



FILTON NEWSLETTER

AUTUMN 2023



Your Practice Manager

Dom Heller

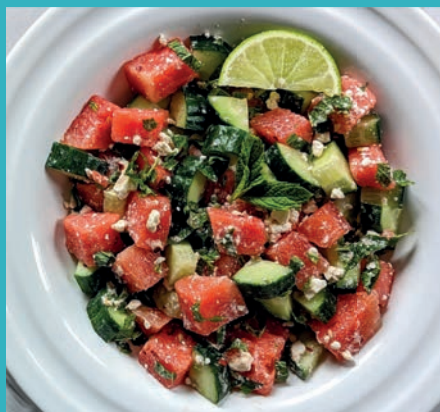
I'm always available to answer your questions. Please feel free to contact me:

✉ dominic.heller@willowlife.co.uk

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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 our 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*



Miracle Stories

Mark's Story

*"I was recommended to Willow Chiropractic by my daughter, and was **sceptical of what to expect**. The reason I was sceptical was that **my GP, and physio could never resolve the problems**. Prior to meeting Dr Christian Palmer I was active, I would swim and run regularly along with other training, but I was always getting **pain and discomfort in my hips, legs and neck**.*

*Since seeing Dr Christian it became apparent that my spinal alignment and posture were poor. I started having the recommended corrections and **within a couple of weeks I started feeling the difference**. Since first coming I now feel great, **at almost 60, I have completed half marathons, several triathlons and recently completed my longest open water swim of 2 1/2 miles** along with numerous other activities, all with **no pain or discomfort**.*

*I had almost accepted my pain and discomfort were just an ageing process, that couldn't have been further from the truth. **I would highly recommend Willow Chiropractic and only wish I had gone sooner.**"*

Thank You

"It has been a pleasure to help Mark on his health journey and to see him getting back to training as intensely as he does, and on top of that, breaking his own records! He is an amazing example of someone who puts the time and energy into his health and fitness and I'm so excited to see what the future holds for him!"

- Dr Christian



Christian Palmer -
Doctor Of Chiropractic

Mark



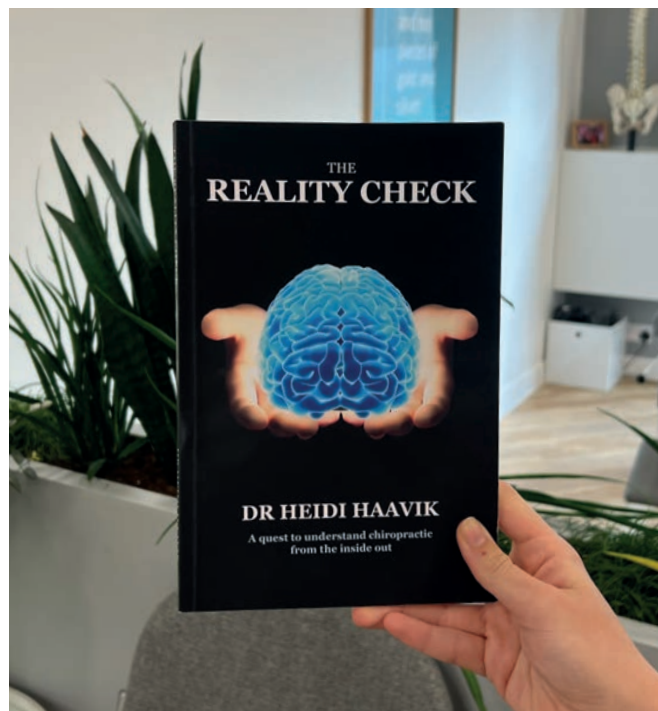
"I only wish I had gone sooner."

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."

Conham River



Filton Walk Of The Month

Calling All Adventurers



Davida -
Chiropractic Assistant

Conham River Park Avon Valley Woodlands

“This walk is beautiful and very peaceful, and I often go for long walks around the nature park. It’s perfect if you want to take your dog with you, cycle or run along the river. This pretty riverside park is definitely one of my favourites spots, and is located in the east of Bristol. The path itself is flat and a walk along the River Avon Trail takes about 45 minutes (although you can choose to keep walking as far as Bath if you would like to).”

Did you know?

