

SUMMER

FREE

MAGAZINE 2

IT'S
BETTER
IN THAME

JULY 2025 2ND ISSUE

THAME CHIROPRACTIC CLINIC.COM



Content



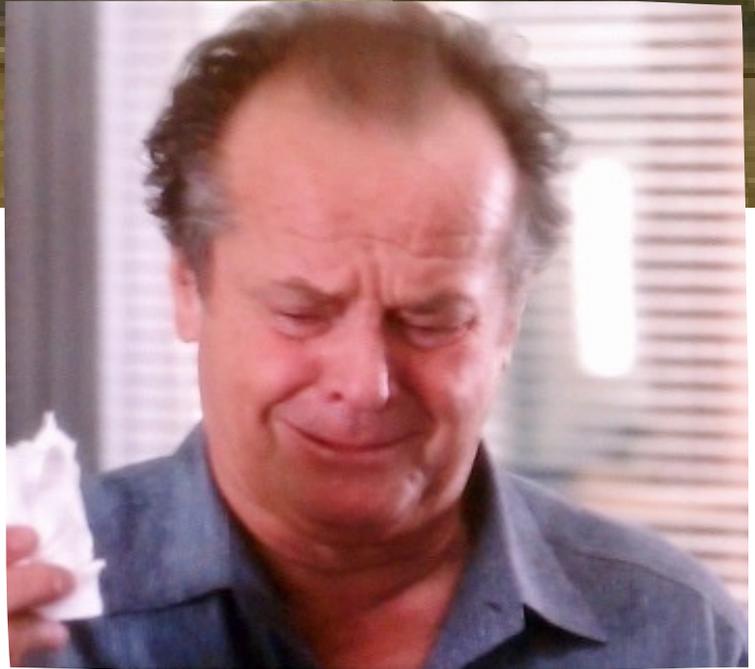
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*Our body
- now & then...*

Did the Egyptians break our hearts?



The Egyptians made mummies by embalming the dead, a process that required the removal of internal organs. As a result, the Egyptians learned quite a bit about different parts of the body, though they did not always understand their functions.

Egyptian doctors knew that the beating of the pulse came from the heart. However, they did not realise that the heart pumps blood around the body. Nor did they ever discover the roles of the brain and the nerves.

The Egyptians believed that the heart was the centre of emotions. Today, we know that the heart's function is to circulate blood through the body, but the idea that the heart is connected to feelings still remains.

That is why countless poems and songs tell us to listen to our hearts - and only rarely do they suggest we listen to our brains. We also speak of broken hearts in times of great sorrow, not of broken brains.

RELAX YOUR SPINE FOR A BETTER ADJUSTMENT



When you are lying with your face down before a chiropractic adjustment it helps you relax your spine and all the surrounding muscles.

This is making your adjustment more effective!

This position reduces tension, aligns your body naturally, and allows the chiropractor to assess and adjust more accurately. It also promotes calmness, helping your nervous system prepare for a smoother and more comfortable adjustment.

Try this simple breathing exercise while lying on the table:

- **Close your eyes and take a slow breath in through your nose for a count of 4.**
- **Hold that breath gently for a count of 2.**
- **Exhale slowly through your mouth for a count of 6.**
- **Repeat this for 3-5 breaths.**

This helps your muscles release tension and signals your nervous system that it's safe to relax. Just breathe, let go, and enjoy the moment of stillness before your adjustment.

Meet The Team



This month, meet one of our Chiropractic Assistants, Linda! Usually found on the Front Desk on Tuesdays and Fridays, Linda has been a member of the team for 18 months now.

What can you be found doing when you're not at the Clinic?

Walking in the woods with my labrador, Bentley; long weekends away in Dartmoor; playing in the park with my little granddaughter; having a cheeky rose wine with friends.

Favourite country you've ever visited?

It probably has to be Iceland – for the pure beauty of the landscapes. To see glaciers, volcanoes, geysers and immense waterfalls in "real life" simply takes your breath away.

Your favourite food?

I love Mexican food - so many flavours to enjoy! Or a really good steak.

The best thing about working at TCC?

