

OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER

# ADJUSTING PERSPECTIVES

YOUR PATH TO WELLNESS WITH  
OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY



**Are you feeling anxious and overwhelmed this holiday season?**

**Do you have a cold and are feeling tired and run down?**

**Is your entire body tight with tension?**

## WE CAN HELP!

**DISCOVERING HEALTHY WAYS TO COPE WITH STRESS IS ONE OF THE BEST WAYS TO KEEP YOURSELF WELL, AND CHIROPRACTORS ARE THE PERFECT HEALTHCARE PARTNER TO HELP YOU GET STARTED.**



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

**THE HOLIDAYS ARE ONE OF THE MOST STRESSFUL TIMES OF THE YEAR. UNAVOIDABLE FOR MANY, THE STRESS STEMS FROM THE HUSTLE AND BUSTLE AT THE STORES, ERRATIC DRIVING ON THE ROADS, AND THE GENERAL NEED TO CHECK ALL OF THE "TRADITION" BOXES THAT TAKE UP DWINDLING FREE TIME. WE FEEL THE STRESS IN OUR MINDS. WE FEEL THE STRESS IN OUR BODIES.**

**CHIROPRACTIC CARE CAN OFFER RELIEF!**

**RESEARCH THAT MATTERS:**  
**Chiropractic Care for Holiday Stress:**

WHEN YOUR BODY IS IN A CONSTANT STATE OF STRESS, IT PRODUCES HORMONES THAT CAN DISRUPT ALMOST ALL OF YOUR BODY'S NATURAL PROCESSES. CHIROPRACTORS CAN OFFER RELIEF AND EASE THE TENSION

- STRESS CAUSES OUR BODIES TO TIGHTEN UP IN KNOTS. THIS CAUSES TENSION IN MUSCLES, MOVING THINGS OUT OF ALIGNMENT - AN ADJUSTMENT RESTORES THE BODY AND MIND RELEASES TENSION
- NOURISH YOUR BODY

DURING THE HOLIDAYS WE OVEREAT OFTEN ON SUGARY FOODS.

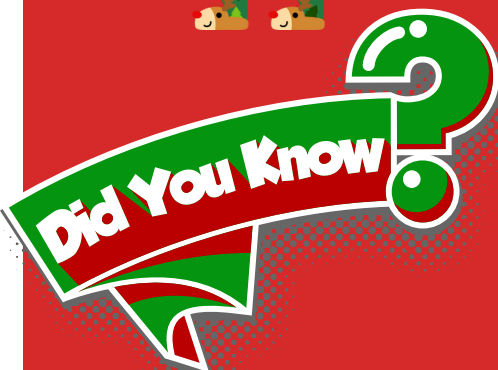
NUTRITION IS A CORNERSTONE OF CHIROPRACTIC CARE AND OUR DOCTORS CAN PROVIDE INDIVIDUALIZED GUIDANCE ON WHAT TO EAT AND WHAT NOT TO EAT. THEY ALSO EDUCATE ABOUT EXERCISE, STRETCHING, AND RELAXATION TECHNIQUES SPECIFIC TO THEIR PATIENTS' NEEDS. IT ALL WORKS HAND-IN-HAND.

- SUSTAINABLE STRESS RELIEF

THE HUMAN BODY HAS THE ABILITY TO HEAL ITSELF OF ITS AILMENTS, INCLUDING STRESS. OLYMPIA CHIROPRACTIC AND PHYSICAL THERAPY PROVIDES PATIENTS WITH THE NATURAL CARE AND RESOURCES TO HELP THEM REDISCOVER THEIR CENTER AND BETTER COPE WITH THE HECTIC HOLIDAY SEASON—EVEN WHEN IT'S ALL OVER.



**WHERE DO SANTA'S REINDEER  
STOP FOR COFFEE?  
STAR-BUCKS!**



**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!**

## CHIROPRACTIC CARE AND THE HOLIDAYS:



YOU COULD PROBABLY GUESS WHY SANTA MIGHT SEE THE CHIROPRACTOR ON DECEMBER 26TH! ON HIS BIG NIGHT HE'S MISSING SLEEP, LIFTING A SACK FULL OF TOYS AGAIN AND AGAIN, AND OVER-INDULGING ON MILK AND COOKIES EVERY CHANCE HE GETS! CHANCES INCREASE FOR AN INJURY WHEN YOU'RE STRESSED AND CHRISTMAS CAN BE ONE OF THE MOST STRESSFUL DAYS FOR SANTA. HE'S USUALLY IN THE OFFICE THE DAY AFTER CHRISTMAS TO GET HELP WITH ANY INJURIES HE MIGHT HAVE SUFFERED.

BUT SANTA IS ALSO A REGULAR THROUGHOUT THE YEAR.... A PROPERLY FUNCTIONING NERVOUS SYSTEM HAS NUMEROUS BENEFITS. IT CONTROLS EVERYTHING IN YOUR BODY, FROM YOUR MUSCLES TO YOUR IMMUNE SYSTEM.

