

**OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER**

**ADJUSTING PERSPECTIVES**

**YOUR PATH TO WELLNESS WITH  
OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY**



**Are you sick.....again?**

**Are you simply looking for a way to just stay healthy?**

**Do you want to find ways to help fight illness?**

**Are you sick and tired of being sick and tired?**

**WE CAN HELP!**

**WE CAN HELP YOU BOOST YOUR IMMUNE SYSTEM  
AND FEEL AND FUNCTION BETTER WITH  
CHIROPRACTIC CARE!**

**CHIROPRACTIC CAN  
AID IMMUNE SYSTEM  
RESPONSES BY  
REDUCING NERVE  
INTERFERENCE.**

"Chiropractic And Our Immune System" 2019  
www.familychiroplus.com/chiropractic-and-our-immune-system

**BODY**

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

**IT'S COLD OUT, WE ARE ALL INSIDE TOGETHER, PEOPLE  
COUGHING, SNEEZING..... VIRUSES AND THE FLU SEEM TO  
BE EVERYWHERE! STUDIES HAVE SHOWN, THAT REGULAR  
CHIROPRACTIC ADJUSTMENTS BOOST YOUR IMMUNE  
SYSTEM, KEEPING YOU FROM GETTING SICK, AND  
HELPING YOU GET BETTER FASTER. WE WILL DELVE  
DEEPER IN THIS NEWSLETTER!**



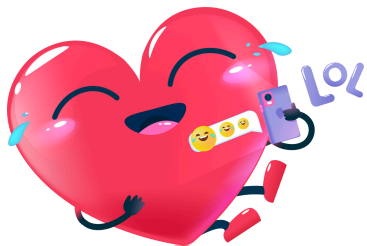
**RESEARCH THAT MATTERS:**

**5 ways Chiropractic strengthens your immune system:**

**CHIROPRACTIC FOCUSES ON YOUR NERVOUS SYSTEM AND YOUR NERVOUS SYSTEM WORKS WITH YOUR IMMUNE SYSTEM TO HEAL YOUR BODY AND FIGHT OFF PATHOGENS.**

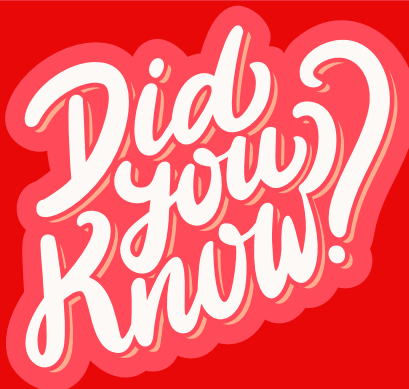
**OPTIMAL IMMUNE HEALTH COMES FROM OPTIMAL NERVOUS SYSTEM HEALTH, WHICH IS ROOTED IN YOUR SPINE.**

- 1. ADJUSTMENTS ALLOW PROPER COMMUNICATION OF YOUR NERVOUS SYSTEM -ANY INTERFERENCE IN THIS COMMUNICATION INHIBITS YOUR IMMUNE SYSTEM FROM DOING IT'S JOB**
- 2. CHIROPRACTIC OPTIMIZES WHOLE BODY FUNCTION TO FIGHT OFF ILLNESS AND INCREASES WHITE BLOOD CELLS -THE BODY'S DEFENSE MECHANISM**
- 3. OPTIMAL IMMUNE HEALTH LEADS TO GETTING BETTER FASTER AND CHIROPRACTIC ADJUSTMENTS HAVE BEEN SHOWN TO INCREASE THE BODY'S ANTIBODY LEVELS**
- 4. IMPROVING SPINAL ALIGNMENT IMPROVES NERVE FUNCTION AND COMMUNICATION, HELPING THE BODY TO RESPOND BETTER TO STRESS AND KEEPING CORTISOL LEVELS IN CHECK AND BALANCING THE IMMUNE SYSTEM**
- 5. CHIROPRACTIC ADJUSTMENTS IMPROVE LYMPHATIC DRAINAGE ALLOWING THE BODY TO ELIMINATE TOXINS AND STRENGTHEN THE IMMUNE RESPONSE**



**WHO ALWAYS HAS A DATE ON VALENTINE'S DAY?**

**A CALENDAR!**



**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!**



## EAT THIS WHEN YOU ARE SICK:

WHEN YOU ARE NOT FEELING WELL, EATING RIGHT IS USUALLY THE LAST THING ON YOUR MIND! HOWEVER, EATING HEALTHY FOOD WHEN YOU ARE SICK CAN HELP SPEED UP YOUR RECOVERY AND WILL HELP YOU STAY BETTER, LONGER!

FOOD IS YOUR BODY'S FUEL., AND THE RIGHT FUEL IS NEEDED ESPECIALLY WHEN YOU ARE SICK. START WITH GIVING YOUR DIGESTIVE SYSTEM A BREAK BY EATING EASILY DIGESTIBLE, NUTRIENT DENSE FOODS WHICH WILL HELP YOU RECOVER FASTER AND BUILD YOUR IMMUNE SYSTEM.



