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A STRAY DOG'S STORY

How can chiropractic care
help my mini daredevil?

HOW TO BEST CHANGE A HABIT?

Autumn and your health

Book of the month

AUTUMN 25

MAGAZINE

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MEET THE TEAM

In this edition, we get to know our lovely Chiropractor, Tjitske Pap!

Tjitske joined us in March this year,
bringing her 12 years of Chiropractic experience to the Clinic.



- **Who or what inspired you to train as a chiropractor?**
- When I was 16, I fell down the stairs and badly injured myself. I struggled for months with pain and concussion symptoms, spending most of my time in bed. Despite having physiotherapy every other day, I wasn't improving. Then someone suggested I see a chiropractor. Slowly, my body began to recover — I could do more, and the pain eased. It was life-changing! That experience made me realise I wanted to help others in the same way, supporting the body's natural ability to heal itself.
- **What is the most satisfying part of your job?**
- Seeing people get the joy back in their life after pain and dysfunction had taken it away and knowing they've done it naturally, without the side effects that medication can bring.
- **What can you be found doing when you're not at the clinic?**
- Spending time with my family. My son and daughter are still young, and I love taking them outdoors to play or going cycling together.
- **Tell us something interesting about your home country ...**
- In The Netherlands, chiropractic isn't very well known — in fact, I hadn't even heard of it until months after my injury. Also, you can't study it there, which is why I came to England for my degree. I enjoyed living here so much during my studies that I never moved back!
- **What is your favourite season of the year and why?**
- It has to be Autumn — I love the beautiful colours of the leaves and the earthy smell in the air.
- **We hear you love to cook! What dish do you cook the most at home?**
- I love cooking recipes from Ottolenghi's cookbook Simple. He has a way of making vegetables taste incredible, with so much flavour packed into every dish.



THAME'S CATTLE MARKET IN ITS HEYDAY

HAS BEEN AROUND FOR SOME TIME

THAME WAS GRANTED MARKET RIGHTS IN 1215 — THE SAME YEAR AS THE MAGNA CARTA. SO WHILE KING JOHN WAS GRANTING LIBERTIES, THAME WAS GRANTING LIVESTOCK.

THE MARKET SHAPED THE LAYOUT STILL SEEN TODAY. THE BUTTERMART WAS ON THE SHADIER SIDE OF THE MAIN MARKET AREA AND USED FOR SELLING BUTTER, DAIRY, AND OTHER PERISHABLES, TO HELP PRESERVE FOOD IN THE DAYS BEFORE REFRIGERATION.

CATTLE ALL OVER TOWN

BEFORE THE 1950S WHEN THE MARKET WAS MOVED TO NORTH STREET, FARMERS WRANGLLED COWS RIGHT IN THE TOWN CENTRE. IMAGINE DODGING COWS ON YOUR WAY TO THE BAKERY. AND YOU THOUGHT PARALLEL PARKING WAS HARD.

SAVED BY LOCAL FARMERS

BY 2000, THAME'S LIVESTOCK MARKET STILL STOOD AS THE LAST ONE IN OXFORDSHIRE. WHEN RUMOURS OF CLOSURE SURFACED, LOCAL FARMERS LAUNCHED A PASSIONATE RESCUE: WITHIN JUST 10 DAYS, THEY RAISED NEARLY £484,000 TO SECURE THE SITE—TURNING HEROISM INTO HARD CASH.

STILL GOING STRONG

FAST FORWARD TO NOW, AND THAME'S FARMERS MART IS STILL GOING STRONG, AUCTIONING UP TO 850 CATTLE EVERY FRIDAY AT 10:30 AM. IT'S NOT JUST A MARKET; IT'S AN INSTITUTION. AND LET'S NOT FORGET THE TUESDAY CHARTER MARKET, HELD SINCE 1215, WHERE PRODUCE, GIFTS, AND BANTER ARE TRADED JUST AS PASSIONATELY—ALBEIT SWAP BEEF FOR BAKED GOODS.



How to Best Change a Habit:

Small Steps, Big Impact



YES
YOU
CAN

BE CLEAR & SPECIFIC

Instead of saying "I want to be healthier," say "I'll walk for 10 minutes after lunch every day."
Specific habits are easier to stick to.

START SMALL

Big changes often fail because they feel too hard. Choose a tiny step you can stick with—like drinking one extra glass of water a day or stretching for 2 minutes.

