

# LW Gazette

November

## Client Testimonial

"Treatment at this Clinic is professional with Scans and X rays available if necessary. The appointment system never fails to accommodate the patients. I look forward to attending this Clinic for the relaxed atmosphere and always leave with a smile on my face. Highly recommended."

J

Jean S



"Fantastic service such a lovely place to visit so clean and professional, providing a very honest and quality service."

A

Angi T



"Friendly knowledgeable staff who always make you feel welcomed and relaxed. I found my assessment to be really thorough and my ailments explained to me in a way that was easy to understand. I am finding my treatment is really helping and already have greater mobility after just a few treatments.."

L

Leona S



## Healthier Together: The Remarkable Benefits of Social Connections

As the Beatles sang in 1967, all we need is love! Over the decades since then, it's become more and more evident that humans need each other beyond the basic necessities of food, shelter, and protection.

Even if we live in a warm and friendly neighborhood, many of us have lost a deep connection to a community. We make our way from work or school to home with our heads down, trying not to make eye contact with anyone. Then, we tune out to the world as quickly as possible, diving into whatever we are currently binge-watching rather than engaging with any more humans.

This is understandable, especially if you're an introverted whose emotional "battery" is recharged by alone, or if you have a stressful job, or if you are a parent,

However, decades of research have confirmed that there are psychological and physical health benefits to having strong social connections.

Good relationships can even be a predictor of a longer life! A 2010 [review](#) of 148 studies found that your odds of dying increase by 50% if you don't have social connections



A 2019 CNN article looked into why the people of Sardinia, Italy, are famous for their long lives.

It concluded that as they aged, these Italians maintained close connections, especially with family, and continued their active lifestyles

We can become so focused on the "diet and exercise" aspect of health that we forget this important mental and emotional health aspect. But where do we begin?

In honor of World Kindness Day (November 13th), let's make this a month where we reach out to others.

Here are some ideas:

### Smile

Make it a habit of smiling, even during brief interactions with others. You never know who needed that to brighten their day!

### Lend a helping hand.

Whether it's assisting a co-worker or a mom with her hands full at a store, reach out in a practical way.

### Feed them

mind and body. Bring coffee for a friend, pay for someone's lunch tab, or invite a lonely person for dinner. Sharing a meal is powerful in many traditions worldwide for a reason!

### Refer someone to our office for an evaluation.

This simple gesture doesn't take much time or energy, but can impact them positively for years to come. (See the voucher on the last page.)

*John Roberts*  
Chiropractor



## Recent Events



**Did you know that we do Free Health Talks at any corporate business / school?**

Recent ones we have gone to:

- Tylerstown Primary School
- Dylans Den Nursery in Treorchy

We also recently had a very successful in-house screening. We advertise these from time to time, so keep a look-out when we are running the next one.



## DID YOU KNOW?



Many people report that they sleep better while under chiropractic care...and research backs their testimonials!

A 2005 study reviewed 221 patients and 15 chiropractors. Of these patients, 51 reported their sleep patterns changed and improved immediately after their chiropractic adjustment.

In addition, preliminary evidence suggests that chiropractic care benefits the nervous system allowing it to prepare the body for sleep. A 2008 study found that 40 asymptomatic adults responded to cervical adjustments with decreased blood pressure and pulse rate, indicating a parasympathetic or "rest and digest" response.

"Jamison JR. Insomnia: does chiropractic help? J Manipulative Physiol Ther. 2005 Mar-Apr"

"Sympathetic and parasympathetic responses to specific diversified adjustments to chiropractic vertebral subluxations of the cervical and thoracic spine. J Chiropr Med. 2008 Sep"



## HEALTH QUOTE



*"You never know how far-reaching something you may think, say or do today will affect the lives of millions tomorrow. It is better to light a single candle than to curse the darkness."*

– B.J. Palmer

## CONGRATULATIONS TO:



### Babies :

Congratulations Kyle and Kathryn on the arrival of their baby girl.



### Weddings :

Wishing Sara many years of health and happiness after tying the knot last month.

Last but not least; huge congratulations to Carly who got married during the summer



# THE ULTIMATE SHARABLE SNACK MIX

"Things taste better when they are shared! This healthy mix is great whether you need to bring a snack to an event or you want to have it on hand for your busy family."



