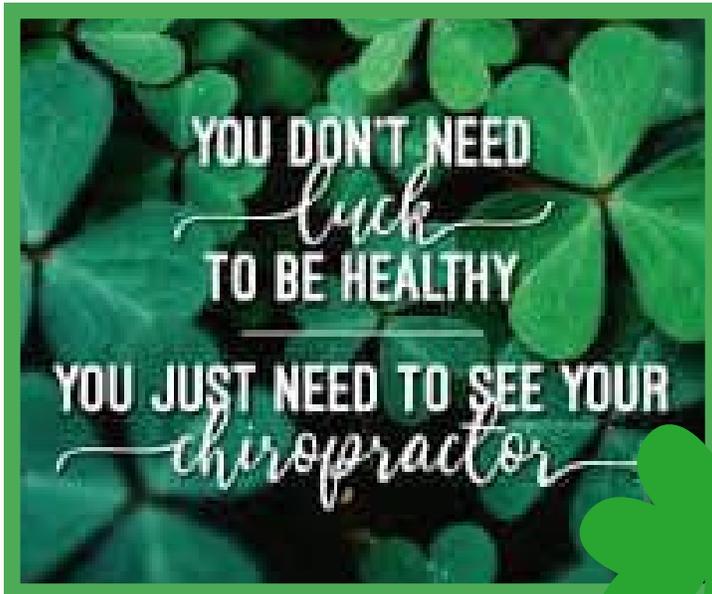




OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER

# ADJUSTING PERSPECTIVES

YOUR PATH TO WELLNESS WITH  
OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY



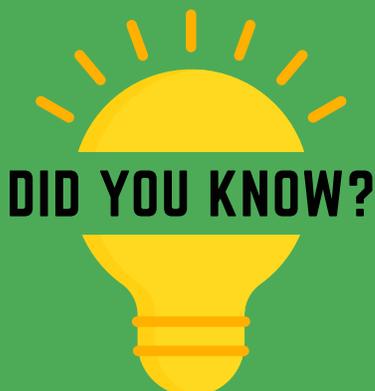
**Do you have children?**

**Are you dealing with chronic ear infections, colic, sleep issues?**

**Do you want to find ways to keep your child healthy naturally?**

**WE CAN HELP!**

**CHIROPRACTIC CARE IS BENEFICIAL IN KEEPING YOUR CHILD HEALTHY AND FUNCTIONING AND FEELING WELL!**



**DID YOU KNOW?**

**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!**



RESEARCH THAT MATTERS:

## What is Chiropractic Care for my child?:

PEDIATRIC CHIROPRACTIC CARE FOCUSES ON THE DIAGNOSIS, TREATMENT, AND PREVENTION OF HEALTH ISSUES IN CHILDREN USING GENTLE AND NONINVASIVE TECHNIQUES. UNLIKE ADULTS, CHILDREN'S BODIES ARE STILL DEVELOPING, REQUIRING A UNIQUE APPROACH TO CHIROPRACTIC ADJUSTMENTS. THE METHODS USED ARE SPECIFICALLY DESIGNED TO BE SAFE AND EFFECTIVE FOR YOUNG, GROWING BODIES.

THE CORE PHILOSOPHY OF CHIROPRACTIC CARE REVOLVES AROUND THE IDEA THAT A PROPERLY ALIGNED SPINE PROMOTES OVERALL HEALTH. THIS CONCEPT APPLIES TO CHILDREN JUST AS MUCH AS IT DOES TO ADULTS. PROPER SPINAL ALIGNMENT CAN HELP ALLEVIATE VARIOUS CHILDHOOD AILMENTS, FROM COLIC TO EAR INFECTIONS.



WHY DO LEPRECHAUNS LOVE TO GARDEN?

THEY HAVE GREEN THUMBS.



Give us a Google Review!



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

Healthy recipe to try!