SANTA RECOGNIZES HOW IMPORTANT IT IS TO BE PROACTIVE ABOUT HEALTH. IF HE WAITED TILL HE GOT SICK, HE'D BE IN TROUBLE IF IT HAPPENED ON CHRISTMAS!

Give us a Google Review!



  
25 HEALTHY  
HOLIDAY SNACKS  
TO MAKE

Healthy recipe to try!



Yummy

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

CLICK ON PICTURE FOR THE RECIPE

# DID YOU KNOW?

THE TALLEST  
CHRISTMAS  
TREE EVER  
DISPLAYED WAS  
IN SEATTLE,  
WASHINGTON  
AND WAS 221  
FEET  
TALL



## GIVE THE GIFT OF HEALTH THIS HOLIDAY SEASON!

HELP YOUR LOVED ONES EXPERIENCE THE  
BENEFITS OF CHIROPRACTIC CARE AND  
PHYSICAL THERAPY AND AS A BONUS, HAVE A  
CHANCE TO WIN AMAZING PRIZES!

### HOW IT WORKS:

KNOW SOMEONE WHO COULD BENEFIT FROM  
CHIROPRACTIC CARE? SIMPLY PROVIDE THEIR  
NAME AND CONTACT INFORMATION, AND  
WE'LL SEND THEM A SPECIAL HOLIDAY CARD

FROM YOU WITH A GIFT OF HEALTH  
FOR A FREE CONSULTATION, EXAM, AND X-  
RAYS (A \$250 VALUE!).

FOR EACH REFERRAL, YOU'LL RECEIVE ONE  
RAFFLE TICKET FOR A CHANCE TO WIN  
\$200 VISA GIFT CARD

\$100 GIFT CARD TO A LOCAL RESTAURANT  
GIFT BASKET

STOP IN TO FILL OUT YOUR CARD TODAY! OR  
PROVIDE THE INFORMATION BY CLICKING HERE

### LOCAL DECEMBER FUN:

SYCAMORE HOT CHOCOLATE WALK DECEMBER 12 @ 4:00 PM - 8:00 PM

BRING YOUR SWEET TOOTH & ENJOY OVER 20 DECADENT CHOCOLATE STOPS AND A  
CHANCE TO WIN A CHOCOLATE GIFT BASKET & GIFT CERTIFICATES.

ENJOY THE BEST OF OUR DOWNTOWN SYCAMORE SHOPS WHILE SAMPLING A VAST RANGE  
OF FINE CHOCOLATE DESSERTS. HOT CHOCOLATE, CHOCOLATE-COVERED CANDY CANES,  
CHOCOLATE MARTINIS, HOMEMADE CHOCOLATE MARSHMALLOWS, CHOCOLATE  
DONUTS, CHOCOLATE-DIPPED MINI CONES AND MUCH MORE!

YOUR DELIGHTFUL EVENING WILL START AT BLUMEN GARDENS, 403 EDWARD STREET IN  
SYCAMORE. THERE YOU WILL PICK UP YOUR CHOCOLATE WALK ENTRY CARD, YOUR  
SWEET TREAT MAP, YOUR SOUVENIR HOT COCOA MUG, AND BE DELIGHTED WITH YOUR  
FIRST CHOCOLATE TREAT COURTESY OF BLUMEN GARDENS.



Get to know our  
**Employee!**

## JARED SEEMANN



**Job Title: Physical Therapy Tech**  
**Length of time at Olympia: 2 months**  
**Favorite Food: Pizza**  
**Favorite Movie: Iron Man**  
**Pets: 2 dogs**  
**Fun facts: I am from Wisconsin!**

### HOW TO NOT GET SICK DURING THE HOLIDAYS:

**CHRONIC HOLIDAY STRESS CAN TAKE A TOLL ON YOUR IMMUNE SYSTEM. CORTISOL CAN CREATE AN INFLAMMATORY RESPONSE THAT CAUSES A CASCADE OF ACHES AND PAINS. IN ADDITION, YOUR BODY DECREASES ITS LYMPHOCYTE PRODUCTION. THESE WHITE BLOOD CELLS ARE ESSENTIAL TO HELPING FIGHT OFF INFECTIONS, AND WITH LESS OF THEM YOU COULD BE MORE SUSCEPTIBLE TO VIRUSES AND COLDS. FOLLOW THE HEALTH TIPS LISTED BELOW TO LOWER YOUR STRESS AND IMPROVE YOUR IMMUNE SYSTEM FUNCTION.**

- **WHEN YOU'RE FEELING STRESSED OUT, REACH FOR A HEALTHY SNACK**
- **TAKE A FEW MINUTES BEFORE BED REDUCE YOUR STRESS BY READING OR MEDITATING.**
- **STAY ACTIVE THROUGHOUT THE DAY**
- **GET ADJUSTED REGULARLY -IMPROVE LYMPHATIC FLOW TO GET RID OF GERMS AND CLEAR YOUR NERVOUS SYSTEM**