### WHAT TO EAT?

\*\*START WITH **SOUP**! JUST LIKE YOUR MOTHER GAVE YOU WHEN YOU WERE SICK, THE BONE BROTH IN SOUP CONTAINS ESSENTIAL MINERALS TO BOOST YOUR IMMUNE SYSTEM.

\*\*ADD **YOGURT OR PROBIOTICS** WHICH WILL IMPROVE YOUR SLEEP, DIGESTION, AND IMMUNITY.

\*\*EAT **LEAN MEATS & FISH** WITH OMEGA-3 FATTY ACIDS TO REDUCE INFLAMMATION.

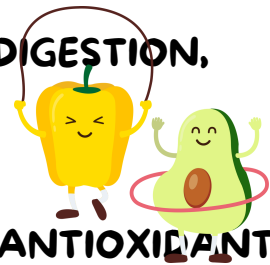
\*\***LEAFY GREENS AND CITRUS FRUITS** WILL PROVIDE VITAMIN C, AN ANTIOXIDANT TO HELP YOU GET BETTER FASTER.

\*\*ADD **GARLIC** TO YOUR MEAT AND SOUPS - IT HAS ANTI-VIRAL PROPERTIES.

\*\***GINGER** IS HYDRATING AND ANTI-INFLAMMATORY, AND CAN HELP WITH CONGESTION AND NAUSEA

\*\***HONEY** CONTAINS A HIGH LEVEL OF ANTIMICROBIAL COMPOUNDS AS WELL AS ANTIBACTERIAL EFFECTS. ADD IT TO HOT TEA TO HYDRATE AND SOOTHE.

\*\*DON'T FORGET TO **DRINK WATER**! THIS WILL HELP FLUSH OUT TOXINS.



THESE FOODS THAT HELP YOU GET BETTER, WILL ALSO KEEP YOU HEALTHY AND FUNCTIONING BETTER ALL YEAR ROUND!

Give us a Google Review!



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

Healthy recipe to try!

"HEALTHY"  
HIGH PROTEIN  
REESE'S!



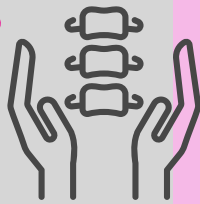
*Yum!*

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!



## BOOST YOUR BODY'S IMMUNE SYSTEM TODAY:

1. GET ADJUSTED REGULARLY- CALL TODAY TO GET BACK ON SCHEDULE!
2. MAINTAIN PROPER NUTRITION - FEED YOUR BODY WELL!
3. STAY ACTIVE
4. DRINK PLENTY OF WATER
5. WASH YOUR HANDS - GOOD OLD SOAP AND WATER WORKS BEST!



## TEAM TRAINING!

OUR TEAM OF 23 RECENTLY ATTENDED THE REMARKABLE PRACTICE'S TEAM BUILDING IMMERSION IN TAMPA, GAINING VALUABLE INSIGHTS TO ENHANCE OUR SKILLS AND BETTER SERVE YOU!

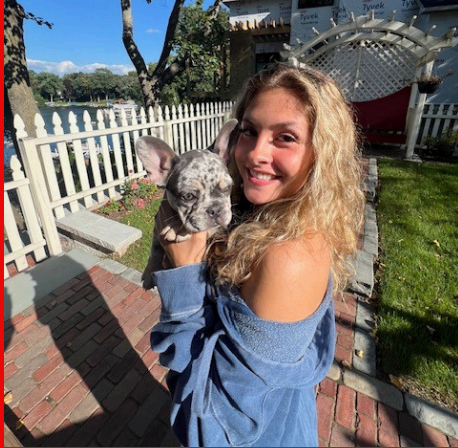
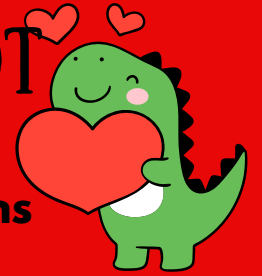




Get to know our **Employee!**



**KIRA KLAPPRODT**



**Job Title: Stim Technician**

**Length of time at Olympia: 8 months**

**Favorite Food: Mozzarella sticks**

**Favorite Movie: How to lose a guy in 10 days**

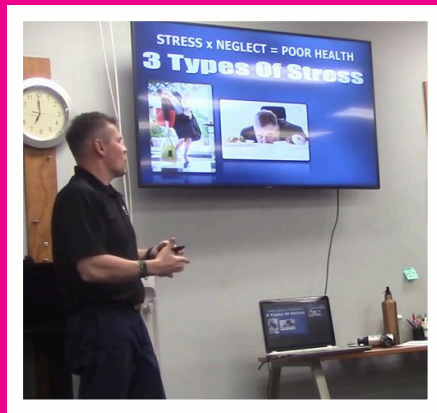
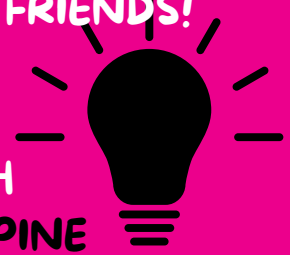
**Pets: 2 bulldogs - Sydney and Milo**

