nordic walking** as an accessible form of exercise for improving **mental and physical health**. Recognising the health disparities in Bristol, especially among communities on **low incomes and minority ethnic groups**, Welsh and **Subitha Baghirathan** have developed a Nordic walking program. This initiative, **funded by the NHS** and private sector, seeks to make Nordic walking **more inclusive**.

The book is a direct outcome of Welsh's experience as a Nordic walking instructor and her observation that **many enthusiasts miss out on the activity's full benefits due to poor technique**. It is designed to offer **straightforward advice** on mastering Nordic walking, targeting both beginners and those familiar with the exercise. The guide is enriched with **expert tips for enhancing the walking experience**, whether the goal is **weight loss**, addressing **specific health issues**, or simply **staying fit**.

Welsh's commitment to spreading the benefits of Nordic walking is evident through her work in expanding the program across Bristol, reaching over **200 people and diversifying the instructor team to reflect the city's multicultural population**. "Let's Walk Nordic" extends this commitment by providing readers with the knowledge to practice Nordic walking correctly and enjoy its advantages.



Fell free to borrow a copy of Let's Walk Nordic at reception!



Dr. Michael describes the book as an **excellent introduction to Nordic walking**, emphasising its benefits for **physical health, social interaction, and enjoyment**. The book encourages readers to take advantage of the improving weather to explore outdoor activities and **adopt a healthier lifestyle**.

In summary, "Let's Walk Nordic" is not just a manual; it's a **part of a broader effort to make health and wellness accessible to all in Bristol**. It's a useful resource for anyone looking to start or improve their Nordic walking practice, offering practical advice for getting the most out of this **enjoyable and healthful activity**.



## Vicky's Story

"I've been seeing my chiropractor for several years now. It was amazing that just a few adjustments released me from my tension and pain. My whole chiropractic experience caused me to reflect on how compatible Chiropractic is with what I do: teaching people how to improve their health and fitness through Nordic walking.

Both Chiropractic and Nordic walking are about helping keep your skeleton, joints, and muscles healthy. A chiropractor uses adjustments to treat musculoskeletal pain and keep your body healthy. Nordic walking helps re-educate your body on correct walking movement, strengthening your body, releasing tension, and helping you walk faster. It's the perfect combination."

# Real stories from real people

## Rita's Story

*"I began seeing Giulia at the end of December for my **fibromyalgia symptoms**, and it's truly remarkable how much my pain has decreased in such a short time. When Giulia explained how the nerves are affected and the various issues they can cause, **I didn't expect a chiropractor to be able to help with my condition.***

*Since starting treatment, I can go days without experiencing pain throughout my entire body, and I haven't had any pain in my arms. **I can walk further without my legs aching, and my reliance on Zapain has significantly decreased. I'm also sleeping longer without being disturbed by pain.***"

### Thank You

*"Rita is doing fantastic! She is so dedicated, never misses an appointment and is determined to get well. **I am so glad to be part of this journey with her.** Keeping her spine as healthy as possible is my priority!"*



Dr Giulia  
Doctor Of Chiropractic

Rita and her husband





# Clevedon Walk Of The Month

## Clevedon Woods

Introducing Kelly, our newest team member and Chiropractic Assistant at our Clevedon clinic! We're thrilled to have her on board, and she's already making waves with her contributions. **She has recommended Clevedon Woods as our walk for this newsletter.**



**Kelly**  
Chiropractic Assistant

**Distance:** Approximately 2.5 miles

**Duration:** Approximately 1.5 hours

### Starting Point:

The walk begins at the crossroads in Highdale Avenue. On-street parking is available, so please park considerately to ensure space for other visitors.

### Why I Recommend It:

*"The Clevedon Woods walk is like a peaceful retreat into nature, right on our doorstep. You can soak up the quiet beauty of the countryside, with nice paths to stroll along and lovely views. It's perfect if you just want to chill outdoors without going too far from home. The path goes in a big circle, thanks to the Clevedon Civic Society, so you can take your time wandering through the trees. It's just a simple, relaxing way to enjoy nature and unwind."*

### Walking is one of the simplest and most effective forms of exercise for maintaining optimal health ...

**Mood Booster:** Walking releases endorphins, the body's natural feel-good chemicals, which can help reduce feelings of stress, anxiety, and depression. It's a simple way to boost your mood and improve mental well-being.

**Joint Health:** Contrary to popular belief, walking can actually help improve joint health by lubricating the joints and strengthening the muscles that support them. It's a gentle form of exercise that can be beneficial for people with arthritis or joint pain.

**Bone Strength:** Weight-bearing exercises like walking help to build and maintain bone density, reducing the risk of osteoporosis and fractures as you age.

**Increased Energy Levels:** Walking increases blood flow and oxygen delivery throughout the body, providing a natural energy boost. Regular physical activity can also improve sleep quality, leaving you feeling more refreshed and energised during the day.

Explore Clevedon Woods at your own pace and enjoy the tranquility of the countryside. **It's a perfect opportunity to unwind and connect with nature close to home.**



## Dr Giulia's Recommendation - New Habits

### 10-Minute Yoga Routine

I'm thrilled to share with you my 10-minute yoga routine to complement your chiropractic adjustments and boost your overall spinal health. Spending just a few minutes practicing yoga in the morning or evening **can have a significant impact on your well-being.**

#### How to create your morning ritual

**Spinal Flexibility:** This routine incorporates gentle movements like Cat-Cow stretch, twists, and forward folds, which help to stretch and mobilize the spine, enhancing flexibility and range of motion.

**Improved Posture:** By strengthening and lengthening the muscles along the spine and those that support it, this routine can correct poor posture habits, reducing strain on the spine and promoting better alignment.

**Reduced Risk of Back Pain:** Regular yoga practice helps alleviate tension and tightness in the back and spine muscles, reducing the likelihood of experiencing discomfort or pain.

**Enhanced Core Strength:** Engaging the core muscles in various poses provides stability and support to the spine, protecting it from injuries and maintaining its health.

**Stress Relief:** Mindful breathing and movement in yoga reduce stress and tension in the body, promoting relaxation and overall well-being.

**Increased Body Awareness:** Yoga cultivates awareness of body alignment and movement patterns, helping you understand how to move safely and efficiently, both on and off the mat.

By combining regular chiropractic adjustments with this yoga routine, you can significantly improve your spinal health and slow down the wear and tear process for years to come.

Ready to give it a try?

Scan the QR code to view  
an insightful yoga routine.



# 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.

**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**



## Massage Therapy at Willow

Feeling tense? Struggling with **muscular aches or pains from stress, exertion, or a sports injury?** Massage therapy at Willow might just be the solution you need.

We often find that massage therapy **complements chiropractic care perfectly**. While our chiropractors focus on rebalancing your spine and restoring normal nerve function, **our massage therapists work on relaxing those tight, knotty muscles**. Together, these therapies can help you achieve a more **comprehensive healing and wellness experience**.

At Willow, our qualified massage therapists are experts in both **deep tissue and sports massage**. They're ready to assess your needs and offer the most effective therapy for you, ensuring you get **precisely the kind of care you need to relieve pain and live life fully**.

### Massage Services Launching in Clevedon and Nailsea!

We're excited to announce the **expansion of our massage treatments to Clevedon and Nailsea**. With varying opening hours across our clinics, including Emersons Green, **we're here to accommodate your schedule**. Our approach to massage therapy is not just about offering relief; **it's about providing an affordable, cost-effective solution to support your overall health and wellness**.

**Ready to experience the difference?**

Whether you're looking to relieve tension, address a sports-related injury, or simply wish to enhance your wellbeing, our team at Willow is here to support you. **Visit us at Emersons Green, Nailsea, or Clevedon**, and discover how massage therapy can help you live your life to the fullest.

For more details, **visit our website or reach out directly**.







# YATE NEWSLETTER

SPRING 2024



**Your Practice Manager**

**Lee Brankin**  
**Yate Team**

Please feel free to contact us

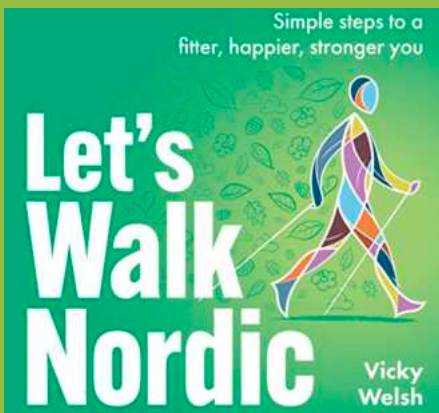
✉ [hello@willowlife.co.uk](mailto:hello@willowlife.co.uk)

☎ 01454 740075

## WHAT'S INSIDE

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

## HIGHLIGHTS





Freya Roberts-Bolton  
Doctor Of Chiropractic

## Unlocking the Power of Quality Sleep

### A Chiropractors' Insight into Sleep Health

As a chiropractor deeply invested in the well-being of my patients, I've dedicated my career to understanding the **intricate connection between spinal health and overall wellness**. In our modern society, where stress and sedentary lifestyles have become the norm, the importance of **prioritising restorative sleep cannot be overstated**.

