

LW Gazette

December

Client Testimonial



"I've been unable to get my problems sorted with previous healthcare professionals or even have a doctor to give me a diagnosis. After going to Lifetime Wellness Chiropractic Clinic I had an x-ray and was able to see exactly what was going on within minutes. Not having to wait weeks for an appointment and then weeks again for the results. Amazing, and I am well on my way back to having my body back to 100%."

T

Thomas B



Yearning for a Vibrant, Stress-Free Holiday Season?

As we roll into the end-of-year festivities, it's timely to address the holiday stressors that can sometimes throw us off balance.

Stress has become an all-too-familiar companion in our lives. When it becomes constant, stress strains our relationships, health, and the fabric of our society. We're dedicated to guiding you on how to adapt whenever life serves up stress.

Let's first understand how your body responds to different stressors. They fall into three main categories: **physical, mental/emotional, chemical.**

These trigger a response from your body, leading to an inflammatory reaction in your sympathetic nervous system. For instance, whether you're running, feeling anxious, or sipping that energy drink, your heart rate will likely increase.

Stress can send us into a "fight, flight, or freeze" mode as our bodies gear up for action. The heart races, breathing quickens, and adrenaline and cortisol come out to play. Other functions slow or stop, such as your digestion and healing.

Now, this response is helpful, such as when you're driving in heavy traffic and need to be alert, but being stuck in this mode can be draining. It opens the door for diseases to sneak in and challenge our body's natural defenses.



It's not easy to switch off stress like a light switch. Ever felt like you couldn't shake off a bad mood? That's because our bodies sometimes struggle to shift into a restful state after the stressor vanishes.

The speed at which your nervous system can adapt is a sign of your wellness. You want it to be quick and snappy!

Now, here are some suggestions to support your body's transition to a relaxed state, benefiting your physical, mental, and emotional well-being.

- **Exercise** - Regular movement releases happiness hormones and helps your body flush out toxins. Walking or yoga could be helpful for relaxation versus high-intensity workouts.

- **Reduce toxic input** - Opt for fresh, whole foods, choose non-toxic home products, and curate your online environment to reduce mental toxins.

- **Meditation/Prayer** - Incorporate mindfulness, breathwork, prayer, and gratitude practices into your daily routine.

- **Community Support** - Reach out to professionals, join support groups, or confide in loved ones and friends. Accountability makes a world of difference.

And, of course, there's our favorite: **Chiropractic!**

Chiropractic adjustments optimize your nervous system, which governs your stress responses. This master system connects your brain to your body, and we're here to ensure it functions more efficiently.

We pinpoint where there is pressure and inflammation in your spine due to misaligned vertebrae. Then, we adjust, helping the body switch to a state of calm, known as the parasympathetic mode.

Consider adding one of these natural stress-relief methods, and let's make this holiday season vibrant and joyful! Let us know how we can support you.

John Roberts

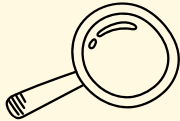
Chiropractor

STRESS WORD SEARCH

Find some of the keywords we've been using throughout this newsletter.



- INFLAMMATION
- GRATITUDE
- COMMUNITY
- TOXINS
- TENSIONS



- EXERCISE
- ANXIETY
- SUPPORT
- MINDFULNESS
- STRESSORS

I	R	N	I	O	X	E	F	S	I	U	N	I	N
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T	S	S	E	N	L	U	F	D	N	I	M	I	O

DID YOU KNOW?



Chiropractic has been shown to improve Heart Rate Variability. A 2017 study looked at 46 patients in a private chiropractic practice, with an age range of 18 to 87 years. The results denote improved function of the autonomic nervous system... "reorganising spinal tension patterns & decreasing physiological stress."

Annals of Vertebral Subluxation Research ~ November 16, 2017

HUMOR QUOTE

"Reality is the leading cause of stress for those in touch with it."

– Jane Wagner

CONGRATULATIONS TO:

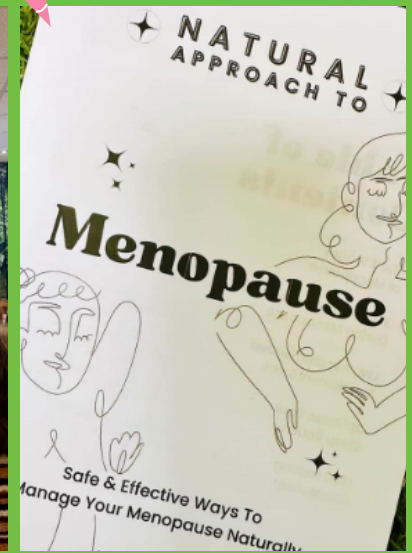


Weddings :

Spencer G who got married recently. We wish you all the health and happiness in the world.

IN-HOUSE TALK:

We recently had an in-house talk on the hot topic of MENOPAUSE. What a great turn out for this event with so many lovely ladies in desperate need of some healthy advice on how to manage their symptoms. It was so popular that we had the same talk a few weeks later.



WARM WELCOME TO OUR NEW CLIENTS

HAYLEY P	MERCEDES T	LUKE R
DAVID L	LORRAINE W	BETHAN D
THOMAS B	NICHOLA B	TONY C
RICHARD C	IAN Y	JAN R
TERESA H	JO G	GRAHAM J
BEV S	CAROLINE L	LYNETTE J
CHARLOTTE J	JAYDEN T	KATHRYN B
HELEN E	RICHARD T	JAMES W
MOLLY V	JODIE S	CAITLYN W
STEFAN W	JAMIE L	DONNA E

THANK YOU TO OUR REFERRERS

TALISHA P	GAIL W
LAURIAN V	PAUL L
ANTHONY J	TARA P
DALE P	HELENE J-M
STEVEN T	IAN Y
HAYLEY P	DARRYL W
THOMAS B	
CARL S-M	



DID YOU KNOW??