**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**

## FROM OUR PHYSICAL THERAPY DEPARTMENT:

### HOW EXERCISE CAN HELP WITH HOLIDAY STRESS:

WHEN A DEMANDING HOLIDAY SEASON LEAVES YOU TWISTED IN KNOTS FROM THE STRESSES OF COMMITMENTS, CROWDS, SHOPPING AND ENTERTAINING, MOUNDS OF RESEARCH POINT TO A SIMPLE SOLUTION TO SUCH ANXIETY: SWEAT AWAY THAT STRESS BY MAKING EXERCISE A PART OF YOUR HOLIDAY ROUTINE.

BESIDES THE OBVIOUS BENEFITS OF IMPROVING YOUR PHYSICAL CONDITION AND FIGHTING DISEASE, THE ANXIETY AND DEPRESSION ASSOCIATION OF AMERICAN (ADAA) POINTS OUT THAT EXERCISE ALSO DOES WONDERS FOR THE MIND.

"EXERCISE IS ALSO CONSIDERED VITAL FOR MAINTAINING MENTAL FITNESS, AND IT CAN REDUCE STRESS," STATES THE ADAA. "STUDIES SHOW THAT IT IS VERY EFFECTIVE AT REDUCING FATIGUE, IMPROVING ALERTNESS AND CONCENTRATION, AND AT ENHANCING OVERALL COGNITIVE FUNCTION."

FROM A MORE SCIENTIFIC PERSPECTIVE, THE MAYO CLINIC POINTS OUT THAT PHYSICAL ACTIVITY LEADS TO THE INCREASED PRODUCTION OF ENDORPHINS, WHICH ARE NEUROTRANSMITTERS IN THE BRAIN THAT WARD OFF PAIN AND HELP YOU FEEL GOOD. IN ADDITION, EXERCISE HAS A "MEDITATION IN MOTION" EFFECT AS THE FOCUS ON PHYSICAL ACTIVITY HELPS YOU FORGET ABOUT THE STRESS OF YOUR DAY.

NEARLY ANY FORM OF EXERCISE - WALKING, RUNNING, LIFTING WEIGHTS OR TAKING YOGA CLASSES - CAN SERVE AS STRESS RELIEVERS, ESPECIALLY DURING PARTICULARLY DIFFICULT TIMES OF THE YEAR LIKE THE HOLIDAY SEASON.

"IF YOUR BODY FEELS BETTER, SO DOES YOUR MIND," STATES THE ADAA.

HAVE FUN. COMMIT TO ACTIVITIES YOU ENJOY AND WHICH FIT YOUR PERSONALITY. MIX IT UP. CHANGE YOUR WORKOUT ONCE IN A WHILE TO BREAK UP THE MONOTONY. ALLOW YOURSELF TO EXPLORE A DIVERSE SET OF ACTIVITIES AND DISCIPLINES THAT MAY CHALLENGE YOUR BODY IN DIFFERENT WAYS.

*Exercise =  
Less Holiday  
Stress*

*Schedule in  
30 minutes  
a day!*



## EXERCISE ESSENTIALS-RELIEVE STRESS DURING THE HOLIDAYS:

WHEN YOU ARE STRESSED DURING THE HOLIDAY, YOUR BODY STARTS TO PRODUCE CORTISOL AND ADRENALINE. THIS CAN CAUSE YOUR HEART RATE TO INCREASE, SHALLOW BREATHING, AND ULTIMATELY HIGH BLOOD PRESSURE.

BELLY BREATHING IS ONE OF THE EFFECTIVE, SIMPLE MOVEMENTS FOR MANAGING HOLIDAY STRESS AND ANXIETY. IT HELPS TO REDUCE STRESS, LOWERS BLOOD PRESSURE, IMPROVES DIGESTION, AND ELEVATES YOUR ENERGY LEVELS.



### The benefits of Diaphragmatic Breathing

- Decreases stress, increases calm
- Lowers blood pressure
- Improves digestion
- Relieves pain
- Increases energy

ASK US TO SHOW  
YOU HOW TO DO  
THIS EXERCISE!

### **EXERCISE INSTRUCTIONS:** **DIAPHRAGMATIC BREATHING**

**SIT UPRIGHT AND PLACE YOUR HANDS ACROSS THE  
BELLY, BELOW THE RIBS**

**THINK OF YOUR BELLY AS A BALLOON**

**INHALE VIA YOUR NOSE FOR APPROXIMATELY FOUR  
SECONDS, AS YOU FEEL YOUR ABDOMEN EXPAND**

**HOLD YOUR BREATH FOR ALMOST TWO SECONDS**

**EXHALE SLOWLY VIA YOUR MOUTH FOR**

**ALMOST 6 SECONDS**