It's alarming to note that a staggering **75% of the UK population falls short of the recommended 7 to 9 hours of sleep per night**. This widespread sleep deprivation has far-reaching consequences, contributing to a multitude of negative health outcomes, including heightened **risks of cardiovascular issues, diabetes, and cognitive decline**.

**But what exactly happens when we sleep?** Far from being a passive state, sleep is a dynamic process during which our bodies engage in **essential repair and restoration**. While we rest, our bodies undergo **tissue repair, muscle regeneration** (particularly crucial for individuals embarking on new fitness endeavours), and **overall physical rejuvenation**.

Additionally, sleep is indispensable for **cognitive function and memory consolidation**. Throughout the night, our brains diligently process and integrate the information acquired during the day, strengthening **neural connections and regulating neurotransmitter release to support optimal brain function**.

At our clinic, we've witnessed firsthand the transformative power of chiropractic care in improving sleep quality. In the first six weeks of 2024 alone, **nearly 60% of our patients reported remarkable enhancements in their sleep quality following chiropractic adjustments**. By addressing underlying issues such as spinal misalignments, muscle tension, and nervous system dysfunctions, chiropractic care provides a holistic approach to enhancing **sleep quality and promoting overall health**.

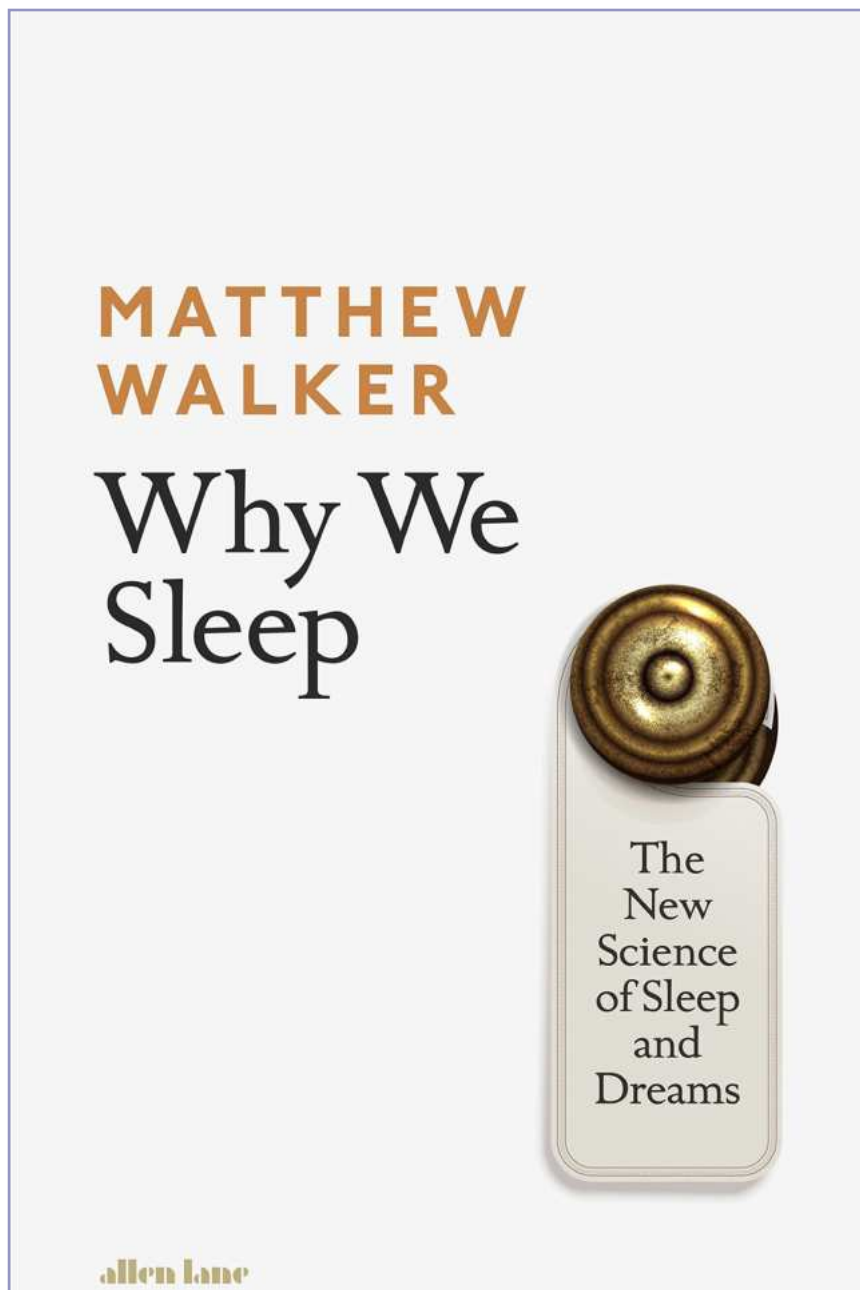
Indeed, chiropractic adjustments not only **alleviate physical discomfort** but also play a crucial role in **reducing stress levels and promoting relaxation** - a vital prerequisite for achieving restful sleep. By restoring proper spinal alignment and optimising nervous system function, chiropractic care empowers individuals to enjoy deeper, more rejuvenating sleep and wake up feeling refreshed and revitalised.

### References

Omnibus research commissioned among 4,003 UK adults between 13th and 18th October 2021  
<https://academic.oup.com/sleep/article/38/6/843/2416939>

If you've enjoyed reading this article, I have a book suggestion for you:

## Why We Sleep - by Matthew Walker



Walker explores the profound impact of sleep on our health. Through **engaging storytelling and scientific research**, Walker reveals how inadequate sleep affects **cognitive function, immune system health, and overall well-being**.

With alarming statistics on the prevalence of sleep deficiency in modern society, Walker advocates for **proactive measures to prioritise restorative sleep**. His insights offer invaluable guidance for achieving optimal health through better sleep habits.

Give it a go and let us know what you think. **We'd love to know your thoughts on this exploration.**



# Heal With Food

## Revitalise Your Mornings with Kefir Overnight Oats

Are you seeking a quick and nourishing breakfast option to kickstart your day? Look no further! I'm thrilled to share a delightful **3-ingredient recipe** for Kefir Overnight Oats that **promises convenience without compromising on taste or nutrition**. As an advocate of kefir's health benefits, I'm excited to introduce you to this effortless breakfast solution. Kefir is not only rich in probiotics, supporting a healthy gut microbiome, but it also boasts a generous serving of **protein to keep you feeling satisfied until your next meal**. With its creamy texture and tangy flavor, kefir offers a refreshing alternative to traditional yogurt, making it a versatile addition to your culinary repertoire. Now, let's dive into the recipe!



Sarah Barrow  
Doctor Of Chiropractic

### Recipe Prep:

Prepare your breakfast bowl by combining 1/2 cup of old-fashioned oats with 1 cup of kefir in a jar or container. **Mix well to ensure the oats are evenly coated with the kefir**. For an extra nutritional boost, consider adding chia seeds the night before, allowing them to help thicken the mixture overnight. Next, decorate your oats with a generous serving of frozen fruit. **The frozen fruit not only adds natural sweetness but also provides a delightful contrast in texture**. Cover the jar with a lid and refrigerate overnight to allow the flavors to meld and the oats to soften.

### Ingredients:

- 1 cup kefir (plain or flavored)
- 1/2 cup old-fashioned oats
- 1 cup frozen fruit
- 1 teaspoon honey (optional for added sweetness)
- Additional toppings (chia seeds, flaxseed, sliced almonds, etc.)

### Instructions:

1. Mix 1/2 cup of old-fashioned oats with 1 cup of kefir in a jar or container.
2. Add frozen fruit on top and cover with a lid to refrigerate overnight.
3. In the morning, add any desired toppings and enjoy!

Start your day on a delicious and nutritious note with Kefir Overnight Oats. Whether you're meal-prepping for the week ahead or craving a fuss-free breakfast option, **this recipe is will nourish your body from within**.

Here's to vibrant mornings and wholesome beginnings!

# Community News

## Willow Partner with Pure Gym

In a bid to champion better posture and overall wellness within the Bristol community, **Willow has formed an exciting partnership with Pure Gym**, offering free posture checks at select gym branches. Poor posture isn't just about slouching; it can lead to a host of health issues like back pain, headaches, and reduced mobility. Understanding the importance of addressing posture early on, we're taking our expertise beyond our clinic doors and into the heart of Bristol.

