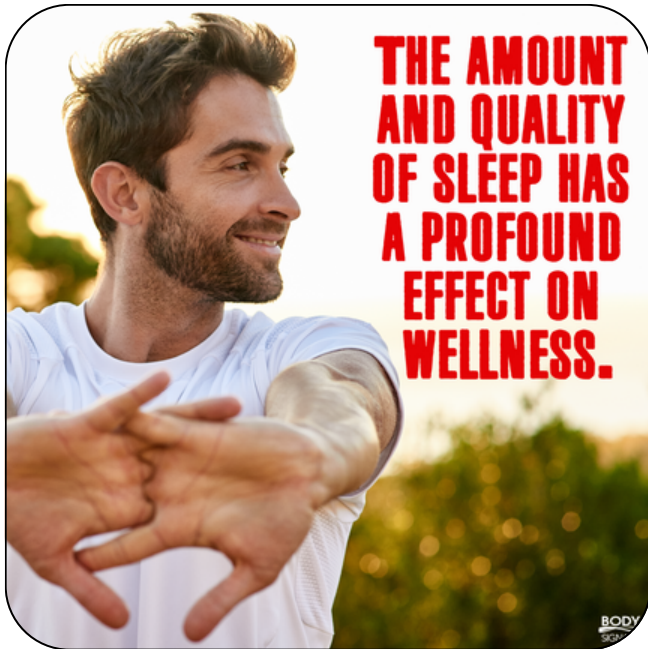


OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER

ADJUSTING PERSPECTIVES

YOUR PATH TO WELLNESS WITH
OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY



Are you tired of waking up exhausted?

Is pain keeping you up at night?

Are you struggling with chronic sleep issues?

Is stress sabotaging your sleep?

WE CAN HELP!

SAY GOODBYE TO SLEEPLESS NIGHTS!

FIND OUT HOW CHIROPRACTIC CARE CAN TRANSFORM NOT JUST YOUR SPINE, BUT YOUR SLEEP QUALITY TOO!

DON'T WAIT... CALL US TODAY!



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

As we embrace the changing seasons, it's time to focus on a fundamental aspect of our health that often gets overlooked: SLEEP

In this issue we will explore the vital role sleep plays in our well-being, common sleep challenges, and how Chiropractic Care can help you achieve the restful nights you deserve!

RESEARCH THAT MATTERS:

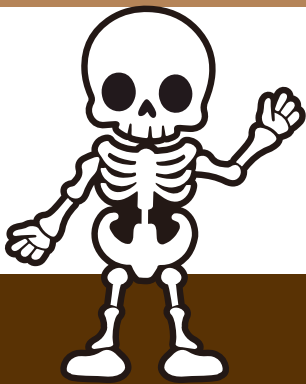
How Chiropractic Care can help with Sleep Issues

When your spine is misaligned, it can lead to pain, discomfort, and tension that makes it hard to settle down for the night. Regular chiropractic adjustments help restore spinal alignment, relieving pressure on nerves and reducing muscle tension. This not only alleviates discomfort, but also encourages relaxation, making it easier to drift off to sleep.

Additionally, chiropractic care can reduce stress and anxiety, two common culprits that interfere with our ability to fall and stay asleep. By prioritizing your spinal health, you're not just enhancing your physical well-being; you're also paving the way for more rejuvenating sleep.

Restless leg syndrome is another issue that prevents people from sleeping. This condition can stem from muscle tension and nerve compression. Chiropractic care will identify these problem areas, resulting in a more restful night!

By addressing physical issues and improving overall well-being, chiropractic care can help regulate your sleep patterns.

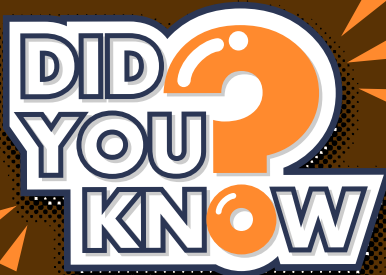


**WHAT DID THE SKELETON SAY TO
THE CHIROPRACTOR?**

YOU CRACK ME UP!



