

**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.

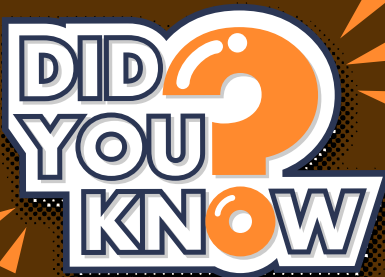
**IMPROVING BLOOD FLOW TO DIGESTIVE ORGANS:** A WELL-ALIGNED SPINE ENHANCES BLOOD FLOW AND CIRCULATION THROUGHOUT THE BODY, INCLUDING TO THE DIGESTIVE ORGANS, WHICH MAY SUPPORT EFFICIENT DIGESTION AND NUTRIENT ABSORPTION.

**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](mailto:LSHAW@OLYMPIACHIROANDPT.COM)  
TO GET THIS SET UP WITH YOUR EMPLOYER TODAY!**

**THE STAFF HERE AT OLYMPIA ARE THANKFUL TO HAVE BEEN ASKED TO HELP SERVE THE LOCAL COMMUNITY AND THEIR FAMILIES FOR OVER 20 YEARS!**

**DR. JOSH:** I AM BLESSED BEYOND MEASURE AND GRATEFUL FOR EVERYONE IN MY LIFE. GOD HAS GIVEN ME A WONDERFUL FAMILY, A CAREER I LOVE, AND A GROUP OF PEOPLE THAT ARE GENUINE AND PASSIONATE. HAPPY THANKSGIVING.

**DR. ERIC:** I AM THANKFUL THAT NOT ONLY DO PATIENTS ENTRUST ME WITH THEIR HEALTH, BUT THEY ALSO ENTRUST ME WITH THEIR CHILDREN'S OVERALL HEALTH.

**DR. FRANK:** I AM THANKFUL FOR OUR AMAZING STAFF, TO BE ABLE TO DO WHAT I LOVE IN A CARING, ENERGITIC AND FUN WORK ENVIRONMENT IS SOMETHING SPECIAL.

**KELLY:** I AM THANKFUL TO WORK IN A HEALING ENVIRONMENT WITH CARING AND HARD WORKING STAFF-THEY IMPACT MY LIFE, AND ARE ALL IMPACTING OUR PATIENT'S LIVES!

**SHANNON:** I AM THANKFUL BEING ABLE TO HELP AS MANY PEOPLE AS WE CAN. I AM ALSO THANKFUL FOR MY WORK FAMILY AND I CAN ALWAYS COUNT ON ANY OF THEM!

**GIANNA:** I AM THANKFUL FOR MY STAFF BECAUSE THEY ARE ALWAYS WILLING TO HELP OUT AND ALWAYS MANAGE TO PUT A SMILE ON MY FACE!

**CAMILLE:** I AM GRATEFUL AND THANKFUL FOR TO WORK WITH STAFF THAT IS WILLING TO HELP! I LOVE TO LAUGH! ALSO, THEY ARE VERY SUPPORTIVE!

**GEETHA:** I AM THANKFUL TO BE A PART OF A GREAT TEAM OF PROFESSIONALS, FOR ALL THE LOVE WE SHARE, AND ALL THE TIME WITH MY PATIENTS, & FOR GOOD HEALTH, HOME, FAMILY AND ABOVE ALL FOR BEING HERE.

**NISHA:** I AM THANKFUL FOR MY REHAB STAFF AND FOR ALL THE FUN WE HAVE AND THE LAUGHS WE SHARE. THANKFUL FOR ALL MY PATIENTS WHO I APPRECIATE SO MUCH!

**ALEX H:** I AM THANKFUL FOR A POSITIVE WORK ENVIRONMENT, GREAT LEARNING OPPORTUNITIES, AND THE ABILITY TO HELP PEOPLE GET THEIR LIVES BACK.

**NATASHA:** I'M THANKFUL FOR A STAFF THAT FEELS LIKE FAMILY. I'M ALSO THANKFUL FOR PATIENTS THAT I GET TO INVEST IN & GET THEM TO LIVING THEIR LIFE TO THE FULLEST!

**JOSH M:** I AM THANKFUL FOR MY A-PLAYER COWORKERS FOR WATCHING OUT FOR ME. ALSO THANKFUL FOR THESE AMAZING PATIENTS I SEE EVERYDAY.

**JULIAN B:** I AM THANKFUL FOR ALL THE AMAZING COWORKERS FOR ALWAYS BRINGING A SMILE ON MY FACE AND TO ALL THE PATIENTS THAT COME IN.

**MICHELLE:** I AM THANKFUL FOR WORKING WITH SUCH AN AWESOME GROUP OF PEOPLE. I AM BLESSED TO BE A PART OF A GROUP THAT HEALS PEOPLE WHO WALK THROUGH OUR DOORS.

**NIC S.:** I AM THANKFUL FOR A GREAT STAFF & FOR THE PATIENTS I ENCOUNTER EVERY DAY.

**ERIKA:** I AM GRATEFUL AND BLESSED TO HAVE AN AMAZING FAMILY, ALONG WITH LIFE LONG FRIENDS THAT HAVE BECOME FAMILY, AND TO HAVE JOINED THE OLYMPIA FAMILY THIS YEAR.

# ***DID YOU KNOW?***

**EACH DAY,  
OVER ONE  
MILLION  
ADJUSTMENTS  
TAKE PLACE  
ACROSS THE  
GLOBE.....  
THAT'S A  
WHOLE LOT OF  
RELIEF!  
WOW!!!**

## **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**

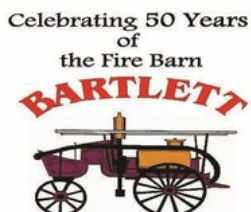
**DIET**

**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**

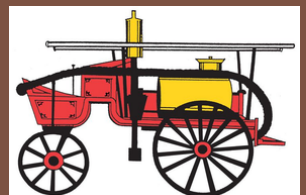
## **LOCAL NOVEMBER FUN:**

### **Bartlett Volunteer Fire Department Annual Turkey Raffle**

**Come to the Fire Barn and join the community for a chance to win one of  
100 Turkeys being raffled off. This is the main fundraiser for the Volunteer  
FD so please help support them!**



**Saturday, November 23rd, 7:00 PM  
218 S Main Street, Bartlett**



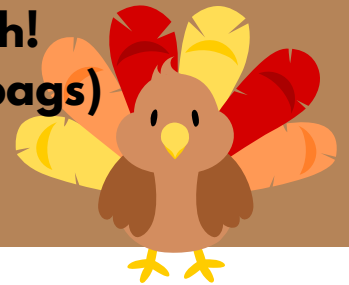


**NOVEMBER 2024**



Get to know our  
**Employee of the Month!**  
**GIANNA MUZZALUPO**

**Job Title: Front Desk Coordinator**  
**Length of time at Olympia: 5 months**  
**Favorite Food: Italian of course!**  
**Favorite TV Show: One Tree Hill**  
**Pets: Just our office beta fish!**  
**Fun facts: I play cornhole (bags) competitively!**



**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**

**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 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**