Starting soon, members and visitors at Pure Gym locations across Bristol will have the opportunity **to offer complimentary posture checks**. These checks will provide valuable insights into posture habits and potential areas for improvement. "We're thrilled to collaborate with Pure Gym to bring our posture expertise directly to Bristolians," shares Dr Michael from our Clifton clinic. **"Better posture isn't just about appearances; it's about feeling better and optimising overall health."**



During the checks, participants will receive **personalised recommendations and tips for enhancing their posture, tailored to their unique needs and routines**. Whether it's adjusting workstations, incorporating targeted exercises, or making simple lifestyle tweaks, the aim is to empower individuals to take proactive steps toward better posture and overall wellness.

**Keep an eye out for upcoming dates when we will be offering free posture checks at a Pure Gym near you.** Take the first step toward better posture and better health – your body will thank you.

# What's Been Happening in the Yate Community

**Next time we hold an open day, you should definitely come, and here's why:**

On Tuesday, January 19th, 2023, we hosted a health talk titled **'Headaches and Migraine Relief - A Chiropractic Understanding.'** Our Free Open Day and Community Talk was the perfect opportunity to visit our Yate clinic, speak with one of our Chiropractors about pain or any other concerns, and have posture checks, all **completely free of charge.**

Attendees joined us for an enlightening session where we unraveled the complexities behind headaches and migraines, offering a **new perspective on managing these debilitating conditions.** The talk focused not only on temporary relief but also on understanding **root causes and discovering how chiropractic care could offer a pathway to long-term wellness.**

This was an excellent opportunity to learn more about the mind and body, discuss complaints, and understand how chiropractic care could benefit, all completely free of charge! We understand the challenges of maintaining a healthy lifestyle, especially when managing pain and discomfort. **Everyone deserves to live a healthy, pain-free life,** which is why we're dedicated to helping the people of Bristol achieve optimal health and well-being.

We wanted to share our knowledge and expertise with attendees and their loved ones. Our experienced team of chiropractors were on hand to **answer any questions and help improve the quality of life.** Whether it was mum, dad, brother, auntie, uncle, children, grandmother, grandfather, best friend, or anyone else, **we checked them all completely free of charge and with no obligations attached.** If there's a specific topic you're interested in exploring further, we'd be **delighted to discuss it with you in the clinic.**



# Miracle Stories

## Dave's Story

*"Initially I had to stop all forms of training and exercising due to my **back pain being so severe**, I could barely put my socks on in the morning. Everything I enjoyed doing I had to stop. Before, when I went on a bike ride, **I could not stand up straight for 3 hours afterwards**.*

***Now, I have just completed 2 long distance cycles**, with hardly any pain whatsoever. I can recover so much quicker, and it's made a massive difference to my life, especially with my sleep. **I don't wake up with numb hands anymore**. If you're in similar shoes, I strongly advise you go to Willow. Thank you Hardus."*

## Thank You

*"I am so glad to hear about the positive changes in your life after visiting Willow. **It's great to hear that you can now enjoy your activities without experiencing any pain**. It's also wonderful that you sleep better and wake up without numb hands.*

***Thank you for sharing your experience with me and trusting chiropractic to get and keep you well**. Thank you also for your recommendation. Your feedback means a lot to us, **we're always happy to help our clients achieve their health goals. Here's to your health!**"*



Hardus De Beer -  
Doctor Of Chiropractic



Dave



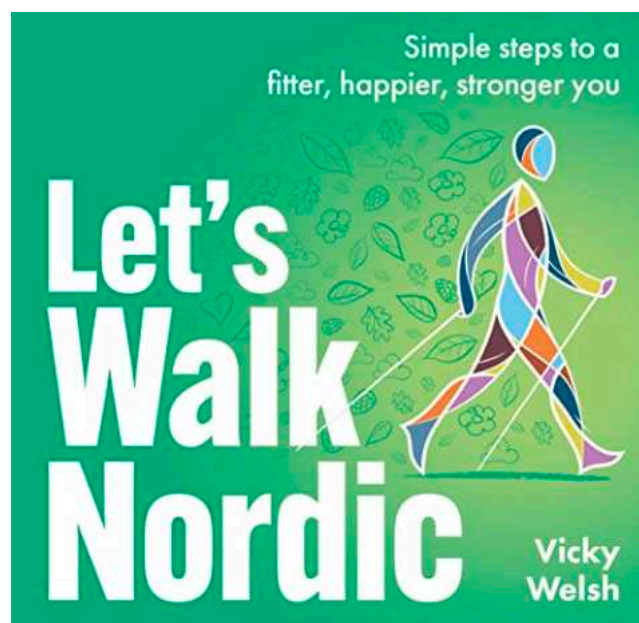
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In summary, "Let's Walk Nordic" is not just a manual; it's a **part of a broader effort to make health and wellness accessible to all in Bristol**. It's a useful resource for anyone looking to start or improve their Nordic walking practice, offering practical advice for getting the most out of this **enjoyable and healthful activity**.



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# Yate Walk Of The Month

## Bristol & Bath Railway Path

Reccomended by Chloe, our Chiropractic Assistant in Yate



**Chloe**  
Chiropractic Assistant

Explore the Bristol and Bath Railway Path, a serene route connecting these two charming cities. This 13-mile path, which follows a disused railway line, is perfect for **various activities, including walking, cycling, running, and it's accessible to people with disabilities too.**

### What To Know:

- The pathway is entirely traffic-free and mostly flat, making it ideal for a day out or for commuting between Bath and Bristol. Cyclists can pedal both ways, or if feeling fatigued, they can **conveniently catch a train from stations near the path's start and end.**
- During your journey, make sure to pause and enjoy refreshments at Bitton and Warmley Stations, where delightful cafes await. Alternatively, ***you can indulge in a pub lunch in Saltford.*** The path also features iconic sculptures and operational steam engines at Bitton station, a fitting location to the experience.
- Whether you're seeking a leisurely stroll, an invigorating run, or a scenic bike ride, **the Bristol and Bath Railway Path offers something for everyone.** So grab your walking shoes, hop on your bike, or lace up your running shoes, and embark on a delightful journey through the countryside.





## Dr Dan's Recommendation - A New Habit

# The Benefits of Daily Bone Broth Consumption

In recent weeks, I've developed the habit of drinking bone broth daily, and the benefits for my overall health and well-being have been remarkable:

**Supports Joint Health:** Rich in collagen, bone broth strengthens connective tissues, including joints, reducing discomfort and promoting flexibility.

**Aids Digestive Health:** The gelatin in bone broth supports gut lining integrity, reducing inflammation and enhancing nutrient absorption, crucial for overall wellness.

**Anti-Inflammatory Effects:** Compounds like glycine and proline in bone broth alleviate inflammation, critical for managing chronic pain often associated with spinal misalignment.

**Promotes Bone Density:** Packed with bone-strengthening minerals like calcium and magnesium, bone broth fortifies skeletal structure, vital for spinal health and alignment.

**Enhances Hydration:** Bone broth, a hydrating beverage rich in electrolytes, supports spinal disc health, maintaining proper hydration levels for optimal cushioning and shock absorption.

**Supports Weight Management:** Low in calories yet satiating due to its protein content, bone broth aids in weight management, reducing stress on the spine and joints.

**Improves Sleep Quality:** Glycine's calming effects promote restorative sleep, crucial for spinal tissue repair and overall wellness.

Incorporating bone broth into one's diet complements chiropractic care by **addressing inflammation, supporting tissue repair, and promoting overall spinal health and alignment.** Personally, I source my bones from my **local farmers market, but most butchers sell them.** I simply add a little **salt, old vegetables, and apple cider vinegar.** Delicious!

# Your chiropractic adjustment rhythm

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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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For more details, **visit our website or reach out directly**.







