

OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER

ADJUSTING PERSPECTIVES

YOUR PATH TO WELLNESS WITH

OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY

Believe it or not,  
your digestive  
system is entirely  
linked to your  
nervous system.

Are you struggling with bloating,  
constipation, or acid reflux?

Have digestive problems  
disrupted your daily life?

Looking for ways to improve  
digestion without relying on  
medication?

**WE CAN HELP!**

**YOUR SPINE COULD BE THE REASON BEHIND YOUR  
DIGESTIVE DISCOMFORT!**

**FIND OUT HOW ADJUSTMENTS CAN BRING RELIEF!  
DON'T WAIT... CALL US TODAY!**

CHIROPRACTIC  
CARE  
AND  
DIGESTION



**THE IMPORTANCE OF LISTENING TO YOUR  
BODY (BODY SIGNALS):**

DIGESTIVE ISSUES CAN BE CHALLENGING AND OFTEN  
REQUIRE A MULTI-FACETED APPROACH FOR TRUE RELIEF.  
CHIROPRACTIC CARE PROVIDES A NATURAL, NON-INVASIVE  
WAY TO HELP IMPROVE DIGESTION, REDUCE DISCOMFORT,  
AND SUPPORT THE NERVOUS SYSTEM.

IF YOU OR SOMEONE YOU KNOW STRUGGLES WITH DIGESTIVE  
SYMPTOMS, CHIROPRACTIC ADJUSTMENTS ARE A  
BENEFICIAL ADDITION TO YOUR HEALTH ROUTINE.

RESEARCH THAT MATTERS:

## How Chiropractic Care can help with Digestive Issues

**SPINAL ALIGNMENT & NERVE FUNCTION:** SUBLUXATIONS, ESPECIALLY IN THE THORACIC & LUMBAR REGIONS, CAN PUT PRESSURE ON NERVES THAT COMMUNICATE WITH THE DIGESTIVE ORGANS. CHIROPRACTIC ADJUSTMENTS RELIEVE THIS PRESSURE, IMPROVING NERVE FUNCTION - PROMOTING BETTER DIGESTIVE HEALTH.

**REDUCING INFLAMMATION & STRESS:** ADJUSTMENTS HELP REDUCE INFLAMMATION, WHICH IN TURN MAY DECREASE DIGESTIVE DISCOMFORT AND HELP IMPROVE THE BODY'S STRESS RESPONSE. CHRONIC STRESS IMPACTS DIGESTION, SO REDUCING IT THROUGH CHIROPRACTIC CARE WILL HAVE POSITIVE EFFECTS ON SYMPTOMS.

**IMPROVING BLOOD FLOW TO DIGESTIVE ORGANS:** A WELL-ALIGNED SPINE ENHANCES BLOOD FLOW AND CIRCULATION THROUGHOUT THE BODY, INCLUDING TO THE DIGESTIVE ORGANS, WHICH MAY SUPPORT EFFICIENT DIGESTION AND NUTRIENT ABSORPTION.

**PROMOTING OVERALL WELLNESS:** BY REMOVING PHYSICAL BLOCKAGES AND IMPROVING BODY MECHANICS, CHIROPRACTIC CARE FOSTERS AN ENVIRONMENT FOR BETTER WHOLE-BODY HEALTH, WHICH INCLUDES DIGESTION.



WHAT KIND OF MUSIC DID THE  
PILGRIMS LIKE?

PLYMOUTH ROCK

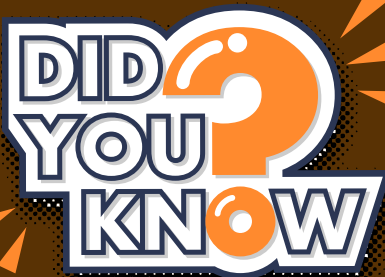


DID YOU KNOW THAT THE DOCTORS AT  
OLYMPIA WILL GIVE FREE LUNCH AND LEARN  
LECTURES AND POSTURE SCREENINGS AT  
YOUR PLACE OF WORK?!

CONTACT LISA AT

LSHAW@OLYMPIACHIROANDPT.COM

TO GET THIS SET UP WITH YOUR EMPLOYER TODAY!