As you walk through the woodlands you will quickly discover some clues to the site’s past ...

- Much of the area was quarried, with twelve small quarries operating between Conham River Park and Hanham Mills. The nearby Hanham Colliery mined coal from the Bristol coalfields and like the pennant sandstone was brought down to the riverside and transported by horse-drawn barges to Bristol and Bath.
- There are a number of derelict buildings within the site, including a powder house which housed the dynamite for the quarries and nearby railway.

Extra Information

- Nearest car park: Conham River Park Car Park located at Bristol (BS15 3N)
- Dogs are free to run off-lead along the path, and the area is also popular for bike rides.
- Why not go on a boat trip to Beese’s Riverside Bar, which is not far from Conham River Park. Head to **beeses.co.uk/ferrytrips** for more information.



Dr Clem's Recommendation - New Habits

Stress prevents us from breathing properly

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

1. Conscious Breathing

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

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

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

2. Stretching and Flexibility

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

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

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

Your chiropractic adjustment rhythm

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

Daily:

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

Post adjustment:

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

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

Do you know someone in pain?

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

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

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

Bring Your Loved Ones In!

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



To make an appointment, visit our website willowlife.co.uk or call us 0800 511 8966

Take The Quiz

Back to Health: A Beginner's Guide to Chiropractic Care

Test your knowledge about back pain and Chiropractic care by answering the following multiple-choice questions. Complete the quiz for a chance to win a **£50 John Lewis Voucher**.

Scan the QR code to enter your results. Competition ends 1st November!

1. What is one common cause of back pain?

- a) Dehydration
- b) Lack of exercise
- c) Poor posture
- d) All of the above

2. Which part of your spine is most commonly associated with back pain?

- a) Lumbar (lower back)
- b) Thoracic (mid-back)
- c) Cervical (neck)
- d) Sacral (tailbone)

3. Chiropractors are healthcare professionals who primarily focus on:

- a) Prescribing medication
- b) Performing surgery
- c) Diagnosing diseases
- d) Treating musculoskeletal issues

4. What technique do chiropractors use to adjust the spine?

- a) Prescription medication
- b) Massage therapy
- c) Spinal manipulation
- d) Acupuncture

5. How does chiropractic care differ from traditional medicine for treating back pain?

- a) Chiropractors use surgery as a first-line treatment
- b) Chiropractors primarily use medication to alleviate pain
- c) Chiropractors focus on non-invasive, hands-on adjustments
- d) Chiropractors only provide advice on lifestyle changes

6. True or False: Chiropractic adjustments are always accompanied by cracking or popping sounds.

- a) True
- b) False

7. What is an essential part of chiropractic care beyond spinal adjustments?

- a) Herbal remedies
- b) Physical therapy
- c) Nutritional counselling
- d) Yoga classes



8. What does the term “subluxation” mean in chiropractic care?

- a) A dysfunction or misalignment of the spine
- b) A type of surgical procedure
- c) A medication used to relieve pain
- d) A specific exercise for the lower back

9. What is the spinal cord’s primary function?

- a) To provide structural support
- b) To transmit electrical signals to and from the brain
- c) To store excess nutrients
- d) To produce blood cells

10. Which part of the spine is associated with the neck region?

- a) Lumbar
- b) Thoracic
- c) Cervical
- d) Sacral

11. Chiropractic adjustments primarily focus on:

- a) Treating heart conditions
- b) Adjusting the digestive system
- c) Enhancing the body’s ability to heal itself
- d) Providing psychological counselling

12. How often should individuals typically receive chiropractic adjustments?

- a) Once a year
- b) As needed, depending on the individual’s health
- c) Every day
- d) Every week, regardless of symptoms

13. What is a common symptom of back pain?

- a) Persistent cough
- b) Fever
- c) Tingling or numbness
- d) Loss of appetite

14. Which of the following lifestyle choices can contribute to back pain?

- a) Regular exercise
- b) Proper ergonomics at work
- c) Adequate hydration
- d) Smoking

15. What is the primary focus of chiropractic care?

- a) Providing counselling for emotional well-being
- b) Diagnosing and treating infectious diseases
- c) Addressing musculoskeletal issues without surgery or medication
- d) Conducting psychological therapy sessions





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 for more information.