# FILTON NEWSLETTER

SPRING 2024



**Your Practice Manager**

Dom Heller

**Filton Team**

Please feel free to contact us



[hello@willowlife.co.uk](mailto:hello@willowlife.co.uk)

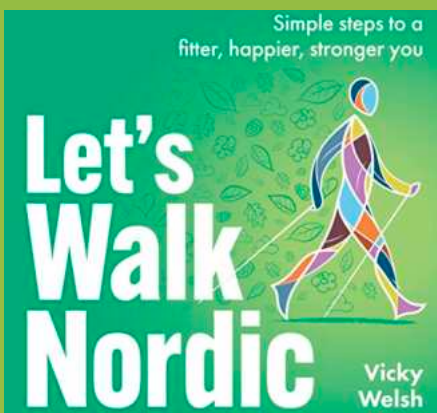


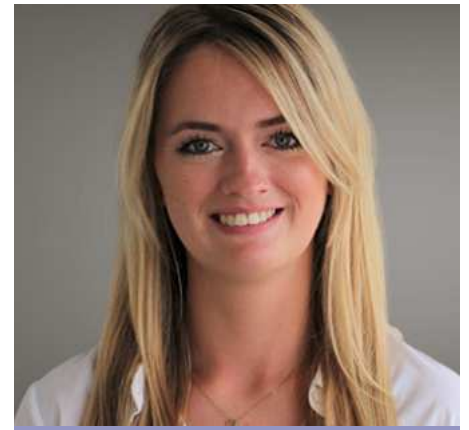
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Freya Roberts-Bolton  
Doctor Of Chiropractic

## Unlocking the Power of Quality Sleep

### A Chiropractors' Insight into Sleep Health

As a chiropractor deeply invested in the well-being of my patients, I've dedicated my career to understanding the **intricate connection between spinal health and overall wellness**. In our modern society, where stress and sedentary lifestyles have become the norm, the importance of **prioritising restorative sleep cannot be overstated**.

It's alarming to note that a staggering **75% of the UK population falls short of the recommended 7 to 9 hours of sleep per night**. This widespread sleep deprivation has far-reaching consequences, contributing to a multitude of negative health outcomes, including heightened **risks of cardiovascular issues, diabetes, and cognitive decline**.

***But what exactly happens when we sleep?*** Far from being a passive state, sleep is a dynamic process during which our bodies engage in **essential repair and restoration**. While we rest, our bodies undergo **tissue repair, muscle regeneration** (particularly crucial for individuals embarking on new fitness endeavours), and **overall physical rejuvenation**.

Additionally, sleep is indispensable for **cognitive function and memory consolidation**. Throughout the night, our brains diligently process and integrate the information acquired during the day, strengthening **neural connections and regulating neurotransmitter release to support optimal brain function**.

At our clinic, we've witnessed firsthand the transformative power of chiropractic care in improving sleep quality. In the first six weeks of 2024 alone, **nearly 60% of our patients reported remarkable enhancements in their sleep quality following chiropractic adjustments**. By addressing underlying issues such as spinal misalignments, muscle tension, and nervous system dysfunctions, chiropractic care provides a holistic approach to enhancing **sleep quality and promoting overall health**.

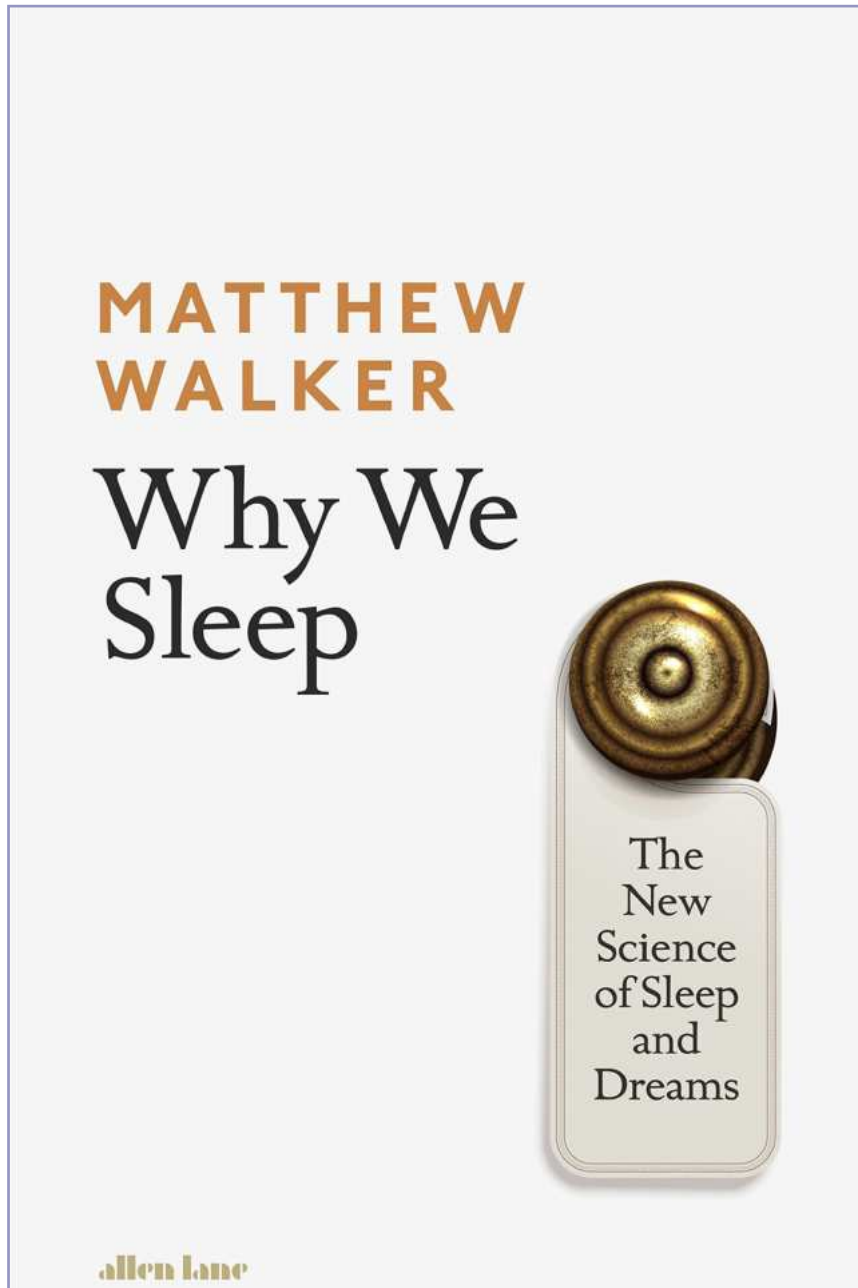
Indeed, chiropractic adjustments not only **alleviate physical discomfort** but also play a crucial role in **reducing stress levels and promoting relaxation** - a vital prerequisite for achieving restful sleep. By restoring proper spinal alignment and optimising nervous system function, chiropractic care empowers individuals to enjoy deeper, more rejuvenating sleep and wake up feeling refreshed and revitalised.

### References

Omnibus research commissioned among 4,003 UK adults between 13th and 18th October 2021  
<https://academic.oup.com/sleep/article/38/6/843/2416939>

If you've enjoyed reading this article, I have a book suggestion for you:

## Why We Sleep - by Matthew Walker



Walker explores the profound impact of sleep on our health. Through **engaging storytelling and scientific research**, Walker reveals how inadequate sleep affects **cognitive function, immune system health, and overall well-being**.

With alarming statistics on the prevalence of sleep deficiency in modern society, Walker advocates for **proactive measures to prioritise restorative sleep**. His insights offer invaluable guidance for achieving optimal health through better sleep habits.

Give it a go and let us know what you think. **We'd love to know your thoughts on this exploration.**



# Heal With Food

## Revitalise Your Mornings with Kefir Overnight Oats

Are you seeking a quick and nourishing breakfast option to kickstart your day? Look no further! I'm thrilled to share a delightful **3-ingredient recipe** for Kefir Overnight Oats that **promises convenience without compromising on taste or nutrition**. As an advocate of kefir's health benefits, I'm excited to introduce you to this effortless breakfast solution. Kefir is not only rich in probiotics, supporting a healthy gut microbiome, but it also boasts a generous serving of **protein to keep you feeling satisfied until your next meal**. With its creamy texture and tangy flavor, kefir offers a refreshing alternative to traditional yogurt, making it a versatile addition to your culinary repertoire. Now, let's dive into the recipe!



Sarah Barrow  
Doctor Of Chiropractic

### Recipe Prep:

Prepare your breakfast bowl by combining 1/2 cup of old-fashioned oats with 1 cup of kefir in a jar or container. **Mix well to ensure the oats are evenly coated with the kefir**. For an extra nutritional boost, consider adding chia seeds the night before, allowing them to help thicken the mixture overnight. Next, decorate your oats with a generous serving of frozen fruit. **The frozen fruit not only adds natural sweetness but also provides a delightful contrast in texture**. Cover the jar with a lid and refrigerate overnight to allow the flavors to meld and the oats to soften.

### Ingredients:

- 1 cup kefir (plain or flavored)
- 1/2 cup old-fashioned oats
- 1 cup frozen fruit
- 1 teaspoon honey (optional for added sweetness)
- Additional toppings (chia seeds, flaxseed, sliced almonds, etc.)

