



# CLEVEDON NEWSLETTER

**AUTUMN 2023**



## Your Practice Manager

Alex Knight

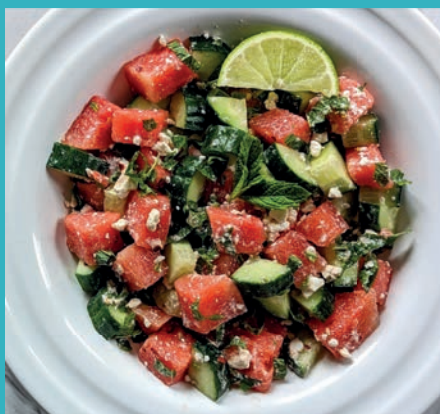
I'm always available to answer your questions. Please feel free to contact me:

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

## WHAT'S INSIDE

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## HIGHLIGHTS



# Doctors Insight

## How healthy is your child's spine?

As parents, we do all we can to prioritise our children's health and well-being. We strive to build a nurturing environment to help them reach their full potential. However, one crucial aspect often overlooked is spinal health. A healthy spine is essential for overall development and long-term well-being. We want our kids to be healthy, but the problem is, spinal health issues often go unnoticed until they reach adult hood. Whether this be through childbirth or accidents, **children's spines have problems too.** This can lead to long-term issues if not addressed early in life.



So here's some helpful tips to help you look after your children's spine:

### 1. Teach Them Correct Posture

They won't know what good posture is until you show them. Remind them to sit and stand up straight, keeping their shoulders back and their heads aligned with their spines. Avoiding slouching and hunching over devices can prevent unnecessary strain on the spine. Instead of looking down, teach them to raise the phone or tablet to eye level.

### 2. Backpack Awareness

Help them choose a backpack that is comfortable and appropriately sized. Ensure they wear two padded straps to distribute the weight evenly across their shoulders and back. A heavy backpack slung over one shoulder can lead to imbalances and strain on the spine. Make sure they only carry 10-15% of their body weight on their backs.

### 3. Provide Healthy Sleep Surface and Position

A firm, spine-friendly mattress will set your child up for success during the day. Not only will they sleep better, but it will also improve their posture throughout the night. If they sleep on their back, suggest that they keep a pillow underneath their knees. If they sleep on their side,

place a pillow between their knees while they sleep. Never encourage them to sleep on their tummy!

#### 4. Active Lifestyle

Promote physical activity and regular exercise. Engaging in activities such as swimming, yoga, and pilates can help strengthen core muscles that support the spine. Sports and outdoor play also contribute to overall spinal health, promote brain development, focus, social skills, and immune response. Another way to improve their overall health is by making them stretch regularly. When combined with chiropractic care, you've got a winning pair.

#### 5. Promote Clean, Healthy Foods

Nutrition plays an important role in our children's health. Eating healthy, clean foods will provide them with the needed nutrients for growth, cognitive function, and a strong immune system. Focus on nutrient-dense foods, hydration, and reducing processed sugars and unhealthy fats. While perfection is challenging, aim for a balance of 80/20, where consistency and long-term commitment to healthy eating habits offer significant benefits.

In conclusion, nurturing a healthy spine in children includes **a combination of education, lifestyle changes and awareness**. By creating **good habits early on**, you can set the foundation for a lifetime of strong spinal health. Taking action now may ensure that they have a **healthy spine throughout their adult hood**. Kids who have healthy spines grow to be adults who have healthy spines, and are less likely to have back pain, neck pain, spinal issues etc. Children who have unhealthy spines, with issues that go unaddressed, **will not grow into adults with healthy spines**.

**Bring your children in for a free spinal check. It's free if you're a current patient.**



- By Dr Nicole

## A little bit about me

"Throughout my life, I struggled with back issues due to scoliosis. Experiencing the transformative power of chiropractic first-hand, I decided to become a chiropractor myself. My vision is for a community full of vibrant and healthier people who are able to do the things they love to do. It brings me joy to care for individuals at every stage of life, and by introducing them to the principles of natural health and the chiropractic lifestyle, I strive to help them experience a better quality of life."