CORNER BEEF  
AND CABBAGE  
SOUP



*Yum!*

CLICK ON PICTURE FOR THE RECIPE



## **WHY BRING YOUR CHILD TO THE CHIROPRACTOR?:**

**INTRODUCING YOUR INFANT OR CHILD TO CHIROPRACTIC CARE AT A YOUNG AGE CAN BE ONE OF THE BEST WAYS TO HELP SET THEM UP FOR A LIFETIME OF GOOD HEALTH. CHIROPRACTORS CAN HELP KIDS IN A MANY WAYS – FROM PROMOTING HEALTHIER SLEEP & BOOSTING IMMUNITY TO IMPROVING BEHAVIORAL ISSUES AND EVEN AIDING IN DIGESTION. IN INFANTS, CHIROPRACTIC CARE CAN ALSO HELP SOOTH COLIC AND REFLUX SYMPTOMS, AMONG MANY OTHER BENEFITS.**

### **IT BALANCES YOUR CHILD'S NERVOUS SYSTEM**

**WHEN OUR SPINE IS OUT OF ALIGNMENT, THIS CAN AFFECT SO MUCH MORE THAN JUST OUR POSTURE, ACHES, AND PAINS. THE SPINE IS THE CENTRAL NETWORK OF OUR ENTIRE SYSTEM—PHYSICAL, MENTAL, EMOTIONAL, AND ENERGETIC. OUR CHILDREN'S SPINE AND NERVOUS SYSTEM ARE VERY DELICATE AS THEY ARE STILL GROWING AND DEVELOPING. REGULAR ADJUSTMENTS TO A CHILD'S BACK AND NECK WILL INVITE THEIR SYSTEM TO FEEL MORE SYNCHRONIZED AND SETTLED. A BALANCED NERVOUS SYSTEM TRANSLATES INTO MANY AREAS OF THEIR LIFE, PROMOTING WELLBEING, GREATER IMMUNITY, AND HEALTHY SPINAL DEVELOPMENT.**

### **IT REVITALIZES CHILDREN'S IMMUNE HEALTH**

**OUR IMMUNE RESPONSE BECOMES ACTIVATED BASED ON NEUROTRANSMITTERS WHICH ARE DEPENDENT ON THE HEALTH AND FUNCTIONALITY OF OUR SPINAL CORD. IT HAS BEEN FOUND THAT CHILDREN WHO SEE A CHIROPRACTOR REGULARLY GET FEWER COLDS THAN THOSE WHO HAVE NEVER SEEN ONE.**

### **IT PROMOTES HEALTHIER SLEEP CYCLES**

**CHIROPRACTIC CARE CAN HELP A CHILD SLEEP BETTER THROUGH THE NIGHT AND FEEL MORE RESTED AND CALM. AFTER REGULAR CHIROPRACTIC VISITS, PARENTS HAVE NOTED POSITIVE CHANGES IN THEIR CHILD'S SLEEP PATTERNS SUCH AS EARLIER BEDTIMES, FEWER LATE NIGHT WAKE-UPS, MORE CONSISTENT SLEEP BEHAVIOR OR NAPS, DECREASED LETHARGY, AND A MORE BALANCED FLOW OF ENERGY LEVELS.**

### **IT IMPROVES DIGESTION AND CONSTIPATION**

**PROPER ALIGNMENT OF THE MID-LOW BACK, HIPS AND PELVIC AREA CAN RELIEVE TENSION ON THE INTESTINES AND PROMOTE A MORE EASEFUL EXPERIENCE.**

### **IT SUPPORTS GROWTH MILESTONES & AIDS IN POSTURE, BACK PAIN, & INJURIES**

**CHILDHOOD IS A KEY TIME FOR HABITUAL POSTURES AND PATTERNS TO START. THE DEVELOPMENTAL YEARS ARE THE PERFECT TIME TO PRESERVE THE ABUNDANT HEALTH OUR KIDS ARE BORN WITH RATHER THAN NEEDING TO GO BACK TO 'FIX' OR HEAL ISSUES THAT MAY ARISE THROUGHOUT THEIR LIFE. KIDS ARE OFTEN VERY ACTIVE AND SOMETIMES TAKE FALLS THAT WE MAY NOT KNOW HOW SIGNIFICANTLY HAVE IMPACTED THEIR SPINAL ALIGNMENT.**