### Instructions:

1. Mix 1/2 cup of old-fashioned oats with 1 cup of kefir in a jar or container.
2. Add frozen fruit on top and cover with a lid to refrigerate overnight.
3. In the morning, add any desired toppings and enjoy!

Start your day on a delicious and nutritious note with Kefir Overnight Oats. Whether you're meal-prepping for the week ahead or craving a fuss-free breakfast option, **this recipe is will nourish your body from within**.

Here's to vibrant mornings and wholesome beginnings!

# Community News

## Willow Partner with Pure Gym

In a bid to champion better posture and overall wellness within the Bristol community, **Willow has formed an exciting partnership with Pure Gym**, offering free posture checks at select gym branches. Poor posture isn't just about slouching; it can lead to a host of health issues like back pain, headaches, and reduced mobility. Understanding the importance of addressing posture early on, we're taking our expertise beyond our clinic doors and into the heart of Bristol.

Starting soon, members and visitors at Pure Gym locations across Bristol will have the opportunity **to offer complimentary posture checks**. These checks will provide valuable insights into posture habits and potential areas for improvement. "We're thrilled to collaborate with Pure Gym to bring our posture expertise directly to Bristolians," shares Dr Michael from our Clifton clinic. **"Better posture isn't just about appearances; it's about feeling better and optimising overall health."**



During the checks, participants will receive **personalised recommendations and tips for enhancing their posture, tailored to their unique needs and routines**. Whether it's adjusting workstations, incorporating targeted exercises, or making simple lifestyle tweaks, the aim is to empower individuals to take **proactive steps toward better posture and overall wellness**.

**Keep an eye out for upcoming dates when we will be offering free posture checks at a Pure Gym near you.** Take the first step toward better posture and better health – your body will thank you.



# What's Happening in our Filton Community?

We're excited to announce a fantastic opportunity for you to not only support your loved ones in their journey to optimal wellness but also stand a chance to win a fabulous prize! Introducing the Filton Referral Raffle... Your opportunity to win a **£50 voucher for John Lewis simply by referring someone you care about to our practice.**

## Here's how it works:

1. Encourage your loved ones to book their initial consultation and Report of Findings (ROF) at any clinic.
2. Once they've attended their consultation, our CA team will write your name down and enter it into the raffle bowl.

There's no limit to the number of referrals you can make, so the more you refer, the greater your chances of winning!

We believe that sharing the gift of chiropractic care is not only beneficial for your friends and family but also for our entire community. By participating in the Filton Referral Raffle, you're not only **contributing to the wellbeing of your loved ones but also potentially winning a fantastic prize for yourself!**

Remember, every referral you make increases your chances of winning. We look forward to seeing the positive impact of your referrals and announcing the lucky winner of the £50 John Lewis voucher!

This raffle runs every month, **Speak to our reception team for more information.**

# Miracle Stories

## Maria's Story

*Diagnosed with Rheumatoid Arthritis at the tender age of 7, pain became a constant companion throughout my upbringing. At only 30 years old, I faced another formidable adversary - cerebral cancer, a diagnosis that turned my world upside down 20 years ago. The last few years have been the toughest battle of my life. COPD, TMJ, Fibromyalgia, and now Long COVID; these chronic illnesses have taken over my life.*

*My pain became unbearable, making even the simplest tasks like getting out of bed a monumental challenge. I had to give up work, hobbies such as gardening and swimming, and family gatherings were marred by pain and discomfort. I withdrew from friends and social activities, and soon, depression and anxiety became my constant companions. My stress levels soared, exacerbating my symptoms and leaving me vulnerable.*

*At this point, my medicine cabinet resembled a pharmacy shelf, filled with medications to alleviate my pain, ease back spasms, and manage other symptoms. I tried to convince myself that the pills were helping, but deep down, I knew they weren't. Night after night, pain enveloped my entire body, and my back spasms and lockjaw returned with a vengeance. I found myself scrolling through social media, desperately seeking relief, when I stumbled upon Willow.*

*Could it be true? Could a chiropractor adjust my spine and help my body heal itself? Nervous but hopeful, I made my way to Willow. From the moment I stepped in, the friendly staff put me at ease. Dr. Ana, with her empathetic demeanor, listened to my story and made me feel understood. Despite my anxiety and pain levels, Dr. Ana performed a gentle adjustment on my spine. As I sat in my car afterward, tears streamed down my face. For the first time in years, I felt hopeful.*

*Dr. Ana devised a personalised treatment plan for me, emphasising that healing wouldn't happen overnight but with consistent effort and a positive mindset. Five weeks later, I can confidently say that I'm the happiest I've been in years. My muscle and body pain have significantly improved, and my TMJ/lockjaw flare-ups are less frequent. Rheumatoid Arthritis is still a challenge, but it's manageable, thanks to the treatment I've received.*

*But perhaps the most remarkable change has been my sense of smell. After two decades of being unable to smell anything, I can now smell laundry powder, garlic, peppers, and even my grandson's nappy! It's an incredible feeling that I can't quite put into words.*

*I'm immensely grateful to Dr. Ana and the entire staff at Willow for their care and support. To others struggling with health issues, I urge you to seek help and not suffer in silence. Nobody can take away your pain, but you have the power to reclaim your happiness. Thank you, Dr. Ana, for giving me hope and helping me rediscover joy in life.*





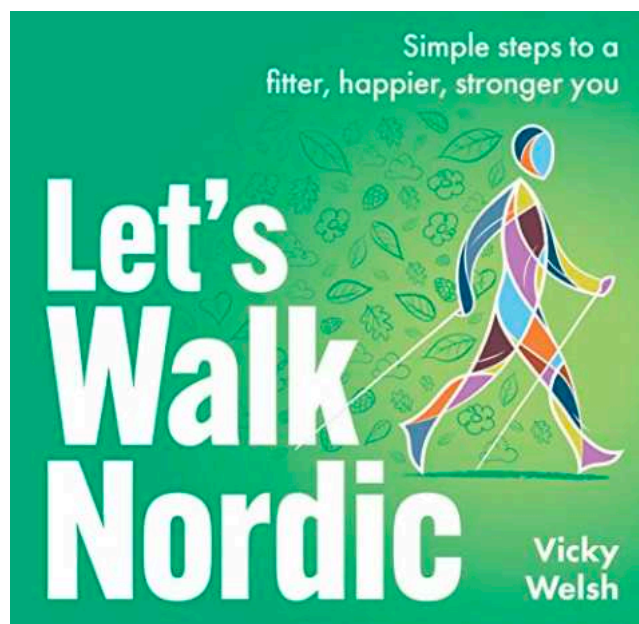
# Our Book Recommendations

## Let's Walk Nordic

"Let's Walk Nordic," authored by **Vicky Welsh**, one of our very own practice members, is a practical guide aimed at promoting **Nordic walking** as an accessible form of exercise for improving **mental and physical health**. Recognising the health disparities in Bristol, especially among communities on **low incomes and minority ethnic groups**, Welsh and **Subitha Baghirathan** have developed a Nordic walking program. This initiative, **funded by the NHS** and private sector, seeks to make Nordic walking **more inclusive**.

The book is a direct outcome of Welsh's experience as a Nordic walking instructor and her observation that **many enthusiasts miss out on the activity's full benefits due to poor technique**. It is designed to offer **straightforward advice** on mastering Nordic walking, targeting both beginners and those familiar with the exercise. The guide is enriched with **expert tips for enhancing the walking experience**, whether the goal is **weight loss**, addressing **specific health issues**, or simply **staying fit**.

Welsh's commitment to spreading the benefits of Nordic walking is evident through her work in expanding the program across Bristol, reaching over **200 people and diversifying the instructor team to reflect the city's multicultural population**. "Let's Walk Nordic" extends this commitment by providing readers with the knowledge to practice Nordic walking correctly and enjoy its advantages.



Fell free to borrow a copy of Let's Walk Nordic at reception!

Dr. Michael describes the book as an **excellent introduction to Nordic walking**, emphasising its benefits for **physical health, social interaction, and enjoyment**. The book encourages readers to take advantage of the improving weather to explore outdoor activities and **adopt a healthier lifestyle**.

In summary, "Let's Walk Nordic" is not just a manual; it's a **part of a broader effort to make health and wellness accessible to all in Bristol**. It's a useful resource for anyone looking to start or improve their Nordic walking practice, offering practical advice for getting the most out of this **enjoyable and healthful activity**.



