

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.

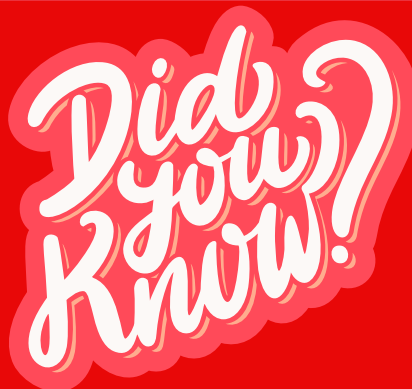
OPTIMAL IMMUNE HEALTH COMES FROM OPTIMAL NERVOUS SYSTEM HEALTH, WHICH IS ROOTED IN YOUR SPINE.

- 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!

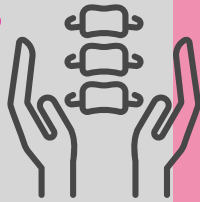


Yum!

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!

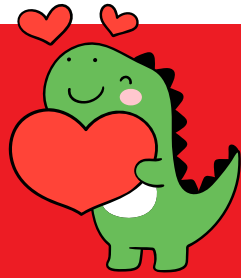
OUR TEAM OF 23 RECENTLY ATTENDED THE REMARKABLE PRACTICE'S TEAM BUILDING IMMERSION IN TAMPA, GAINING VALUABLE INSIGHTS TO ENHANCE OUR SKILLS AND BETTER SERVE YOU!



JANUARY 2025



Get to know our
Employee!
BROOKLYN DEAL



Job Title: Front Desk Administrator
Length of time at Olympia: 2 years
Favorite Food: Sushi
Favorite Movie: Bridesmaids
Pets: 2 dogs - Zeke and Kona
Fun facts: I am always doing some sort of art - painting, building, sewing!

IN OFFICE EDUCATION!

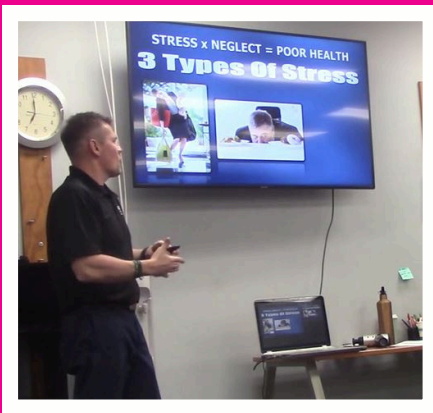
**JOIN US EVERY MONTH IN THESE FREE EDUCATIONAL TALKS AND
EVENTS AIMED TO IMPROVE YOUR HEALTH!
BRING YOUR FAMILY AND FRIENDS!**



**HERE IS OUR UPCOMING
CALENDAR:**

**TUESDAY MARCH 4TH AT 6:30PM
TRIVIA NIGHT!**

**TUESDAY APRIL 1ST AT 7:00 PM
GET BETTER FASTER 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:

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.**