# Heal With Food

## **If you are not eating healthily, you will not heal as quickly.**

You would have already heard us talk about the importance of drinking water after adjustments, and the **vital role of hydration in overall spinal and nervous system health and function**. But there are plentiful other reasons to make optimal hydration a top priority if you want to feel, function, and look your best! Eating healthy anti-inflammatory food is another way to **support your recovery so that you get well quicker**. Eating unhealthy foods can lead to low energy, slow or poor digestion, headaches, skin issues, muscle cramps or weakness, **reduced mental and physical performance**, increased cravings for processed foods, and even impair our immune system!

Here are some helpful, and practical ways to stay well hydrated. This hopefully paints a picture of why we should keep H2O front of mind when it comes to building and maintaining healthy habits.

**1) Include plenty of fresh (or frozen) fruits and vegetables** - Water intake doesn't just need to come from drinks. Regularly consuming foods with a high water intake all contribute too. Some of the best sources include melon, strawberries, peaches, oranges, cucumber, bell peppers, cauliflower, courgette, celery, lettuce, and cabbage.

**2) Soups, salads and smoothies** - A daily soup, salad, or smoothie will effortlessly help you pack in a variety of the foods listed above! Smoothie bases made of water, milk, nut milk, or coconut water will top up your total intake, as well as stocks used in soups or stews.

**3) Add in electrolytes or a good quality mineral salt** - good hydration also means having a balance of essential minerals; sodium, potassium, calcium, and magnesium. Consider adding in electrolytes or a pinch of good quality pink or sea salt to a glass of water or two, especially if you are active, regularly workout, or during warmer weather, as the minerals lost in sweat need replacing.

**4) Get creative with flavours** - Add a burst of flavour to water using ingredients such as lemon, lime, cucumber, orange, grapefruit, and mint to make it more enjoyable. Or, if you prefer to quench your thirst from hot beverages, opt for some herbal teas. Mint, turmeric, and rooibos are my favourite caffeine free options but find any that suit your tastes.

## **Extra tips**

- Invest in a good quality reusable water bottle! Stainless steel will be best for keeping liquids hot or cold as wanted.
- If you have trouble remembering to drink regularly throughout the day try setting a reminder on your phone or watch at regular intervals.
- Leave out a glass ready for the morning in an obvious place, to drink first thing, as we always wake up a little dehydrated.

# Watermelon salad recipe

This simple recipe makes the most refreshing salad, hitting the perfect balance of a sweet, salty, and slightly spicy crunch! Perfect for doubling up and feeding a crowd as a side, but where it does have a high water content it is best enjoyed on the day and made up just before or close to serving.

## Ingredients

- 1/4 large or 1/2 small/baby watermelon
- 1 large cucumber (or 2 small)
- 1/4 cup fresh mint and basil
- 1/2 cup feta
- Optional; very finely cut jalapeños
- 1/3 tsp salt
- 1-2 TBSP Olive oil
- Juice and zest of 1 lime

## Method

1. Cut up the watermelon and cucumber into similar bite size pieces and add to a large bowl.
2. Roughly chop the fresh herbs, and finely slice the jalapeños if using.
3. Combine all of the above together with crumbled feta, lime zest and juice, olive oil, and salt.
4. Great served alongside any grilled or roasted meats, fish, or veggie burgers!

*By Haidee Harvey-Brown - Chiropractic Assistant*



*Haidee Harvey-Brown -  
Chiropractic Assistant*



# Community News

**To make sure that you have access to the best possible care, we're always learning and improving our Chiropractic knowlegde.**



***Dr Liam Rice speaking at Chiro Europe***

When you go to see a chiropractor, or any kind of health care professional, sometimes it can be challenging to know whether or not they're properly trained, and if they have the tools at their disposal or the knowledge required to be able to help you.