## Vicky's Story

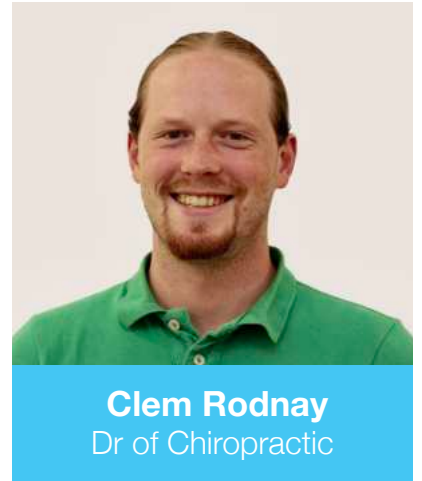
"I've been seeing my chiropractor for several years now. It was amazing that just a few adjustments released me from my tension and pain. My whole chiropractic experience caused me to reflect on how compatible Chiropractic is with what I do: teaching people how to improve their health and fitness through Nordic walking.

Both Chiropractic and Nordic walking are about helping keep your skeleton, joints, and muscles healthy. A chiropractor uses adjustments to treat musculoskeletal pain and keep your body healthy. Nordic walking helps re-educate your body on correct walking movement, strengthening your body, releasing tension, and helping you walk faster. It's the perfect combination."



# Filton Walk Of The Month

## Rodway Hill & Carsons Copse



**Clem Rodney**  
Dr of Chiropractic

*“Explore the expansive beauty of Rodway Hill & Carsons Copse, a sprawling green space nestled next to Emersons Green. Encompassing an impressive 34.5 acres this area is **beloved by locals, especially dog owners who frequent its peaceful paths.***

*With a storied past dating back to Saxon times, Rodway Hill & Carsons Copse **holds a rich historical significance.** Once under the ownership of the King, it is steeped in legend, with tales of a **great battle fought and won by a legendary general named ‘Mane’ against the Britons.** Today, the area has transformed into a peaceful haven, dotted with small wooded areas and offering picturesque views stretching across Bristol.*

*Conveniently linked with Pomphrey Hill Playing Fields, Rodway Hill & Carsons Copse provides endless opportunities for outdoor enjoyment. **Whether you’re cycling along the main route or embarking on a leisurely stroll with your furry friend, there’s something for everyone to enjoy in this serene landscape.** Recently, I had the pleasure of exploring Rodway Hill & Carsons Copse with my beloved dog, Kawhi, and it was an experience to remember.*

*Make sure to send in your pictures to [hello@willowlife.co.uk](mailto:hello@willowlife.co.uk) as you wander through the scenic wonderland of Rodway Hill & Carsons Copse.”*



## Dr Ana's Recommendation - New Habits

### The Transformative Power of Instinctive Journaling

Feeling overwhelmed and stressed, struggling to find focus or sleep despite good habits? If so, **you're not alone**. Many find themselves in a similar situation, with a mind crowded with tasks and worries. While traditional to-do lists are helpful, **they don't always address the deeper need for calm, organisation, and increased productivity**. That's where instinctive journaling comes in.

Instinctive journaling encourages spontaneous expression, bypassing structured formats to tap into **intuition and raw emotions**. By embracing this practice without judgment, individuals can uncover hidden insights and enhance self-discovery. It offers a safe space for free-flowing thoughts, allowing one to capture the essence of **ideas, emotions, and thoughts**. **The key to instinctive journaling lies in surrendering to the flow of thoughts without judgement. Just grab a pen and a piece of paper, and start with the first words that come in mind.**

Here are ten benefits you'll notice:

- Studies have shown that journaling can help people manage anxiety and reduce symptoms, especially as part of a mental health treatment program.
- Reflecting on your thoughts and behaviors encourages you to view yourself through multiple lenses.
- Self-reflection channels your energy towards specific goals and aids in discovering your values, beliefs, and core identity.
- It enhances problem-solving and decision-making skills, clarifies thoughts, and facilitates finding solutions.
- Self-reflection also strengthens resilience in the face of challenges and cultivates authenticity, as writing solely for yourself frees you from societal norms or expectations.
- Additionally, it promotes better sleep by alleviating the mental burden of thoughts, transferring some weight onto paper.

# 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.

**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** or call us **0800 511 8966**



## Massage Therapy at Willow

Feeling tense? Struggling with **muscular aches or pains from stress, exertion, or a sports injury?** Massage therapy at Willow might just be the solution you need.

We often find that massage therapy **complements chiropractic care perfectly**. While our chiropractors focus on rebalancing your spine and restoring normal nerve function, **our massage therapists work on relaxing those tight, knotty muscles**. Together, these therapies can help you achieve a more **comprehensive healing and wellness experience**.

At Willow, our qualified massage therapists are experts in both **deep tissue and sports massage**. They're ready to assess your needs and offer the most effective therapy for you, ensuring you get **precisely the kind of care you need to relieve pain and live life fully**.

### Massage Services Launching in Clevedon and Nailsea!

We're excited to announce the **expansion of our massage treatments to Clevedon and Nailsea**. With varying opening hours across our clinics, including Emersons Green, **we're here to accommodate your schedule**. Our approach to massage therapy is not just about offering relief; **it's about providing an affordable, cost-effective solution to support your overall health and wellness**.

Ready to experience the difference?

Whether you're looking to relieve tension, address a sports-related injury, or simply wish to enhance your wellbeing, our team at Willow is here to support you. **Visit us at Emersons Green, Nailsea, or Clevedon**, and discover how massage therapy can help you live your life to the fullest.

For more details, **visit our website or reach out directly**.







# EMERSONS GREEN NEWSLETTER

## SPRING 2024



**Your Practice Manager**

**Lee Brankin**  
**Yate Team**

Please feel free to contact us

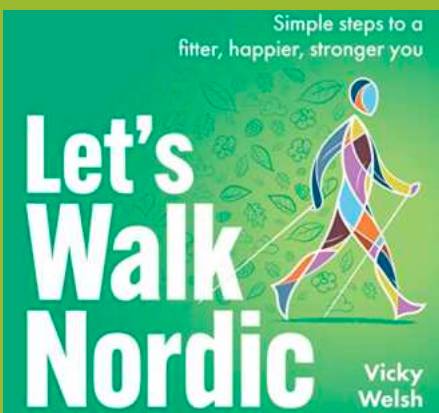
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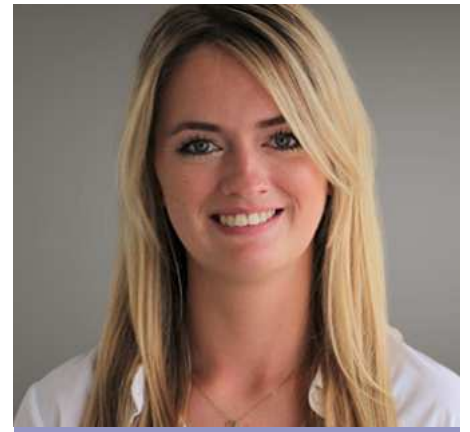
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## WHAT'S INSIDE

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

## HIGHLIGHTS





Freya Roberts-Bolton  
Doctor Of Chiropractic

## Unlocking the Power of Quality Sleep

### A Chiropractors' Insight into Sleep Health

As a chiropractor deeply invested in the well-being of my patients, I've dedicated my career to understanding the **intricate connection between spinal health and overall wellness**. In our modern society, where stress and sedentary lifestyles have become the norm, the importance of **prioritising restorative sleep cannot be overstated**.

It's alarming to note that a staggering **75% of the UK population falls short of the recommended 7 to 9 hours of sleep per night**. This widespread sleep deprivation has far-reaching consequences, contributing to a multitude of negative health outcomes, including heightened **risks of cardiovascular issues, diabetes, and cognitive decline**.

***But what exactly happens when we sleep?*** Far from being a passive state, sleep is a dynamic process during which our bodies engage in **essential repair and restoration**. While we rest, our bodies undergo **tissue repair, muscle regeneration** (particularly crucial for individuals embarking on new fitness endeavours), and **overall physical rejuvenation**.

Additionally, sleep is indispensable for **cognitive function and memory consolidation**. Throughout the night, our brains diligently process and integrate the information acquired during the day, strengthening **neural connections and regulating neurotransmitter release to support optimal brain function**.

At our clinic, we've witnessed firsthand the transformative power of chiropractic care in improving sleep quality. In the first six weeks of 2024 alone, **nearly 60% of our patients reported remarkable enhancements in their sleep quality following chiropractic adjustments**. By addressing underlying issues such as spinal misalignments, muscle tension, and nervous system dysfunctions, chiropractic care provides a holistic approach to enhancing **sleep quality and promoting overall health**.