### **IT IMPROVES MOOD, MENTAL FOCUS AND ADHD**

**CHIROPRACTIC CARE DOES NOT "TREAT" ADHD. BUT, IT CAN IMPACT CHILDREN POSITIVELY WHO HAVE BEEN DIAGNOSED & IT IS A SAFE AND NATURAL TREATMENT FOR THE SYMPTOMS. REGULAR ADJUSTMENTS HELP SUPPORT MORE EFFICIENT & EFFECTIVE NERVE FLOW. SPINAL MISALIGNMENTS OFTEN LEAD TO BEHAVIORAL ISSUES AND CHANGES IN BRAIN FUNCTIONALITY. ADJUSTING A CHILD'S SPINE RESTORES BALANCE TO THEIR BRAIN, BODY, AND THEIR ENTIRE NERVOUS SYSTEM WHICH LEADS TO HIGHER LEVELS OF CONCENTRATION, IMPROVED MOOD & FOCUS.**





Get to know our **Employee!**

**JENNIFER LEE**



**Job Title: Front Desk Coordinator**

**Would love to travel to: Scotland**

**Favorite sports team: I do not follow sports**

**Favorite part of your job: Our patients!**

**If you could have any Superpower, what would it be and why: Elastigirl! She can accomplish so many things and the same time!**



## 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 MARCH 25TH 7 PM  
KIDS & CHIROPRACTIC WORKSHOP

WEDNESDAY APRIL 9TH 7 PM  
BACK PAIN WORKSHOP

\*\*\*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:

### WHY EXERCISE IS IMPORTANT FOR CHILDREN

EXERCISE PROVIDES NUMEROUS BENEFITS FOR CHILDREN, PROMOTING THEIR PHYSICAL, MENTAL, AND SOCIAL WELL-BEING.



#### PHYSICAL BENEFITS:

- STRONGER MUSCLES AND BONES:
- REGULAR EXERCISE HELPS BUILD STRONG MUSCLES AND BONES, REDUCING THE RISK OF FRACTURES AND OSTEOPOROSIS LATER IN LIFE.
- HEALTHY WEIGHT MANAGEMENT:
- EXERCISE BURNS CALORIES AND HELPS CHILDREN MAINTAIN A HEALTHY WEIGHT, REDUCING THE RISK OF OBESITY-RELATED DISEASES.
- IMPROVED CARDIOVASCULAR HEALTH:
- EXERCISE STRENGTHENS THE HEART AND IMPROVES CARDIOVASCULAR FITNESS, REDUCING THE RISK OF HEART DISEASE.

#### MENTAL BENEFITS:

- REDUCED STRESS AND ANXIETY:
- EXERCISE RELEASES ENDORPHINS, WHICH HAVE MOOD-BOOSTING EFFECTS AND HELP REDUCE STRESS AND ANXIETY.
- IMPROVED COGNITIVE FUNCTION:
- EXERCISE ENHANCES BRAIN DEVELOPMENT AND IMPROVES MEMORY, ATTENTION, AND PROBLEM-SOLVING SKILLS.
- INCREASED SELF-ESTEEM AND CONFIDENCE:
- ACHIEVING PHYSICAL GOALS AND FEELING STRONGER CAN BOOST CHILDREN'S SELF-ESTEEM AND CONFIDENCE.

#### SOCIAL BENEFITS:

- DEVELOPING SOCIAL SKILLS:
- PARTICIPATING IN SPORTS OR GROUP EXERCISE PROGRAMS PROMOTES SOCIAL INTERACTION, TEAMWORK, AND COMMUNICATION SKILLS.
- INCREASED SOCIAL ENGAGEMENT:
- EXERCISE CAN ENCOURAGE CHILDREN TO BE MORE ACTIVE AND SOCIAL, FOSTERING HEALTHY RELATIONSHIPS AND REDUCING SEDENTARY BEHAVIORS.