That we often go to businesses and schools to do Free Health Talks. Get in touch with our CA, Mariska, should you want to book a Free Health Talk / Screening at your work-place free of charge.



Don't we all scrub up well?

FISH BOWL DRAW:

You have all probably seen the Fish Bowl on the front desk in reception. Well, we recently had a Fish Bowl campaign running where patients can enter their employers' details into the bowl, and stand a chance to win a Dinner For Two at a local restaurant. Why not enter next time we run it and see if you could be the lucky winner. This campaign's winner was Chloe A! Congratulations to you, and enjoy that meal with your hubby!

UCA CONFERENCE:

We are always looking for ways where we can grow and learn more so that we can give our patients the best possible care and experience in our clinic. Recently we attended a UCA Conference in Birmingham. We had some fantastic speakers from all over the world. We came back all energised and ready to make some positive changes to the clinic.



Major Trauma & Repeated Traumas: They all add up!

Traumas of all sizes affect the spine, causing it to go out of alignment and put pressure on the nervous system. This doesn't just mean vehicle accidents or slips and falls. Many people have hidden injuries that their body has endured over time.

In the world of chiropractic care, we explore two intriguing types of trauma: macro and micro. These often overlooked culprits can silently impact your well-being.

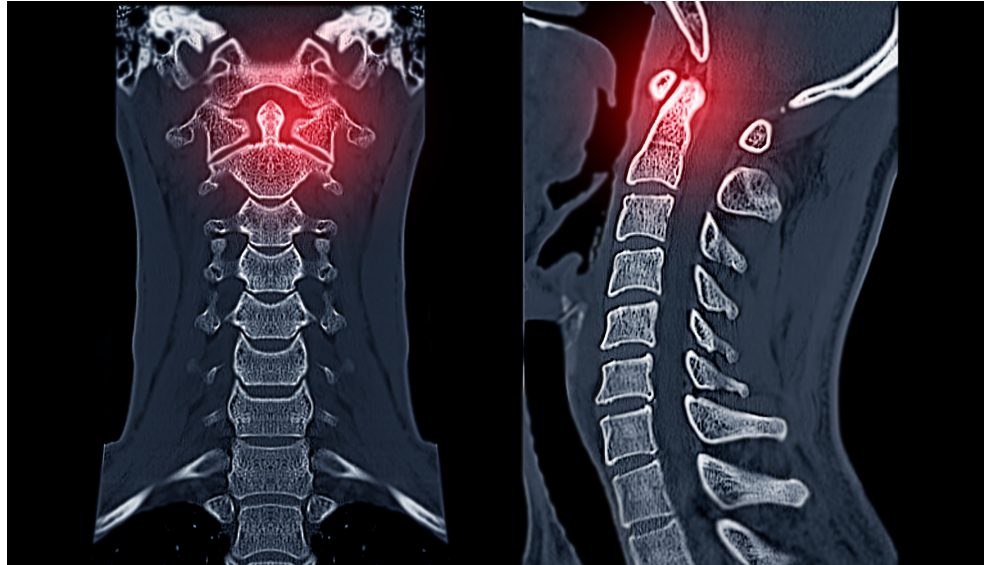
(Note: If you've experienced an injury, consult a medical provider for a thorough evaluation.)

Macro traumas are the result of direct, sudden events that may not reveal their effects immediately. They may cause pain initially, however beneath the surface, other effects may be waiting to emerge. Even major physical traumas often go unrecognised, such as childbirth, a profound event in a woman's life.

Micro traumas are the small, cumulative injuries that can be just as detrimental as a major trauma. They result from everyday activities and habits, gradually building up over time. These subtle culprits can affect anyone, from office workers enduring poor ergonomics for years to dentists who often bend over, and even painters who continuously strain their necks by looking upwards.

When your body is well-aligned, it can adapt to the daily stressors without accumulating micro traumas.

We do thorough evaluations to uncover the evidence of these macro and micro traumas and their long-lasting effects. It's crucial to understand that our bodies attempt to heal and adapt.



If the vertebrae become misaligned or subluxated, they may exert pressure on the nerves exiting the spinal cord. This reduces nerve communication and function, interfering with the body's innate healing capabilities.

When the body and brain struggle to communicate effectively, the healing process slows down or may not happen at all.

As chiropractors, we specialize in assessing how the alignment of the spine interacts with the nervous system. This is especially crucial when it comes to the upper cervical vertebrae that safeguard the brain stem.

It may take time and repeated chiropractic adjustments for the body to learn a new pattern of alignment. As your body begins to hold its alignment, stress is removed from your nervous system so it can function well. Your posture typically improves also under chiropractic care,

enabling you to engage in the activities and professions you love without discomfort and dysfunction.

Don't underestimate the hidden impact of these micro and macro traumas. Regular chiropractic care is the key to maintaining your body's adaptability, and promoting a life of vitality!

*lifetime*wellness
chiropractic clinics

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Opening Hours:

Mon: 9:00 – 18:00

Tue: Closed

Wed: 9:00 - 19:00

Thu: 9:00 - 19:00

Fri: 9:00 - 18:00

Weekends: Closed

REFER A FRIEND OR LOVED ONE

50% off

Loving chiropractic care? Got a loved one who you think would benefit from it?

Have them bring in this coupon and get 50% off their examination!"