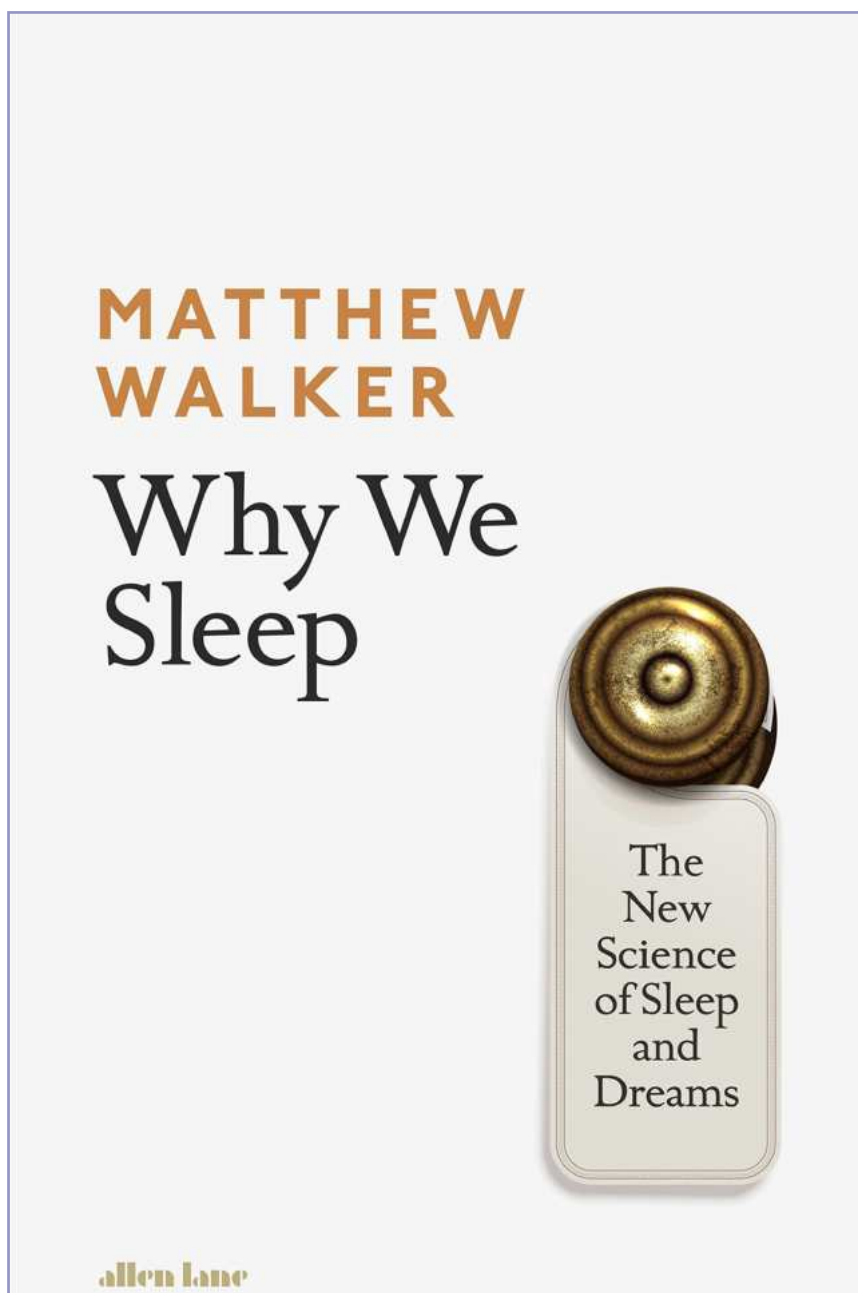
Indeed, chiropractic adjustments not only **alleviate physical discomfort** but also play a crucial role in **reducing stress levels and promoting relaxation** - a vital prerequisite for achieving restful sleep. By restoring proper spinal alignment and optimising nervous system function, chiropractic care empowers individuals to enjoy deeper, more rejuvenating sleep and wake up feeling refreshed and revitalised.

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Sarah Barrow  
Doctor Of Chiropractic

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# Community News

## A Day of Health and Learning: Recap of Our Free Open Day

We were delighted to welcome families and individuals to our Free Open Day and Community Talk at the Emersons Green clinic. This special event provided a **unique opportunity for attendees to consult with our chiropractors about any pain or health concerns and receive a complimentary posture check.**

### Event Highlights: Saturday 23rd March 2024

The highlight of the day was our health talk on **'Prenatal, Postnatal, and Pediatric Health - How Chiropractic Can Support.'** This informative session aimed to shed light on the crucial benefits of chiropractic care throughout pregnancy, into the postnatal period, and for our youngest family members. Our expert speaker, Lacey, **captivated attendees with insights into how chiropractic adjustments can significantly improve the health and well-being of expectant mothers, new parents, and their children.**

The event offered a valuable platform for learning more about holistic health and discussing personal health complaints. It underscored our commitment to helping the people of Bristol live a healthy, pain-free life. **Recognising the challenges of maintaining a healthy lifestyle, especially when managing pain and discomfort,** we are dedicated to promoting optimal health and well-being.

Our team of experienced chiropractors was on hand to **answer questions and offer advice, helping attendees improve their quality of life.** Families and friends joined us, from mums and dads to children and grandparents, all benefiting from our comprehensive checks at no charge and with no obligations.

The Open Day was not just an opportunity to learn and receive health checks; **it was a chance for us to share our expertise and passion for chiropractic care with the community.** We're grateful for the enthusiasm and interest shown by all who attended and look forward to hosting more events like this in the future. **Thank you to everyone who joined us, making it a memorable day dedicated to health and learning.** We're excited to continue supporting the Bristol community on their journey to optimal health. If there's a specific topic you're interested in exploring further, we'd be **delighted to discuss it with you in the clinic.**



# What's Happening in the Emersons Green Community?

## Local Healer's Journey to Reiki: A Story of Transformation

In the Emersons community, a unique and inspiring story unfolds around a local business, **Helping Hands Healing Hearts**, founded by a woman whose own journey through physical adversity led her to discover her calling in Reiki. **Her experience with chronic back issues and the transformative care received at Willow Chiropractic marked the beginning of a new chapter.**

Despite enduring years of discomfort due to poor posture and the demands of motherhood, it was a persistent cough that brought her to a critical point, necessitating a search for healing. **This led her to Gabby at Willow, whose expertise and compassionate approach opened the door to a pain-free life, improved balance, and better posture.**

Motivated by her remarkable recovery and the care she received, she was inspired to share the power of Reiki with others... Helping Hands Healing Hearts was born in Downend. **The business is not just about providing Reiki therapy; it's a sanctuary for those seeking mental, physical, and emotional healing.**

Operating from her home, she offers a tranquil, supportive environment for her clients. Her practice has quickly gained traction, with more individuals seeking out Reiki as a complementary therapy to navigate life's challenges. **The growth of Helping Hands Healing Hearts is a testament to the increasing awareness and appreciation of Reiki's benefits in the community.** It's a journey from personal healing to facilitating the wellbeing of others, embodying a spirit of support and non-judgemental care. For anyone interested in exploring the benefits of Reiki or seeking a supportive path to wellness, **Helping Hands Healing Hearts welcomes you.**

### Facebook

Healing Hands Open Hearts

### Instagram

healing\_hands\_open\_hearts

### Email

healinghandsopenhearts@gmail.com.



# Miracle Stories

## The Jenkins-Kill Family's Journey to Wellness

The Jenkins-Kill family's journey with chiropractic care is a compelling narrative of resilience and healing. Through Chiropractic care, **the lives of Loretta and Brendon, and their son Theo, has been transformed.**

Loretta's initial struggles with **anxiety, sleep disturbances, and digestive issues was worsened by physical discomfort, including persistent pain in her head, neck, and lower back.** Beyond these challenges, the dream of expanding their family was shadowed by past **health concerns and doubts about fertility.**

The turning point in their story was marked not just by a significant alleviation of physical symptoms but by a life-changing announcement: **the anticipated arrival of their son.** Throughout Loretta's pregnancy, **Rolf and the Emersons Green team were a constant support, guiding them through challenges and ensuring that both mother and child were nurtured every step of the way.** Brendon, too, discovered relief through chiropractic care, addressing his physical challenges and enhancing his ability to fully participate in the joys and responsibilities of parenthood.

With the anticipation of welcoming their second child, Bonnie, the Jenkins-Kill family continued to rely on the Chiropractic care that had transformed their lives. The story of Loretta, Brendon, and Theo is more than a testimonial; it's a reflection on the interconnectedness of physical and mental well-being, the strength found in community, **and the transformative power of Chiropractic care.** It's a story that not only highlights their triumphs and challenges but also serves as an **inspiration for others to embrace the potential for healing.**

In sharing their story, the Jenkins-Kill family not only celebrates their journey of health and happiness but **also illuminates a path for others.**

Thank you for sharing your story with us!