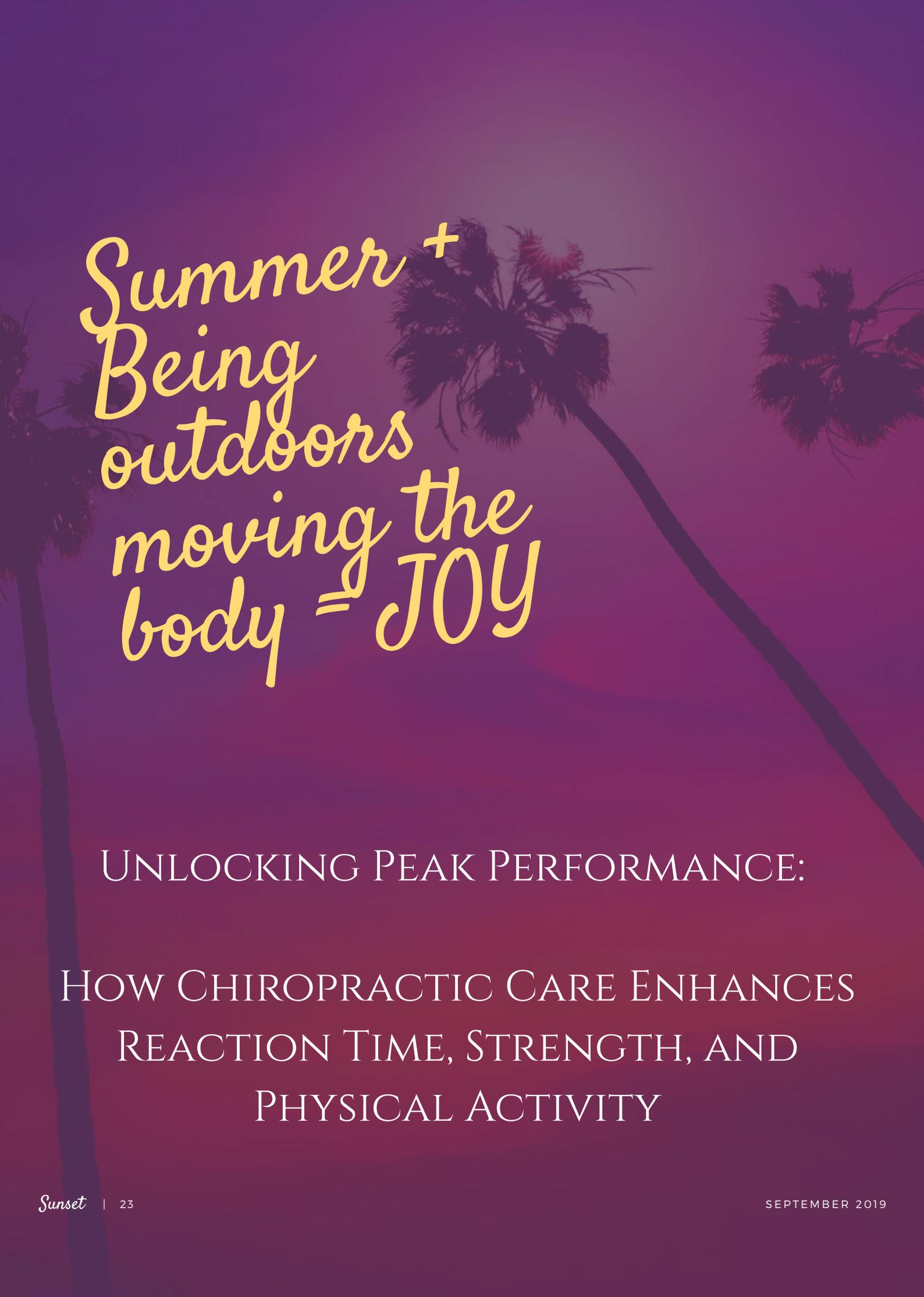
Meeting so many different types of people and watching their health improve as they go through their Health Journey and beyond.

What is the biggest change you've made for your own health since working here?

I started with baby steps – increasing my water intake, doing some stretches each day, being more aware of my posture and how I stood or sat. Now I've recently taken the plunge and joined a gym to get stronger and protect my bones as I get older.

Top tip that Arthur has given you?

Stand on two feet!



