

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

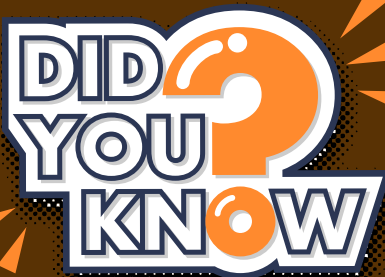


DID YOU KNOW THAT THE DOCTORS AT
OLYMPIA WILL GIVE FREE LUNCH AND LEARN
LECTURES AND POSTURE SCREENINGS AT
YOUR PLACE OF WORK?!

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!



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*

NIKOS - I AM GRATEFUL FOR A QUICK AND SMOOTH TRANSITION WITH MOVING MY FAMILY ACROSS COUNTRY AND FINDING MY "WORK FAMILY"

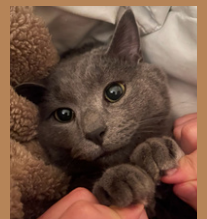
LAUREN - THANKFUL THAT MY CO-WORKERS ARE ALSO SOME OF MY BEST FRIENDS AND WORK DOESN'T ALWAYS FEEL LIKE "WORK"

BROOKLYN - I AM THANKFUL FOR THIS TEAM AND OUR PATIENTS. EVERYONE TRULY FEELS LIKE AN EXTENSION OF MY FAMILY. COMING TO WORK NEVER FEELS LIKE A DRAG AND I AM ALWAYS EXCITED TO SEE EVERYONE'S SMILING FACES!

CODY - I AM THANKFUL FOR BEANIE BOY!

DAN - GOLF

DR. DOM - I AM THANKFUL FOR MY FAMILY AND THE OPPORTUNITY TO HELP OUR COMMUNITY TO LIVE A HEALTHIER LIFE



WHAT'S HAPPENING IN OUR AREA:

ST CHARLES ELECTRIC CHRISTMAS PARADE
FRIDAY NOVEMBER 29TH @ 5PM

ST. CHARLES HOLIDAY HOMECOMING IS ONE OF THE MIDWEST'S MOST SPECTACULAR HOLIDAY EVENTS. JOIN US FOR A MAGICAL CELEBRATION THAT MARKS THE BEGINNING OF THE HOLIDAY SEASON WITH THE LIGHTING OF THE LIGHTS CEREMONY ON THE FRIDAY FOLLOWING THANKSGIVING. THE FESTIVITIES CONTINUE THE NEXT DAY WITH THE ELECTRIC CHRISTMAS PARADE, A SCREENING OF A FREE HOLIDAY MOVIE, AND THE HOLIDAY SHOP CRAWL.





Get to know our
Employee!

CODY



Job Title: Certified Massage Therapist
Length of time at Olympia: 3 YEARS
Favorite Food: Burgers!
Favorite Movie: Kicking and Screaming
Pets: a cat named Bean
Fun facts: I am studying finance

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