## Thank You

*"Thank you Loretta and Brendon for sharing your and your family's inspiring story with our patients. **It has always been such a pleasure working with you all, celebrating the ups (your announcement of your being pregnant with Theo was one of the highlights of my career), but also working through the downs, where you trusted me and the process of chiropractic. This is what being a chiropractor is all about and I look forward to accompanying your family to optimise all your health for a long time to come.**"*



**Rolf**  
Doctor Of Chiropractic



Loretta, Brendan and Theo Jenkins-Kill



Baby Bonnie

The Whole Family



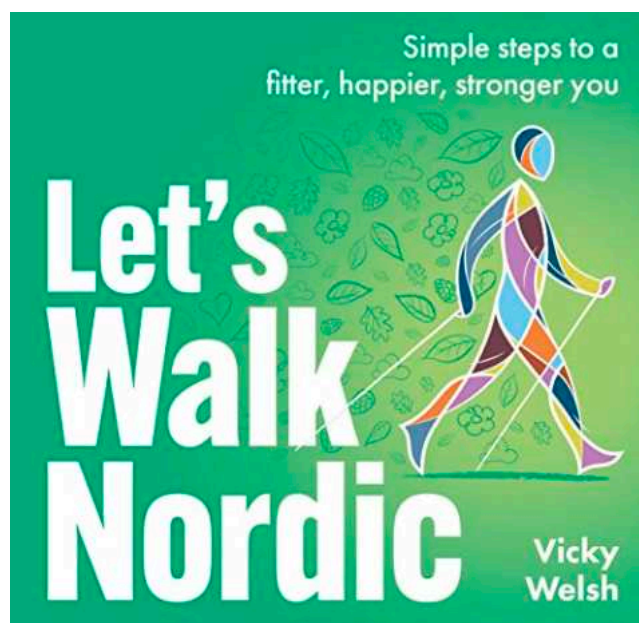
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"Let's Walk Nordic," authored by **Vicky Welsh, one of our very own practice members**, is a practical guide aimed at promoting **Nordic walking** as an accessible form of exercise for improving **mental and physical health**. Recognising the health disparities in Bristol, especially among communities on **low incomes and minority ethnic groups**, Welsh and **Subitha Baghirathan** have developed a Nordic walking program. This initiative, **funded by the NHS** and private sector, seeks to make Nordic walking **more inclusive**.

The book is a direct outcome of Welsh's experience as a Nordic walking instructor and her observation that **many enthusiasts miss out on the activity's full benefits due to poor technique**. It is designed to offer **straightforward advice** on mastering Nordic walking, targeting both beginners and those familiar with the exercise. The guide is enriched with **expert tips for enhancing the walking experience**, whether the goal is **weight loss**, addressing **specific health issues**, or simply **staying fit**.

Welsh's commitment to spreading the benefits of Nordic walking is evident through her work in expanding the program across Bristol, reaching over **200 people and diversifying the instructor team to reflect the city's multicultural population**. "Let's Walk Nordic" extends this commitment by providing readers with the knowledge to practice Nordic walking correctly and enjoy its advantages.



Fell free to borrow a copy of Let's Walk Nordic at reception!

Dr. Michael describes the book as an **excellent introduction to Nordic walking**, emphasising its benefits for **physical health, social interaction, and enjoyment**. The book encourages readers to take advantage of the improving weather to explore outdoor activities and **adopt a healthier lifestyle**.

In summary, "Let's Walk Nordic" is not just a manual; it's a **part of a broader effort to make health and wellness accessible to all in Bristol**. It's a useful resource for anyone looking to start or improve their Nordic walking practice, offering practical advice for getting the most out of this **enjoyable and healthful activity**.



## Vicky's Story

"I've been seeing my chiropractor for several years now. It was amazing that just a few adjustments released me from my tension and pain. My whole chiropractic experience caused me to reflect on how compatible Chiropractic is with what I do: teaching people how to improve their health and fitness through Nordic walking.

Both Chiropractic and Nordic walking are about helping keep your skeleton, joints, and muscles healthy. A chiropractor uses adjustments to treat musculoskeletal pain and keep your body healthy. Nordic walking helps re-educate your body on correct walking movement, strengthening your body, releasing tension, and helping you walk faster. It's the perfect combination."



# Emersons Walk Of The Month



**Chloe Ponter**  
Chiropractic Assistant

## Bristol & Bath Railway Path

Recommeneded by Chloe, our Chiropractic Assistant in Yate

Explore the Bristol and Bath Railway Path, a serene route connecting these two charming cities. This 13-mile path, which follows a disused railway line, is perfect for **various activities, including walking, cycling, running, and it's accessible to people with disabilities too.**

### What To Know:

- The pathway is entirely traffic-free and mostly flat, making it ideal for a day out or for commuting between Bath and Bristol. Cyclists can pedal both ways, or if feeling fatigued, they can **conveniently catch a train from stations near the path's start.**
- During your journey, make sure to pause and enjoy refreshments at Bitton and Warmley Stations, where delightful cafes await. Alternatively, ***you can indulge in a pub lunch in Saltford.*** The path also features iconic sculptures and operational steam engines at Bitton station, a fitting location to the experience.
- Whether you're seeking a leisurely stroll, an invigorating run, or a scenic bike ride, **the Bristol and Bath Railway Path offers something for everyone.** So grab your walking shoes, hop on your bike, or lace up your running shoes, and embark on a delightful journey through the countryside.





## Dr Gabi's Recommendation - A New Habit

### Unlock Your Inner Sanctuary: The Healing Power of Meditation

In the hustle and bustle of our modern lives, it's easy to forget the importance of taking a moment to **pause, breathe, and reconnect with ourselves**. For this spring, I invite you to spring into a new habit: **meditation**. Meditation offers us a serene sanctuary for both our body and mind to find peace, balance, and vitality. Meditation delves into the gentle rhythms of our breath, the subtle whispers of our thoughts, and the quiet of our heart.

But did you know that meditation goes beyond just relaxation? It's a powerful tool that can help **manage pain perception by changing our relationship with discomfort**. When we are in a state of mindful awareness, we learn to observe sensations without judgment or resistance, allowing them to come and go like waves upon the shore. And that's not all – when we focus on our breath during meditation, we **activate the vagus nerve, the body's built-in mechanism for rest and repair**. This triggers a cascade of healing responses that promote deep relaxation, rejuvenation, and overall well-being.

So, how can you start your journey into the world of meditation? **It's simpler than you might think:**

- **Create Your Sanctuary:** Find a quiet, comfy spot where you can escape the noise of the outside world.
- **Get Comfortable:** Sit or lie down in a relaxed position and take a few deep breaths to center yourself.
- **Dive into Awareness:** Notice your sensations, emotions, and thoughts without judgment or attachment.
- **Start Small:** Begin with short sessions, like 5-10 minutes, and gradually build up your practice over time.
- **Be Kind to Yourself:** Remember, meditation is a skill that grows with practice – so be patient and gentle with yourself.
- **Explore Techniques:** Find what resonates with you among various meditation styles, whether it's mindfulness, visualisation, or breath-focused practices.
- **Stay Consistent:** Set aside daily time for meditation to fully experience its transformative benefits.

Embark on this journey of self-discovery and well-being with us. **Let's meditate our way to a healthier, happier life** – one breath at a time. I hope you start this great new 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.

**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**



## Massage Therapy at Willow

Feeling tense? Struggling with **muscular aches or pains from stress, exertion, or a sports injury?** Massage therapy at Willow might just be the solution you need.

We often find that massage therapy **complements chiropractic care perfectly**. While our chiropractors focus on rebalancing your spine and restoring normal nerve function, **our massage therapists work on relaxing those tight, knotty muscles**. Together, these therapies can help you achieve a more **comprehensive healing and wellness experience**.

At Willow, our qualified massage therapists are experts in both **deep tissue and sports massage**. They're ready to assess your needs and offer the most effective therapy for you, ensuring you get **precisely the kind of care you need to relieve pain and live life fully**.

### Massage Services Launching in Clevedon and Nailsea!

We're excited to announce the **expansion of our massage treatments to Clevedon and Nailsea**. With varying opening hours across our clinics, including Emersons Green, **we're here to accommodate your schedule**. Our approach to massage therapy is not just about offering relief; **it's about providing an affordable, cost-effective solution to support your overall health and wellness**.

Ready to experience the difference?

Whether you're looking to relieve tension, address a sports-related injury, or simply wish to enhance your wellbeing, our team at Willow is here to support you. **Visit us at Emersons Green, Nailsea, or Clevedon**, and discover how massage therapy can help you live your life to the fullest.

For more details, **visit our website or reach out directly**.