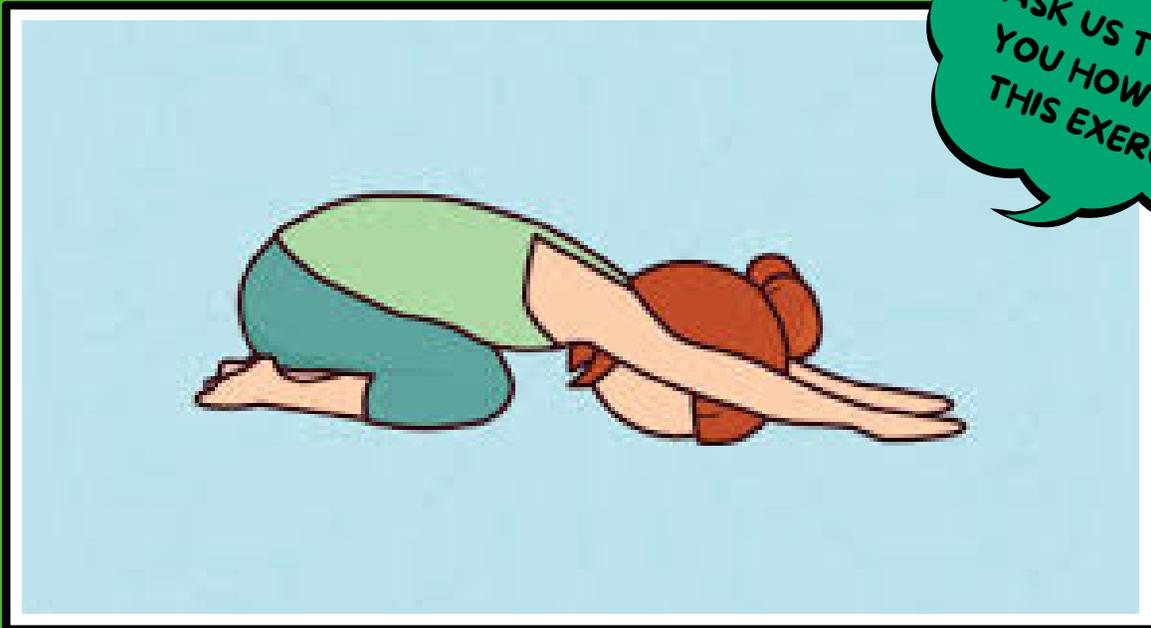


## EXERCISE ESSENTIALS-TO HELP CHILDREN:

**A GOOD STRETCH FOR YOUR CHILD IS:**

### **CHILD'S POSE**

**THIS HELPS A CHILD TO BE GROUNDED IN THE MOMENT, STRETCHES HIPS, BACK, AND ARMS, RELEASES BACK AND NECK TENSION, RELIEVES STRESS AND CALMS THE BODY, AND RELAXES THE NERVOUS SYSTEM. IN YOGA THIS IS CONSIDERED A RESTORATIVE POSE.**



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

### **GETTING INTO THE POSTURE**

- **FROM YOUR HANDS AND KNEES, PRESS YOUR HIPS TOWARD YOUR HEELS**
- **STRETCH YOUR ARMS AND HEART FORWARD AND DOWN INTO THE ROUND WHILE YOU KEEP YOUR HIPS BACK AND DOWN TOWARD YOUR FEET**
- **BREATHE DEEPLY AND RELAX**
- **CLOSE YOUR EYES AND LET YOUR FACE RELAX**
- **TRY TO BREATHE SLOWLY IN AND OUT, ALLOWING YOUR LUNGS TO EXPAND AND CONTRACT.**