## **Did you know that Willow invest more in training and development of their chiropractors than any other chiropractic team in Europe?**

The Willow team are regarded as leaders in the profession, and we're often asked to train other chiropractors and speak at events and conferences, such as **Chiro Europe**. This year, several of our reception team will be going to the **UCA Conference** to speak to other Chiropractic Assistants from around the UK.

When you come into any of our clinics, you're always going to be seen by somebody who is at the top of their field. Our team has received much training and have the best skills to help you get well and stay well. You're always in qualified hands.

If you're interested in finding out more about the training your chiropractor has received over and above their five year master's degree, **ask them when you're next in clinic.**

# What's Happening in the Clevedon Community?

If like us, you enjoy delicious food from local sellers, and maybe even a cheeky gin from the Clevedon Distillery, we would love to see you at the Clevedon Sunday Market.

If you have never been you must check out this market. There are roughly 70 stores dotted around on the pavement, it's a lovely atmosphere, a time to really feel part of the community. There are some great craft stalls selling local jewellery, artworks, candles homewares, and homemade soaps etc.

If you're a lover of vintage you won't be disappointed either, with some unique stores selling houseware trinkets and jewellery. Even some of our wonderful independent shops, cafes and restaurants will be opening up especially for the market day.

We can't wait to see you there!



For all up to date information on the market, head to [www.theclevedonsundaymarket.co.uk](http://www.theclevedonsundaymarket.co.uk).

You can also follow the Facebook page [@theclevedonsundaymarket](https://www.facebook.com/theclevedonsundaymarket), or check out their Instagram [@clevedonsundaymarket](https://www.instagram.com/clevedonsundaymarket).

# Real stories from real people

## Jenny's Story

*'When the **pain in my lower back and hip** hit me 3 months ago I had never experienced anything like it. **Every aspect of my life was affected** - my ability to perform routine tasks, enjoying an active social and recreational life and my mental health. **It was debilitating.***

*Since attending the Willow clinic **the change has been amazing.** I can honestly say that I feel **better than I was before the pain.** I feel refreshed, energised and totally pain free - and I understand my body so much more. The Willow team have been absolutely supportive, empathetic and caring, but most of all totally professional. I trust their advice and their work. **I am SO glad I was recommended to go to Willow.'***

## Thank You

*"It's such an honour to be part of all the changes Jenny has been through so far! From not being able to complete easy daily task, to enjoying her pilates, bike rides and travels again, how amazing is her body's ability to heal! Looking forward to seeing her body getting stronger with the help of chiropractic."*



Dr Giulia  
Doctor Of Chiropractic

Jenny



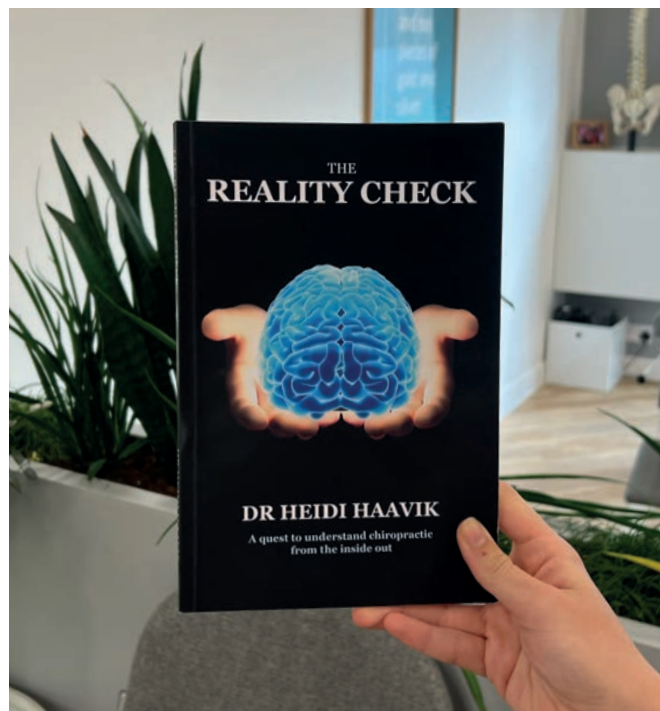
*"I feel better than I was before the pain."*

