

OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER

# ADJUSTING PERSPECTIVES

YOUR PATH TO WELLNESS WITH  
OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY



**Are you feeling tired and have joint pain and muscle aches?**

**Are you experiencing headaches that are keeping you from doing what you love?**

**Do you have unexplained digestive issues?**

## WE CAN HELP!

**THESE CAN ALL BE SIGNS OF SYSTEMIC INFLAMMATION AND THE DOCTORS AT OLYMPIA MAY BE ABLE TO HELP TO GET YOU FEELING BETTER AND PREVENT OTHER HEALTH ISSUES!**



### THE IMPORTANCE OF A HEALTHY DIET:

**Many foods such as sugar, gluten, and dairy are inflammatory to the body.**

**A diet rich in fruits, vegetables, whole grains, and healthy fats can reduce your body's stress and immune response, therefore lead to decreasing systemic inflammation!**

**RESEARCH THAT MATTERS:**

## **What is Systemic Inflammation and how can Chiropractic Care Help**

**Systemic inflammation is a chronic, low-grade inflammation affecting the entire body, often indicated by fatigue, joint pain, muscle soreness, digestive issues, skin problems, frequent infections, and mood changes. Left untreated, it can lead to heart disease, diabetes, cancer, and alzheimers.**

**Chiropractic care can help manage systemic inflammation by improving spinal alignment, reducing oxidative stress, enhancing circulation, and balancing the immune response. Oxidative stress, which can contribute to inflammation, results from an imbalance between free radicals and antioxidants.**

**By addressing these factors, chiropractic care can play a role in reducing systemic inflammation and promoting overall health.**

**WHAT DID ONE AMERICAN FLAG SAY TO ANOTHER AMERICAN FLAG?**

**NOTHING,,,, IT JUST WAVED!**

**HA-HA!**

**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!**

**WOW!**

## TIPS FOR A HEALTHY SUMMER:

- 1. GET YOUR BODY MOVING FOR OPTIMAL HEALTH!** Summer is a great time to get outside and get moving after being inside for months! Hiking, swimming, gardening just to name a few. Not only are their vast benefits to staying active, being outside provides much needed Vitamin D.
- 2. MAKE EATING HEALTHY A PRIORITY!** Wonderful fresh fruits and vegetables are available now.... take advantage of this as the link between good nutrition and overall health is too important to ignore.
- 3. FEND OFF MOSQUITOS NATURALLY!** Instead of reaching for chemicals to help with these pests... opt for lemon eucalyptus oil, lavender oil and cinnamon oil to keep them away.
- 4. WARM UP & COOL DOWN WITH ALL ACTIVITY!** This will decrease the risk of injury and help your heart and avoid muscle cramps.
- 5. TAKE ADVANTAGE OF FARMER'S MARKETS!** Not only is this an outdoor activity, you can fill your refrigerator with chemical free & locally grown foods.
- 6. TAKE TIME FOR REST & RELAXATION!** Summers keep us busy... that is for sure! but it is just as important for your health that you get enough rest and your body can recover from the increased activity.
- 7. HYDRATE, HYDRATE, HYDRATE!** Especially with the heat of summer & being more active, the body needs water to regulate temperature, flush out toxins, lubricate joints, & protect our organs. Recommendation is to drink 1/2 your body weight in ounces..... drink up!
- 8. COMMIT TO CONTINUE CHIROPRACTIC CARE!** Extra activity means increased opportunity to hurt yourself! Stay on track with adjustments to prevent injury, reduce headaches, sleep better, be more flexible, & have a stronger immune system.

**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?**

**THE CRACKING SOUND YOU HEAR DURING A CHIROPRACTIC ADJUSTMENT IS CALLED "CAVITATION". IT IS NOT BONES CRACKING, BUT A RESULT OF A PRESSURE CHANGE IN THE JOINT!**

**PLAY BALL WITH US!  
BE A PART OF OUR SUMMER CAMPAIGN, WIN GREAT PRIZES, AND HELP OTHERS!!**

**STEP UP TO THE PLATE  
WITH OLYMPIA  
GET INTO THE GAME OF HEALTH AND WELLNESS WITH US**



**JOIN US IN SUPPORTING THIS WONDERFUL FOUNDATION**

**JUSTIN WAS A PATIENT AND A FRIEND.....**



**CLICK ON THE HEART TO WATCH JUSTIN'S STORY**



OLYMPIA WILL BE SUPPORTING HIS FOUNDATION ONCE AGAIN BY PARTICIPATING IN THE **AMAZING RACE** TAKING PLACE ON **AUGUST 3RD** AT MT ST MARY'S PARK IN ST CHARLES.  
COME AND SHOW YOUR SUPPORT!



Meet our

**NEW EMPLOYEE**

# MARICELA NEPOMUCENO

**Job Title:** Front Desk Coordinator

**Length of time at Olympia:** started June 5th

**Favorite Food:** Chicken Alfredo

**Favorite Movie:** The Nightmare before Christmas

**Pets:** has one dog Simba a Pomeranian

**Fun facts:** her sister is Anna at the front desk!

**Are you new to our clinic? Do you know of someone that could use information on Chiropractic Care?**



Then join us for our FREE new patient orientation! This is offered 2 times a month & is an essential part of our plan of care to get you better faster, stay healthy, & save you money!

**UPCOMING DATES:**

**JULY 10TH 6:30 PM**

**\*\*\*WATCH FOR NEW DATES TO BE ADDED!**



\*\*\*\*\*  
CELEBRATE  
**LIFE**  
LIBERTY  
& THE PURSUIT  
OF GOOD  
**HEALTH**  
\*\*\*\*\*

we ♥



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



## IMPORTANT MESSAGE

## FROM OUR PHYSICAL THERAPY DEPARTMENT:

### WHAT IS THE CORE AND WHAT IS CORE STRENGTH?

THE CORE IS AN IMPORTANT FOUNDATIONAL MUSCLE GROUP TO PHYSICAL THERAPY. IT IS INTEGRAL TO PHYSICAL THERAPY BECAUSE IT PROVIDES THE FOUNDATION FOR MOVEMENT, STABILITY, AND OVERALL PHYSICAL WELL-BEING.

STRENGTHENING AND MAINTAINING A STRONG CORE, BOTH UPPER AND LOWER, NOT ONLY HELPS MANAGE AND PREVENT INJURIES BUT ALSO ENHANCES PERFORMANCE IN VARIOUS DAILY AND ATHLETIC/LEISURE ACTIVITIES.

YOUR PHYSICAL THERAPIST CAN TAILOR EXERCISE PROGRAMS TO TARGET CORE MUSCLES SPECIFICALLY, RECOGNIZING THEIR CRITICAL ROLE IN YOUR INDIVIDUAL DAILY ACTIVITY DEMANDS TO AIDE IN A FULL FUNCTIONAL RECOVERY.

### EXERCISE ESSENTIALS: USE THIS EXERCISE TO BUILD CORE STRENGTH



**GREAT  
JOB!**

LIE ON YOUR BACK WITH YOUR KNEES BENT & FEET FLAT ON THE FLOOR, HIP-WIDTH APART. PLACE YOUR ARMS AT YOUR SIDES. TIGHTEN YOUR BUTTOCKS, THEN LIFT YOUR HIPS UP OFF THE FLOOR UNTIL THEY FORM A STRAIGHT LINE WITH YOUR HIPS & SHOULDERS. HOLD. RETURN TO THE STARTING POSITION. REPEAT 10 TIMES