

OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER

ADJUSTING PERSPECTIVES

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



ARE YOU TIRED OF:

- **HEADACHES**
- **DIGESTIVE ISSUES**
- **SLEEPLESS NIGHTS**
- **IRRITABILITY/LOSS OF FOCUS**
- **BEING SICK**
- **MUSCLE ACHES/TENSION**

WE CAN HELP!

**LET US HELP YOU MAKE A
CHANGE TO MANAGE THE
PHYSICAL EFFECTS THAT
STRESS IS HAVING ON YOUR
BODY AND YOUR LIFE!**

Topic of the Month ~ STRESS

As April unfolds, we enter a month dedicated to stress awareness. Stress affects us all, impacting our physical, mental, and emotional well-being. At Olympia Chiropractic, we understand the profound effects stress can have on your health, which is why we're committed to providing you with holistic solutions to manage and alleviate stress. In this month's newsletter, we'll explore the effects of stress on the body and mind, share tips for stress management, and highlight the role chiropractic care plays in promoting overall wellness.





HOW CHIROPRACTIC CARE CAN HELP MANAGE STRESS

CHIROPRACTIC CARE IS EFFECTIVE IN ALLEVIATING CHRONIC PAIN, A COMMON PHYSICAL MANIFESTATION OF STRESS. WHEN STRESSED, MUSCLES TENSE UP, LEADING TO SPINE MISALIGNMENTS AND DISCOMFORT. CHIROPRACTIC ADJUSTMENTS CORRECT THESE MISALIGNMENTS, RELIEVING NERVE PRESSURE & PAIN. AS TENSION DISSIPATES & THE BODY RELAXES, POSITIVE HORMONES LIKE OXYTOCIN & CORTISOL ARE RELEASED, REDUCING STRESS LEVELS.

MOREOVER, STRESS WEAKENS THE IMMUNE SYSTEM BY DISRUPTING NERVE IMPULSES, MAKING ONE SUSCEPTIBLE TO ILLNESS. CHIROPRACTIC ADJUSTMENTS FACILITATE UNIMPEDED NERVE FLOW, BOLSTERING IMMUNITY AND OVERALL HEALTH. BEYOND PAIN RELIEF, CHIROPRACTIC CARE'S STRESS-REDUCING EFFECTS PROMOTE RELAXATION AND FORTIFY THE IMMUNE SYSTEM. INTEGRATING CHIROPRACTIC CARE INTO A HOLISTIC STRESS MANAGEMENT PLAN ENHANCES ITS BENEFITS. COMBINING IT WITH STRATEGIES LIKE EXERCISE, HEALTHY EATING, MINDFULNESS PRACTICES, AND COUNSELING CREATES A COMPREHENSIVE APPROACH TO STRESS MANAGEMENT. REGULAR PHYSICAL ACTIVITY BOOSTS ENDORPHIN PRODUCTION AND IMPROVES SLEEP QUALITY, REDUCING STRESS. A BALANCED DIET RICH IN STRESS-REDUCING NUTRIENTS SUPPORTS THE BODY'S COPING MECHANISMS. MINDFULNESS PRACTICES SUCH AS MEDITATION AND YOGA CALM THE MIND AND ENHANCE STRESS RESILIENCE. COUNSELING OR THERAPY OFFERS STRATEGIES TO MANAGE STRESS AND ADDRESS UNDERLYING ISSUES CONTRIBUTING TO STRESS LEVELS.



Meet our Employee of the Month! **ESMERALDA ROMAN**

Job Title: Insurance Administrator

Number of years at Olympia: 2 years

Favorite Food: Mexican

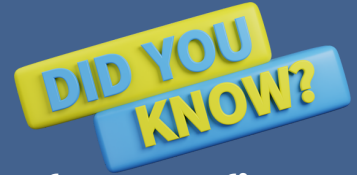
Favorite Movie: Book of Eli

Pets: 2 cats-Sabrina & Kitty Soft Paws and a dog named Manchita

Fun facts: Has a daughter & is a foster parent. She also is a Pharmacy Tech and CNA. She is an excellent Bachata and Salsa Dancer & has been in dance competitions!

RESEARCH THAT MATTERS:

Back Pain



Chiropractic care has been shown to help over 90% of people find relief from back pain while also providing a statistically significant improvement in function

Adjustments are shown to provide significantly more relief than medications.

It has been found that maintained Chiropractic care can help detect & prevent future episodes of back pain.

Adjustments have been shown to be just as effective as surgery for taking care of herniated discs.

Give us a Google Review!



Healthy recipe to try!



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

CLICK ON PICTURE FOR THE RECIPE



**Join us for our free
Get better faster
Lifestyle Workshop!**

APRIL 24TH

MAY 7TH

MAY 22ND

LEARN MORE

SIGN UP AT THE FRONT DESK TODAY!

HAHAHA

**GOOD FRIENDS
ARE LIKE
CHIROPRACTORS**

**THEY HAVE YOUR
BACK AND SET
YOU STRAIGHT.**



Stretching to Relieve Stress

Stretching serves as a valuable stress-relief technique by releasing muscle tension, improving blood flow, and triggering the body's relaxation response. Physically, it helps muscles relax and promotes better circulation, while mentally, it fosters mindfulness and presence, reducing rumination and promoting a sense of inner peace. Incorporating regular stretching into your routine provides a holistic approach to stress management, addressing both physical and mental aspects of tension for overall well-being.

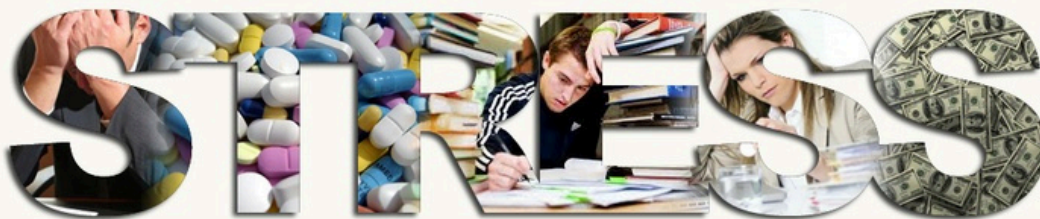
**ASK US TO SHOW YOU
SOME STRESS
RELIEVING EXERCISES
AT YOUR NEXT VISIT!**



PHYSICAL

EMOTIONAL

CHEMICAL



SUBLUXATION

CHIROPRACTIC CAN'T ELIMINATE
STRESS, BUT REGULAR CARE
CAN ENHANCE YOUR ABILITY
TO DEAL WITH IT.

We ♥

**OUR PATIENTS ,,,,,,, PLEASE PASS ON THE GIFT OF HEALTH BY
SHARING THIS NEWLETTER WITH THOSE YOU FEEL COULD
BENEFIT FROM OUR CARE!**