# Our Book Recommendations

## The Reality Check

**Have you ever wondered why people are less stable as they age? Why it's easier to have trips and falls as you get older?**

Well, Dr. Heidi Haavik's book 'The Reality Check' explains the part that **proprioception plays in balance**. As we get older, our coordination is reduced and our balance is off, so it's easier for us to fall over and drop things. So what's proprioception? Proprioception is the body's ability to sense movement, action and location. In other words, **it's your body knowing where your body parts are**. One of the reasons that this reduces over time is because of the health of our nervous system. The impacts of spinal health on our nervous system is an important element to consider as we age over time.



Proprioception is present in every muscle movement you have. **Without it, you wouldn't be able to move without thinking about your next step consciously**, which is not only inefficient but demanding on our brains. The most extreme example of this would be someone who's had a stroke, and their ability to move efficiently is compromised due to injury to the brain.

However, if you have poor spinal health and your nervous system is not functioning at its best, that can impact your proprioception **particularly as you age**. Dr. Heidi also explains the concepts in a really **easy to understand language** that will give you a better understanding of how working with chiropractic, you're able to not only protect but improve your proprioception. She uses very simple analogies to help you to digest some quite complicated concepts. If you have a curious mind, you can delve deeper into the literature...

Another interesting point made by Dr. Heidi is how the **chiropractic adjustment can lead to your muscles miraculously feeling stronger in an instant**. It is believed that by adjusting vertebral subluxations, we can change the way that your brain sends messages to your muscles. **Feeling stronger is a typical result of the muscle receiving clearer messages from the brain**, which makes it easier to perform a stronger contraction of the muscle than before. If you're interested in finding out more about how proprioception plays a part in your balance and movement as you age, then this is a great read for you.

## - This months book recommendation was by Dr Ryan



## A little bit about Ryan

*"My patients come to me because they can't live the life that they want to live. There is no greater privilege than to be able to apply what I've learned to help them get out of pain and get back to the life that they want to live. I understand what it's like to suffer. As a rugby player. I experienced a number of injuries, and it became clear to me that caring for my body was essential for me to be able to play well and enjoy a good quality of life. I was so inspired by the impact that chiropractic had on me that I felt compelled to study chiropractic, so that I could help people in the way that it helped me."*

**I'm so fortunate to have been a chiropractor for the last eight years and it brings me great joy to share my knowledge and skills and the important message of looking after your body."**

## Ashton Hill



# Nailsea Walk Of The Month

## Calling All The Peaceful Woodlanders



**Nadine -  
Chiropractic Assistant**

### Ashton Hill

There's nothing more relaxing and refreshing than a forest walk, especially in the early mornings of Autumn. Located just off the B3129, Ashton Hill offers the perfect opportunity to take time out of your busy day-to-day to escape and rewind with nature. Continue reading to see why Nadine, our Chiropractic Assistant from our Nailsea clinic, recommended this walk!