ATTACH IT TO AN EXISTING ROUTINE

Link your new habit to something you already do. For example: "After I brush my teeth, I'll do 10 squats." This builds automaticity.

TRACK YOUR PROGRESS

Use a calendar, app, or notebook. Seeing your consistency builds momentum and motivation.

BE KIND TO YOURSELF

Slip-ups happen. What matters is getting back on track—not being perfect.

Health, heart & a little help

At Thame Chiropractic Clinic, we've noticed something special about the people who walk through our doors—whether they're patients or part of our team.

Beyond a shared commitment to healthy living, there's often a deeper connection: a genuine care for animals, the environment, and the world around us.

That's why, when you receive care here, you're not just supporting your own wellbeing—you're also contributing to a broader mission. One of the causes we proudly support is animal welfare.

Let us share a story that's stayed close to our hearts...



Walking through the streets of many countries, you might see them—stray dogs. Extreme weather such as cold winter months are the hardest, when their thin bodies shiver in the freezing temperatures, and they find shelter in alleyways or under abandoned cars. Many suffer from illness, injury, and loneliness, their bodies weak, their spirits broken. But they aren't just victims. Every day, they fight for survival with unwavering resilience.



A Stray Dog's Story

When Arthur and Maria, part of the team in the clinic, were visiting Sofia, Bulgaria, they met one such dog—a large, old stray with gentle eyes. She began following them through the city, crossing roads with the green light like any savvy local, waiting patiently outside shops, and revisiting a kiosk where she was known and loved enough to receive a sausage.

Arthur & Maria fed her, shared time with her, and tried to part ways—only to find her searching anxiously for them in the crowd. Arthur couldn't bear it. He called her, and she came running like a joyful puppy. Her instinct to stay close to kindness was overwhelming.

Eventually, they sat down together on a quiet street. Maria stroked her as she fell into a deep sleep, exhausted. And in that moment, they slipped away—heartbroken, guilty feelings but unsure of how to help.

But that decision didn't sit right. After lunch, they agreed—they had to try. They would find her, take her to a vet, and see if she could be adopted.

But by the time they returned, she was gone.

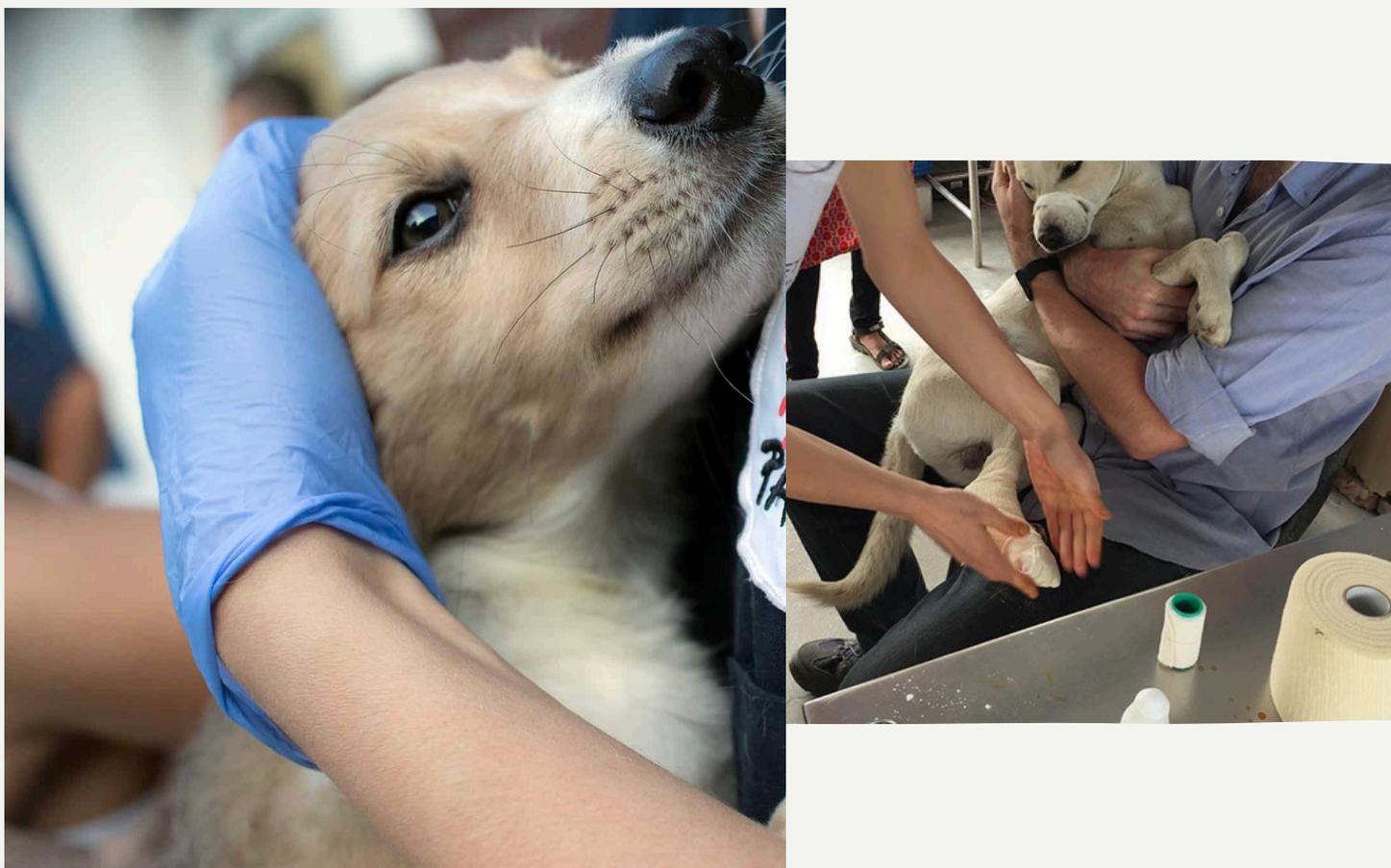
They searched for hours. The city seemed to have swallowed her.