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



**CONTACT LISA AT
LSHAW@OLYMPIACHIROANDPT.COM
TO GET THIS SET UP WITH YOUR EMPLOYER TODAY!**

THE CRITICAL ROLE OF SLEEP IN RECOVERY & WELLNESS:

SLEEP IS MORE THAN JUST A TIME FOR REST; IT IS A VITAL PROCESS FOR RECOVERY AND WELL-BEING.

DURING SLEEP, YOUR BODY ENGAGES IN ESSENTIAL HEALING AND REPAIR PROCESSES. HERE'S HOW CHIROPRACTIC CARE SUPPORTS THIS CRUCIAL ASPECT OF HEALTH:

- **MUSCLE RECOVERY: QUALITY SLEEP ALLOWS YOUR MUSCLES TO REPAIR AND RECOVER, ESPECIALLY IMPORTANT FOR THOSE ENGAGED IN PHYSICAL ACTIVITIES OR THOSE RECOVERING FROM INJURIES.**
- **BOOSTING IMMUNE FUNCTION: ADEQUATE SLEEP STRENGTHENS YOUR IMMUNE SYSTEM, HELPING YOU FEND OFF ILLNESS, HEAL, AND MAINTAIN OVERALL HEALTH**
- **MENTAL CLARITY: SLEEP IS VITAL FOR COGNITIVE FUNCTION, IMPACTING MEMORY, FOCUS, AND EMOTIONAL WELL-BEING**

CHIROPRACTIC CARE COMPLEMENTS THESE RECOVERY PROCESSES BY ENSURING YOUR BODY IS IN OPTIMAL ALIGNMENT, REDUCING STRESS AND DISCOMFORT, AND PROMOTING RELAXATION. BY PRIORITIZING SLEEP AND INCORPORATING CHIROPRACTIC ADJUSTMENTS, YOU CAN ENHANCE YOUR BODY'S ABILITY TO RECOVER AND THRIVE!

Give us a Google Review!



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

Healthy recipe to try!



CLICK ON PICTURE FOR THE RECIPE

Did you know?

OCTOBER IS NATIONAL CHIROPRACTIC HEALTH MONTH!

THIS MONTH RAISES PUBLIC AWARENESS OF THE IMPORTANCE OF MUSCULOSKELETAL HEALTH, THE BENEFITS OF CHIROPRACTIC CARE, AND ITS NATURAL, WHOLE-PERSON, PATIENT-CENTERED AND DRUG-FREE APPROACH TO HEALTH AND WELLNESS.

WHAT IS THE BEST PILLOW AND SLEEP POSITION?:

A GOOD PILLOW SUPPORTS THE NATURAL CURVE OF YOUR NECK, PROMOTING SPINAL ALIGNMENT AND BETTER SLEEP. MEMORY FOAM, LATEX, OR ORTHOPEDIC PILLOWS ARE IDEAL FOR REDUCING NECK STRAIN.

YOUR SLEEP POSITION IMPACTS YOUR SPINE'S HEALTH:

- **BACK SLEEPERS:** USE A PILLOW UNDER YOUR NECK AND KNEES TO MAINTAIN ALIGNMENT.
- **SIDE SLEEPERS:** A FIRM PILLOW FOR THE NECK AND ONE BETWEEN THE KNEES HELPS REDUCE PRESSURE.
- **STOMACH SLEEPERS:** THIS POSITION STRAINS THE NECK. IF UNAVOIDABLE, USE A THIN PILLOW TO MINIMIZE STRESS.

LOCAL OCTOBER FUN:

The 39th Scarecrow Weekend is October 11th-13th in St. Charles

110+ HANDMADE SCARECROWS WILL BE SHOWCASED AROUND TOWN FOR VISITORS TO VIEW AND VOTE ON THEIR FAVORITES. THERE WILL BE A FAMILY ZONE WITH LIVE ENTERTAINMENT AND FAMILY FUN AS WELL AS AN ACTIVITY ZONE WITH FESTIVE PHOTO OPS, SCARECROW-TO-GO AND FAMILY ACTIVITIES. ENJOY LIVE ENTERTAINMENT THROUGHOUT THE 1ST STREET PLAZA THROUGHOUT THE WEEKEND, TOO!