## WARM WELCOME TO OUR NEW CLIENTS



GEMMA R	PEARL H	ROB C
STEPHEN M	ALWYN P	AVIE M
SHAUN U	JODIE E	TALISHA P
DEAN R	SIMON H	RICHARD C
PHIL C	CHANTELLE C	MADISON L
BETHANY F	CARRIE F	DEBEE M
MAIA C	NEIL E	CARYL J
DIANE D	VAL M	KEVIN O
MICHAEL T	CLARE H	STEVEN T
KEVIN H	ALEX J	

## THANK YOU TO OUR REFERRERS



CAROL M	ANGIE T
THOMAS L	AIMEE M
JANICE D	TALISHA P
PEARL H	LEE M
JULIE P	CERYS J
TRICIA F	
JENNY S &	
TONY W	



Nuts and seeds also contain essential vitamins and minerals such as zinc, magnesium and omega-3 fatty acids - all of which are great for mental health!

Choose raw nuts and seeds for the highest nutrient content and unsweetened, unsulphured dried fruit.

## COMBINE IN A LARGE BOWL :

- 250 grams or (1.5 cups) of nuts (almonds, walnuts, pecans, cashews, or peanuts.)
- 150 grams or (1 cup) of seeds – (sunflower seeds, pumpkin seeds, flax or chia seeds)
- 165 grams or (1 cup) of dried fruit – (raisins, figs, dates, prunes, apricots, bananas, pineapple or berries)

You can make it more interesting by changing the ratios, adding dark chocolate chunks or a sprinkle of spices such as cinnamon or a pinch of nutmeg.

Store in an airtight container.



# Mind and Body Harmony: Exploring Chiropractic's Mental Health Benefits

People rarely visit a chiropractor saying, 'I have anxiety, and I'm hoping chiropractic can help.' Instead, they often come in with musculoskeletal issues like low back pain. But as we dig deeper into their exams, we may discover they aren't sleeping well, and their mental health could be struggling too.

What's truly beautiful about the human body is the connection between every system and function. Chiropractic can have a positive impact on your mental health in several different ways and for several different reasons.

This is a vital and timely topic as the World Health Organization reported that in 2020 the global prevalence of anxiety and depression increased by a massive 25%, and many continue to struggle with mental health.

## Nervous System and the Vagus Nerve

The vagus nerve, running from the brain along the sides of your neck and into your torso and gut, plays a crucial role in vital organ function, including the heart, lungs, and digestive organs. It's also a key player in your parasympathetic or 'rest and digest' responses.

For the last twenty years, the healthcare community has learning more about the vagus nerve and preliminary research suggests that stimulating it may be helpful for mental health.

"The vagal response reduces stress. It reduces our heart rate and blood pressure. It changes the function of certain parts of the brain, stimulates digestion, all those things that happen when we are relaxed." Dr. Mladen Golubic, MD, Medical Director of the Cleveland Clinic

When you receive a chiropractic adjustment, it may positively impact the vagus nerve via the neuromusculoskeletal system.



Your vertebrae protect where the brainstem connected to the spinal cord, which is a bundle of nerves, with nerve roots passing between the vertebrae. Chiropractors check for indications of misaligned vertebrae that could be causing or contributing to nerve irritation and dysfunction. Adjustments clear the nervous system of this interference, allowing for optimal nerve signal transmission between the brain and body, including through the vagus nerve.

## Hormone Regulation and Balance

While mood swings are often attributed to hormone imbalances, the nervous system plays a vital role in regulating the production and release of hormones and neurotransmitters. When the nervous system operates at its peak, achieving the delicate chemical balance we need for our well-being becomes easier.

## Pain Relief and Sleep

As we mentioned earlier, many people report that chiropractic care helps them feel better. This is because it addresses the root causes of nerve dysfunction and works to optimize the body's natural healing mechanisms.

The 'side effects' of a balanced nervous system can include improved, deeper sleep, increased concentration, and enhanced mental clarity.

All these benefits combine to make chiropractic care an excellent complement to other mental health practices. If even your main focus is to deal with musculoskeletal issues, remember that taking care of your nervous system can lead to a happier, healthier you.

*lifetime*wellness  
chiropractic clinics

## WHERE TO FIND US:

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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 - 19:00  
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 both of your next appointments!