Summer +
Being
outdoors
moving the
body = JOY

UNLOCKING PEAK PERFORMANCE:

HOW CHIROPRACTIC CARE ENHANCES
REACTION TIME, STRENGTH, AND
PHYSICAL ACTIVITY

A mountain biker is riding on a rocky trail in a mountainous region. The background features large, rugged mountains with patches of snow under a blue sky with light clouds. The foreground is filled with green grass and numerous small pink flowers. The biker is wearing a green shirt and dark shorts, and is captured in motion, leaning forward on the handlebars.

1. FASTER REACTION TIME

A well-aligned spine supports optimal communication between the brain and the rest of the body. When the nervous system is functioning without interference, reaction time improves—critical for sports and any high-speed physical activity.

Usain Bolt, the fastest man in the world, has credited chiropractic care as a key part of his training and recovery process. His chiropractor, Dr. Michael Douglas, worked with him throughout his Olympic career to keep his nervous system and musculoskeletal system functioning at peak levels.

2. INCREASED STRENGTH & MUSCLE ACTIVATION

Studies show that chiropractic adjustments can enhance the brain's control over muscle activity, improving strength and coordination. This boost in neuromuscular function allows athletes to generate more power with greater efficiency.

Tom Brady, the legendary NFL quarterback, has long promoted chiropractic care as part of his wellness regimen, stating it helps him stay strong and recover faster—critical for maintaining performance into his 40s.

3. ENHANCED BALANCE & COORDINATION

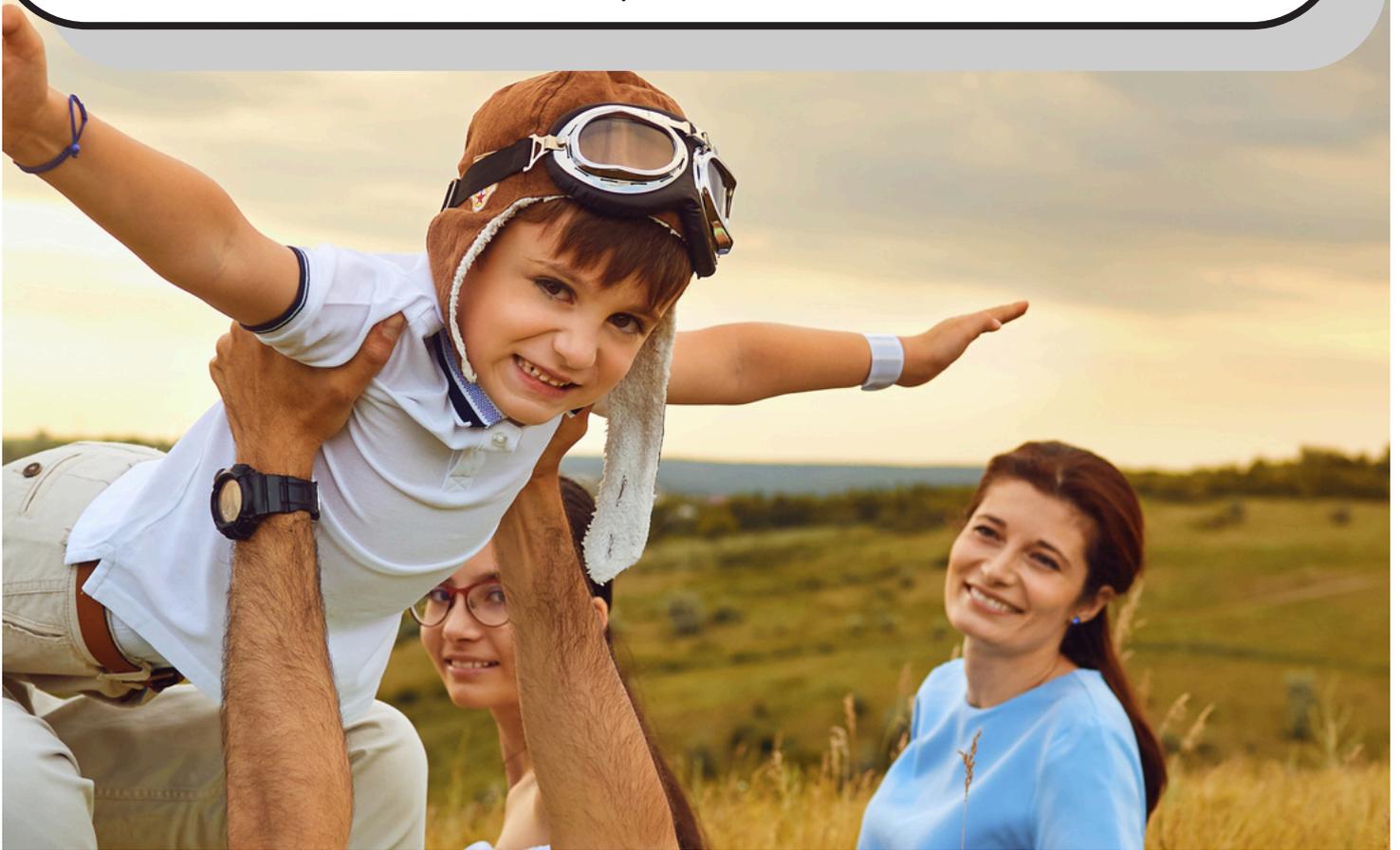
By improving spinal alignment and joint mobility, chiropractic care enhances proprioception (your body's ability to sense movement and position). This leads to better balance, coordination, and stability—key elements for athletes and fitness enthusiasts alike.