## **GERD RELIEF AND CHIROPRACTIC CARE:**

**GASTROESOPHAGEAL REFLUX (GERD) IS A DISEASE THAT AFFECTS OVER 3 MILLION AMERICANS EACH YEAR. CHIROPRACTORS CAN PROVIDE EFFECTIVE RELIEF! THE SPINE, IT'S ALIGNMENT, AND OUR POSTURE CAN DIRECTLY AFFECT OUR DIGESTIVE SYSTEM.**

- **LOWER ESOPHOGEAL SPHINCTER:** THIS IS THE MUSCLE BETWEEN THE STOMACH AND THE ESOPHAGUS. IT CAN BECOME WEAKENED AND THEN EMPTY SLOWLY LEADING TO REFLUX.
- **POOR POSTURE:** COMPRESSES THE ABDOMINAL MUSCLES AND KEEPS ACID IN THE STOMACH
- **ESOPHAGEAL MISALIGNMENT:** A MISALIGNED SPINE CAN AFFECT THE ESOPHAGUS CAUSING IT'S FUNCTION TO BE ALTERED LEADING TO REFLUX. IT CAN ALSO LEAD TO COMPRESSED NERVES THAT LEAD TO THE STOMACH, THEREFORE FURTHER ALTERING THE BODY'S NORMAL FUNCTION.

**CHIROPRACTIC CARE COMPLEMENTS THESE RECOVERY PROCESSES BY ENSURING YOUR BODY IS IN OPTIMAL ALIGNMENT, REDUCING STRESS AND DISCOMFORT, AND PROMOTING RELAXATION AND GASTRIC EMPTYING, THIS DECREASES THE ACID IN THE STOMACH, THEREFORE ELIMINATING OR GREATLY REDUCING GASTRIC REFLUX.**

**Give us a Google Review!**



**HELP US TO SPREAD THE GIFT OF HEALTH AND WELLNESS TO OTHERS!**

**Healthy recipe to try!**

**HEALTHY PUMPKIN BREAD!**



**yum yum**

**CLICK ON PICTURE FOR THE RECIPE**

# DID YOU KNOW?

EACH DAY,  
OVER ONE  
MILLION  
ADJUSTMENTS  
TAKE PLACE  
ACROSS THE  
GLOBE.....  
THAT'S A  
WHOLE LOT OF  
RELIEF!

WOW!!!

*Give Thanks  
with a  
Grateful Heart*

**JARED** - I AM THANKFUL FOR MY FAMILY & FRIENDS

**DILON** - THANKFUL FOR EVERY OPPORTUNITY GIVEN TO ME, MY FAMILY, MY FRIENDS, MY DOG, AND ALL THE LOVELY PEOPLE I WORK WITH!

**JEN** - THANKFUL FOR MY FAMILY, FRIENDS, TEAMMATES, HEALTH. BLESSED TO HAVE WELLNESS AND SUCH GREAT PEOPLE IN MY LIFE!

**KIARA** - I AM SO THANKFUL FOR FAMILY, FRIENDS, & ALL THE BLESSINGS IN MY LIFE

**AMANDA** - I AM THANKFUL FOR HEALTH, FAMILY, & FRIENDS THAT MAKE LIFE FUN!

**SHANNON** - SO THANKFUL FOR SUPPORTIVE FRIENDS & FAMILY SURROUNDING AND ENCOURAGING ME

**DR. MINI** - THANKFUL FOR FRIENDS, FAMILY, OUR OLYMPIA TEAM, & ALL OF OUR GREAT PATIENTS!

**DR. BRYCE** - THANKFUL FOR MY AWESOME WIFE & OUR 4 KIDS

**ALEX** - I AM THANKFUL FOR FAMILY & FRIENDS SUPPORTING ME THROUGH SCHOOL & OTHER ACTIVITIES

**SYDNEY** - FRIENDS, FAMILY, & CO-WORKERS FOR ALL THE LOVE & SUPPORT THAT FUELS ME EVERY DAY!



LOCAL NOVEMBER FUN:  
MOONLIGHT MAGIC  
NOVEMBER 22 @ 6:00 PM - 8:00 PM



WATCH STOREFRONT WINDOWS "COME ALIVE" AS LOCAL ARTS, THEATER AND DANCE GROUPS PERFORM FROM 6 TO 8PM. ARTS AND ENTERTAINMENT GROUPS FROM ALL OVER THE COUNTY WILL BE PARTICIPATING. ALL WILL BE CREATING HOLIDAY MAGIC WITH ARTISANS, PERFORMERS, DANCERS AND MUSICIANS. THE DOWNTOWN SYCAMORE SHOPS ARE ONCE AGAIN GEARING UP FOR THIS YEAR'S SHOPPING MARATHON, MOONLIGHT MAGIC. STORES WILL BE OPEN LATE FOR MOONLIGHT SALES AND HOLIDAY MAGIC ON FRIDAY