**Fun facts: I have traveled outside of the country 4 times!**

**IN OFFICE WORKSHOPS!**

**JOIN US EVERY MONTH IN THESE FREE EDUCATIONAL TALKS AIMED TO IMPROVE YOUR HEALTH! BRING YOUR FAMILY AND FRIENDS!**

**HERE IS OUR UPCOMING CALENDAR:**



**TUESDAY FEBRUARY 27TH  
HEALTHY HEART/HEALTHY SPINE  
12PM - 1PM**

**WEDNESDAY MARCH 12TH  
KIDS AND CHIROPRACTIC  
8-9 PM**

**\*\*\*STOP IN OR CALL TO SIGN UP!**

**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 YOUR IMMUNE SYSTEM:**

**EXERCISE HELPS THE IMMUNE SYSTEM BY INCREASING BLOOD FLOW, CIRCULATING WHITE BLOOD CELLS (WBCS), AND RELEASING CYTOKINES. THIS HELPS THE BODY DETECT AND FIGHT DISEASE EARLIER.**

#### **INCREASES BLOOD FLOW**

- **EXERCISE INCREASES BLOOD FLOW, WHICH HELPS MOVE IMMUNE CELLS THROUGHOUT THE BODY. THIS ALSO INCREASES OUR BODY TEMPERATURE WHICH HELPS KEEP BACTERIA FROM GROWING**

#### **CIRCULATES WBCS**

- **EXERCISE CAUSES WHITE BLOOD CELLS TO CIRCULATE MORE RAPIDLY, WHICH HELPS THEM DETECT ILLNESSES EARLIER AND FIGHTS OFF THE ILLNESS.**

#### **RELEASES CYTOKINES**

- **EXERCISE RELEASES PRO- AND ANTI-INFLAMMATORY CYTOKINES, WHICH HELP MODULATE THE IMMUNE SYSTEM.**

#### **REDUCES CHRONIC STRESS**

- **EXERCISE CAN HELP REDUCE CHRONIC STRESS, WHICH CAN BOOST IMMUNITY.**

#### **PROMOTES ANTI-INFLAMMATORY RESPONSES**

- **EXERCISE PROMOTES ANTI-INFLAMMATORY RESPONSES THAT CAN HELP COUNTER INFLAMMATION, OXIDATIVE STRESS, AND IMMUNE DYSFUNCTION.**

#### **HOW MUCH EXERCISE IS NEEDED?**

- **THE GENERAL RECOMMENDATION FOR ADULTS IS 150 MINUTES OF MODERATE PHYSICAL ACTIVITY OR 75 MINUTES OF VIGOROUS PHYSICAL ACTIVITY A WEEK.**
- **YOU CAN START SMALL AND ADJUST YOUR ROUTINE AS NEEDED.**
- **YOU CAN DO SHORT BURSTS OF ACTIVITY THROUGHOUT YOUR DAY.**



**DID YOU KNOW  
THAT EXERCISE  
CAN IMPROVE  
IMMUNE FUNCTION?**





# **EXERCISE ESSENTIALS-TO HELP YOUR IMMUNE SYSTEM: A GOOD STRETCH TO BOOST THE IMMUNE SYSTEM IS THE ARDHA MATSYENDRASANA, A YOGA POSE**

**THIS STIMULATES THE ABDOMINAL AREA WHICH IS CLOSELY LINKED TO THE BODY'S LYMPHATIC SYSTEM WHICH IS INTEGRAL TO PROPER IMMUNE FUNCTION. IT ALSO HELPS TO MASSAGE INTERNAL ORGANS AND IMPROVE CIRCULATION WHICH CAN HELP THE BODY'S OVERALL IMMUNE RESPONSE.**



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

## **GETTING INTO THE POSTURE**

- **SIT IN DANDASANA WITH YOUR FEET TOGETHER AND SPINE STRAIGHT.**
- **NOW BEND THE LEFT LEG AND PLACE THE LEFT FOOT FLAT BESIDE THE RIGHT HIP.**
- **TAKE THE RIGHT LEG OVER THE LEFT KNEE AND PLACE THE LEFT HAND ON THE RIGHT KNEE AND THE RIGHT HAND BEHIND YOU.**
- **NOW SLOWLY TWIST THE WAIST, SHOULDERS AND NECK TO THE RIGHT AND LOOK OVER THE RIGHT SHOULDER.**
- **ENSURE YOUR SPINE IS STRAIGHT.**
- **NOW LOOK OVER THE RIGHT SHOULDER WHILE TAKING SLOW DEEP BREATHS.**

## **GETTING OUT OF THE POSTURE**

- **AS YOU BREATHE OUT, FIRST SLOWLY RELEASE THE RIGHT HAND (THE HAND THAT IS BEHIND YOU), RELEASE AND TURN THE WAIST, CHEST AND NECK.**
- **SIT UP STRAIGHT AND RELAXED.**
- **NOW REPEAT THIS ON THE OTHER SIDE.**