*"Just a short drive from Nailsea, stands 148 acres of mixed woodland called Ashton Hill (also known as Belmont woods). Formally part of the nearby Tyntesfield Estate in Wraxall, this woodland includes a magnificent stand of Californian Redwoods (Sequoia), many of the larger trees date back to the 19th century. It is now maintained by Forestry England. This walk is open all year round, it is the perfect place to escape the city for some fresh air!"*

*There is a circular hard surfaced trail starting from the car park, you can go either clockwise or counter clockwise. This circular walk should take you around an hour, alternatively you can cut through the middle for a shorter walk and visit the 'Big Tree Grove' where there is a bench that provides a resting place underneath the Giant Sequoias. It can get very muddy in parts during wet weather, so be careful what you wear."*

### Here's what you need to know before you go:

- Parking is limited. There is a small car park that is open all day and also some on-street parking close by
- No entry fee is required
- The site features public footpaths, and a bike path for more advanced riders
- An easy circular route around Ashton Hill will take approximately an hour



## Dr Dalton's Recommendation - New Habits

# My Top 3 Habits To Help You Stay Stress Free

### 1. Nasal Breathing: The Foundation of Calm

Do you know that the way you breathe can significantly affect your nervous system? Many of us habitually breathe through our mouths, especially during stressful moments, but nasal breathing is the key to calming the mind and body. Here's how to do it:

- Inhale: Gently breathe in through your nose for a count of four seconds.
- Hold: Pause for a count of four seconds, retaining the breath comfortably.
- Exhale: Slowly release the breath through your nose for a count of four seconds.
- Pause: Keep your lungs empty for a count of four seconds before starting the cycle again.

### 2. Breath Awareness and Mindfulness

Conscious breathing is a powerful tool for managing stress and anxiety. Taking a few moments each day to focus on your breath can help you stay present and calm in the face of life's challenges. Try these simple steps:

- Find a quiet space where you won't be disturbed.
- Close your eyes and take a deep breath in through your nose, filling your lungs.
- Exhale slowly, feeling the tension leave your body. This helps us recenter and calm down.
- Continue this mindful breathing, bringing your attention to the sensation of your breath.

### 3. Vagal Nerve Stimulation

The vagus nerve, a key player in regulating the autonomic nervous system, can be stimulated through slow, deep, diaphragmatic breathing. This stimulation can help reduce the "fight or flight" response and promote relaxation. Here's a simple vagal nerve stimulation exercise:

- Sit comfortably with your spine straight.
- Inhale deeply through your nose for a count of four seconds.
- Exhale slowly and completely through your nose for a count of six seconds.
- As you exhale, imagine sending a wave of relaxation down your body.
- Repeat this exercise for a few minutes, gradually extending your exhale.

Remember, your chiropractor is here to support your overall health and wellness journey. If you have questions about these techniques or would like personalised guidance, please don't hesitate to reach out. We are dedicated to helping you achieve a healthier, happier life. In good health and wellness, Dr. Dalton.

# 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



## Win a £50 John Lewis Voucher

Scan the QR code and complete the quiz for a chance to win! Competition ends 1st November.



## Are Your Colleagues Suffering?

### Set up a free wellbeing workshop for your workplace

Did you know that 41% of absences in the workplace are caused by problems which originate in the spine? This includes backache, neck ache, headaches, sciatica etc. We can help you and your colleagues to combat the aches, pains and low energy levels that lead to poor motivation at work. We do this with a free of charge service that's available to companies in the Bristol area, providing one to one spinal checks for your team. Our qualified and experienced chiropractors will work closely with you and your colleagues to identify the root cause of their pain. We will provide information and guidance to help you all get back control of your own health so that you can be part of a healthy working environment.

#### Cost

Nothing. It's completely free. We are on a mission to help the people of Bristol enjoy a better quality of life, and so we offer these services for free. We'd love to connect with new people and share our expertise.

#### Package

We offer free of charge wellbeing workshops for local companies, which includes a health talk and 1-2-1 spinal checks for the for the whole team.

### A wellbeing workshop helps with the following:

1

Reduced Aches & Pains

3

Improved Productivity, Mood & Energy

2

Reduced Absence

4

Reduced Stress & Tension

We can help set up a free wellbeing workshop at your workplace. Reach out to [events@willowlife.co.uk](mailto:events@willowlife.co.uk) for more information.