Tiger Woods has consistently included chiropractic care in his health routine. In interviews, he's praised the benefits it provides for his balance, swing, and overall physical conditioning.

4. INJURY PREVENTION & FASTER RECOVERY

Regular chiropractic adjustments help prevent overuse injuries, reduce inflammation, and support faster recovery times. That's why many professional sports teams have chiropractors on staff.

Michael Jordan, one of the greatest basketball players of all time, once said, "I didn't know how much I could improve until I started seeing a chiropractor." He used chiropractic throughout his career to help him recover faster and perform at an elite level.



From world champions to just being human, loving an active life and feeling your best, many turn to chiropractic care not just for pain relief, but to unlock their full physical potential.

With benefits like sharper reaction time, enhanced strength, better coordination, and faster recovery, chiropractic care is your powerful tool for you to stay active, sharp, and injury-free.

Whether you're chasing a gold medal or just trying to feel your best during a morning run, chiropractic care could be that edge you're looking for.

GOLDEN STATE *of* MIND

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STANDARD PRICE

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30 min £39

***IF YOU HAVE A PACKAGE WITH US UP TO 20%off FOR 1 Hour**



MASSAGE ALONGSIDE CHIROPRACTIC CARE

There are so many wonderful benefits to getting regular therapeutic massages, especially alongside chiropractic care.

Massage relieves tension, supports the immune and nervous systems, and boosts blood flow – which helps speed up healing in the body's tissues. After a chiropractic adjustment, massage works especially well by helping the body adapt to its new alignment.

It can reduce muscle tightness that may have been compensating for joint misalignments, ease any post-adjustment soreness, and support better circulation and healing.

Massage also helps reinforce the benefits of the adjustment by encouraging the muscles to relax into the corrected posture, making it easier for the body to maintain proper alignment. Tight muscles can restrict the joint causing pain to return.

REFLEXOLOGY

Reflexology is a therapeutic technique that involves applying pressure to specific points on the feet, which are believed to correspond to different organs and systems in the body.

The goal is to promote relaxation, improve circulation, remove congestion and support the body's natural healing processes.

When combined with chiropractic care, reflexology works well by enhancing overall balance in the body.

While chiropractic focuses on spinal alignment and nervous system function, reflexology helps stimulate nerve pathways and reduce stress, which can improve the body's responsiveness to chiropractic adjustments.

Together, they support whole-body wellness, reduce tension, and promote more effective healing.



ENERGY HEALING

Energy healing is a holistic practice where healers channel universal life force (or healing energy) into a patient to help balance, heal and remove blockages from the body. Energy flows through the body, and blockages or imbalances can lead to illness or discomfort. The benefits of energy healing include stress reduction, enhanced relaxation, improved emotional health, pain relief, and a stronger sense of balance and well-being. It can also help boost the immune system and promote a deeper connection between mind, body, and spirit.

ARTHUR'S MOJITO SAUCE



- 5-8 cloves of garlic
- 100-150 g of fresh coriander
- 1.5-2 cups of olive oil
- 1 yellow or red onion
- Salt after taste



Heat up the olive oil in a pan until the oil is lukewarm (not boiling, then it will burn the coriander).

Put the oil in a blender and mix it with the rest of the ingredients until it's a smooth sauce.

Ready! Best served when still a bit warm:)