



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Richard Southam's Breakthrough Patient Newsletter...

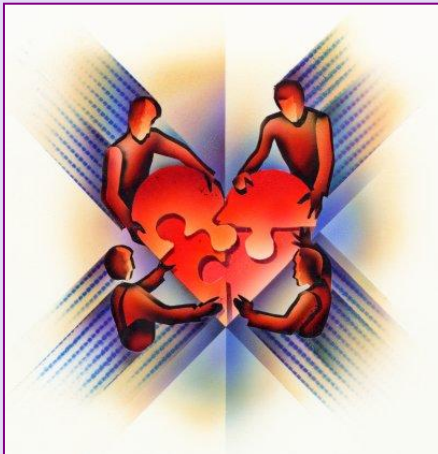
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feeling good

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Happy Thanksgiving!

Dear Patient and Friend,

If someone asks you, "are you healthy?" your tendency is probably to reflect on how you are feeling at the time, and if you have no apparent symptoms, you would most likely say yes, I am healthy.

The problem is, many health problems are not symptomatic until they have progressed to a dangerous degree – heart disease, diabetes, and cancer may produce no pain or obvious symptoms for years, while the disease process is advancing.

That's why it's so important to choose healthy lifestyle habits – they help you to not only feel better, but to function better. What does that mean?

The word "function" refers to the inner workings of your body – how you utilize the air, food and water you take in, how well you use your sleep time to rest and rejuvenate, how fluidly you move without pain or discomfort, how you handle stress – in other words, how you work.

Anything you can do to improve and streamline the function of your body is good. That's why regular exercise, good diet and nutrition, practicing stress reduction techniques and keeping your system free of unnecessary interference is so important for your ultimate well-being.

Developing a healthy lifestyle is at the core of this thinking, and chiropractors have been teaching about healthy lifestyle decisions for over 100 years. Ask your doctor of chiropractic what you can do to improve your function, feel better and experience wellness – making that small move can make your life better, starting today!



Current research is documenting that as little as thirty minutes of exercise three times a week can reduce your stress levels as effectively or more effectively than taking medication. Walking, stretching, yoga, light calisthenics – you don't have to become a gym rat to get the benefit of exercise.

Pick something you like to do – take a walk on a beautiful day. Get some small dumbbells and lift weights while you're watching TV. Do some deep breathing to get yourself moving inside. Remember back to grade school, and do some light exercises the way you used to (take it easy when you get started) – sit-ups, push-ups and squat thrusts may seem retro, but they are time tested to strengthen your muscles, improve your circulation, and make you feel better overall.

And, they're fun!

Consult your chiropractor to ask which exercises would be ideal for you. Investing as little as ninety minutes each week can make all the difference in the world – try it and see!

“Walking, stretching, yoga, light calisthenics – you don't have to become a gym rat to get the benefit of exercise.”

Better Eating, Better Health

Most health and wellness authorities agree that obesity and overweight are sabotaging many people's efforts to be healthy. Many experts estimate the number of overweight people in our culture to be over 60%, with over 30% being classified as obese – the drain on our health care system and the suffering that these citizens experience can be addressed in most cases with some simple changes in their eating.

1. **Less is more** – eating until you are full is a tactical error, since the stomach may take a short while to get the message “I'm full” to the brain. In the meantime, if you were eating rhythmically and absent-mindedly, the way so many of us do, you probably ate way too much, and the results show around your middle. Pause periodically throughout your meal to see if you are done before you think you are.
2. **Nature knows best** -- processed foods are filled with unnatural additives and preservatives, which confuse the body, make you toxic, and interrupt normal metabolism. Choose a balanced diet of whole foods, including lots of fresh fruits and vegetables, and avoid artificial ingredients. An apple a day...
3. **Everything in moderation – including moderation** – it's okay to go crazy every now and then, as long as it's the exception and not the rule. By eating healthfully, you buy yourself some latitude to overdo it from time to time, if the mood or situation calls for it – no need to be super-strict all the time, just use good common sense and you'll be amazed how resilient and adaptable your body can be when it is working right.
4. **Keep your body working right so you digest and use your foods properly** – people have been using chiropractic care to keep their bodies working right for 115 years! The nerve system must be functioning well for you to digest and use the nutrients in your foods – if you haven't had a check-up recently, come on in for an exam!

Experiment and find out the best times of day and correct amounts of water for you to drink. Everyone is different, but one thing is for sure – if your body needs more water, supplying it in the right proportions can be a sure path to better health, improved body function, and feeling great!



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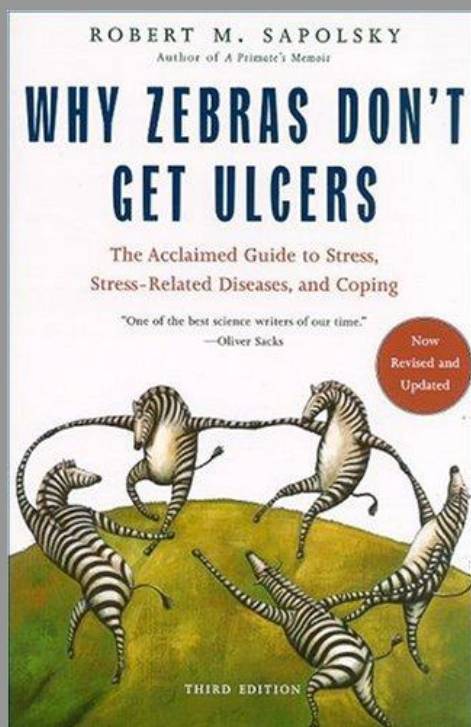




Don't let stress get to your heart



Book your stress response evaluation today



A recommended read

Stress Levels

Stress is one of the most significant problems that impact our lives on a day to day basis. Your whole physiology (the chemistry that makes our body work) changes when we are under stress. Blood is diverted to large muscle groups, the heart and lungs. Our cognitive function changes (how we think). Our digestive system and immune systems are shut down and sugars are mobilized for energy.

This response is appropriate for a situation where we are under threat, such as when we are being hunted by a predator, but not for every day.

There are reported links to increased risk of diseases such as cancer, heart disease and diabetes with chronic stress.

Three forms of stress

1. **Chemical** – What we eat – additives, colourings, flavourings. What we don't eat – fresh fruit, vegetables. Dehydration, alcohol. Maybe even chemicals we put on our skin?
2. **Physical** – posture, lack of exercise, injuries
3. **Emotional** – work stress, family stress, pace of life, fatigue, weddings and funerals – to name but a few

Each one of responds to stress in different ways. Some cope better than others. But ultimately it will affect how we function.

But how do you know how your body responds to stress?

At Aquae Sulis Chiropractic we have invested in a scanner that can measure your body's response to stress.

It measures how your body responds to different forms of stress and how it recovers. We measure heart and lung function, sweat response and skin temperature. We even measure brain wave activity!

Why not book for your scan so we can assess how you respond to stress?

Friends and Family

Do you have any friends or family that currently have a problem that you think that we would be able to help with?

During November we are offering our new patient exam and report of findings for **£25** (usually £55).

Pass this newsletter on to them and help them to start improving their health

Toys for Christmas

After the last 2 years successful "Toys for Adjustments" days we are running this event again this year on the Wednesday the 15th December. See notices for details.