MAKE SURE TO TREAT YOURSELF TO MANY SALES, SPECIALS, AND EVENTS THROUGHOUT TOWN INCLUDING THE AUTUMN ON THE FOX CRAFT SHOW IN POTTAWATOMIE PARK.

FRIDAY OCTOBER 11TH
12 PM - 6 PM

SATURDAY OCTOBER 12TH
10 AM - 6 PM

SUNDAY OCTOBER 13TH
10 AM - 5 PM



Get to know our
Employee!

SAMANTHA HARVILLE



Job Title: Rehabilitative Athletic Trainer
Length of time at Olympia: two months
Favorite Food: fat free cottage cheese!!
Favorite Movie: Practical Magic
Fun facts: I am a Master with Black Belts in many different disciplines including Bushido Weaponry!



FUN IN COLORADO



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!



FROM OUR PHYSICAL THERAPY DEPARTMENT:

**HOW PHYSICAL THERAPY CAN HELP WITH SLEEP ISSUES:
RELAXATION EXERCISES ARE BENEFICIAL FOR SEVERAL REASONS,
INCLUDING REDUCING MUSCLE TENSION, PROMOTING IMPROVEMENT
IN CIRCULATION, REDUCING STRESS & ANXIETY, AS WELL AS
SUPPORTING MENTAL WELL-BEING.**

**SOME WAYS PHYSICAL THERAPY CAN HELP WITH RELAXATION
INCLUDE: IMPROVING MUSCLE FLEXIBILITY, TEACHING BREATHING
EXERCISES IE. DIAPHRAGMATIC BREATHING, & PERFORMING
EXERCISES THAT INCORPORATE GENTLE MOVEMENT PATTERNS.**

TO PERFORM DIAPHRAGMATIC BREATHING FOLLOW THESE STEPS-

STEP 1: SIT OR LAY DOWN IN A COMFORTABLE POSITION

STEP 2: TAKE A MOMENT TO RELAX YOUR SHOULDERS, NECK, & JAW.

STEP 3: PUT ONE HAND ON CHEST & ONE HAND ON STOMACH

**STEP 4: BREATHE IN THROUGH YOUR NOSE FOR 4-5 SECONDS.
FOCUS ON EXPANDING YOUR ABDOMEN. YOU SHOULD FEEL YOUR
HAND ON YOUR ABDOMEN RISE WHILE THE HAND ON YOUR CHEST
REMAINS RELATIVELY STILL.**

**STEP 5: EXHALE. EXHALE SLOWLY THROUGH
YOUR MOUTH FOR A COUNT OF 6, FEELING
YOUR ABDOMEN FALL. MAKE A SLIGHT
"WHOOSHING" SOUND AS YOU EXHALE TO
ENCOURAGE RELAXATION.**

**STEP 6: REPEAT. REPEAT THIS PROCESS
FOR 5-10 MINUTES. FOCUS ON MAINTAINING
A SLOW, STEADY RHYTHM WITH YOUR
BREATH.**

STEP 7: RETURN TO NORMAL BREATHING.



Exercise
is good for
improving sleep.

EXERCISE ESSENTIALS: EXERCISES FOR RELAXATION AND SLEEP

THIS IS A GOOD OPTION FOR AN AT-HOME EXERCISE TO HELP YOUR BODY RELAX

CHILDS POSE IS A GREAT STRETCH TO DO TO PROMOTE RELAXATION AND RELEASE MUSCLE FATIGUE



ASK US TO SHOW YOU HOW TO DO THIS EXERCISE!

EXERCISE INSTRUCTIONS:

. CHILD'S POSE (RELAXATION)

HOW: KNEEL ON THE FLOOR, THEN SIT BACK ON YOUR HEELS WHILE EXTENDING YOUR ARMS FORWARD AND LOWERING YOUR FOREHEAD TO THE FLOOR. HOLD FOR 1-2 MINUTES.

BENEFIT: STRETCHES THE LOWER BACK AND HIPS, PROMOTING RELAXATION.