Get to know our

**Employee!**

**ALEX SKUPA**



**Job Title: Physical Therapy Tech**

**Length of time at Olympia: 4 years!**

**Favorite Food: Pizza**

**Favorite Movie: 1917**

**Fun facts: I coach baseball in my free time. I have worked in St Charles office as well but now am in PT school at NIU!**

### **STRESS AND YOUR GUT:**

**SOME OF THE MOST COMMON DIGESTIVE ISSUES SUCH AS HEARTBURN, CRAMPING, BLOATING... CAN BE CAUSED BY STRESS.**

**YOUR GUT AND BRAIN ARE IN CONSTANT COMMUNICATION, YOUR GUT AFFECTING YOUR MOOD... YOUR MOOD AFFECTING YOUR GUT!**

**THE GOOD NEWS IS BY REDUCING STRESS, YOU CAN LESSEN OR ELIMINATE THESE DIGESTIVE PROBLEMS!**

**REDUCE STRESS BY A COMBINATION OF EXERCISE, DIET, & CHIROPRACTIC CARE -ADJUSTMENTS HELP REDUCE INFLAMMATION AND HELP STIMULATE THE BODY'S NATURAL HEALING PROCESS AS WELL AS PROMOTE MUSCLE RELAXATION AND OVERALL STRESS REDUCTION IN THE BODY**

**WE**



**OUR PATIENTS .....**



**PLEASE PASS ON THE GIFT OF HEALTH BY SHARING THIS NEWLETTER WITH THOSE YOU FEEL COULD BENEFIT FROM OUR CARE!**

**ASK US ABOUT A SPECIAL CONSULTATION CARD FOR YOU TO GIVE TO THEM!**



**IMPORTANT  
MESSAGE**

**FROM OUR PHYSICAL  
THERAPY DEPARTMENT:**

**HOW PHYSICAL THERAPY CAN HELP WITH DIGESTION ISSUES:**

**EXERCISE CAN SIGNIFICANTLY IMPACT DIGESTIVE HEALTH, OFFERING BOTH IMMEDIATE AND LONG-TERM BENEFITS FOR THOSE DEALING WITH DIGESTIVE ISSUES.**

**HERE IS HOW EXERCISE SUPPORTS DIGESTION AND WHAT EXERCISES MAY BE MOST BENEFICIAL:**

**1: STIMULATING DIGESTIVE MOTILITY**

exercise promotes the movement of food through the digestive system, promoting regularity

**2: REDUCING INFLAMMATION**

exercise helps by regulating immune response and boosting circulation

**3: BALANCING GUT MICROBIOME**

activities like cycling, running, and strength training promote a healthy microbiome supporting smoother digestion

**4: STRESS RELIEF**

exercise is a well known stress reducer and triggers the release of endorphins which improve mood and decrease stress.

**5: ENHANCE BLOODFLOW TO ORGANS**

increased circulation from physical activity improves oxygen and nutrients to the digestive organs

**6. WEIGHT MANAGEMENT**

maintaining a healthy weight decreases abdominal pressure



## **EXERCISE ESSENTIALS: EXERCISES FOR DIGESTIVE ISSUES:**

**THIS IS A GOOD OPTION FOR AN AT-HOME EXERCISE TO HELP AID DIGESTION AND ELIMINATE BLOATING AND IT ALSO STRENGTHENS THE CORE MUSCLES**

**BRIDGE POSE ACTIVATES AND STRETCHES ABDOMINAL MUSCLES AND STIMULATES THE INTESTINES**



**ASK US TO SHOW YOU HOW TO DO THIS EXERCISE!**

### **EXERCISE INSTRUCTIONS:**

#### **BRIDGE POSE**

**HOW: LIE ON YOUR BACK WITH YOUR KNEES BENT AND FEET FLAT ON THE FLOOR. PLACE ARMS AT YOUR SIDES, PALMS DOWN. PRESS INTO YOUR FEET, LIFTING YOUR HIPS AND LOWER BACK OFF THE GROUND. HOLD FOR 10-15 SECONDS, LOWER, AND REPEAT 2-3 TIMES**

**BENEFIT: STRENGTHENS CORE, STRETCHES ABDOMINAL MUSCLES AND IMPROVES CIRCULATION TO THE LOWER DIGESTIVE TRACT**