Turning Heartache into Help

That moment sparked action. Today, Thame Chiropractic Clinic contributes monthly to a dog shelter in Sofia, run by a woman with eyes that tell stories too painful to forget—of cruelty, neglect, and abandonment. Of dogs tied up in the blazing sun. Of those left on the streets simply for failing to bark.

Yet in this place of sorrow, there is hope. Each year, the shelter rescues dogs, treats injuries (often with the help of a volunteer surgeon), and prepares them for new lives—often in homes across Europe.

We're proud to say that we also now support the RSPCA here in the UK, continuing our commitment to animal welfare both locally and abroad.



AT THAME CHIROPRACTIC CLINIC, WE BELIEVE IN THE POWER OF SMALL ACTIONS MAKING A BIG DIFFERENCE. IF THERE'S A CAUSE YOU CARE DEEPLY ABOUT—WHETHER IT'S ANIMALS, PEOPLE, OR THE PLANET—TELL US. WE MAY BE ABLE TO HELP YOU RAISE AWARENESS OR SHARE YOUR MESSAGE.

TOGETHER, WE CAN DO MORE THAN ADJUST SPINES—WE CAN HELP SHAPE A BETTER WORLD.

Developing children & chiropractic care



**HOW CAN
CHIROPRACTIC
HELP MY MINI
DAREDEVIL?**



1. It Keeps Their Spine Straight After They've Done a 'Forward Roll' Down the Stairs

Kids are bendy, but not indestructible. With all the cartwheeling, jumping, and impromptu headstands, their little bodies take a fair beating. Chiropractic adjustments help keep everything where it should be — especially after an epic fall off the climbing frame (again).

2. Better Sleep = Happier Kids (and Happier You)

If your child wakes up grumpy or goes to bed complaining of aches that mysteriously vanish when you mention bedtime, it might not be “just growing pains.” A chiropractor can help relieve tension that affects sleep and mood. Less tossing and turning = less grumbling in the morning = more tea time peace for you.

3. Balance and Coordination (So They Trip Over Slightly Less Often)

Your child might look like they're moonwalking through treacle half the time, but chiropractic care supports nervous system health, which can improve coordination and balance. Perfect for reducing the number of wipeouts on school sports day or while doing questionable TikTok dances in the kitchen.

4. It's Natural, Drug-Free and Mum&Dad-Approved

No medicines, just gentle, hands-on care that can help with everything from posture to pesky growing pains. Great for parents who prefer a natural route for managing everyday bumps, knocks, and “Mum, my knee hurts... but only when I’m supposed to tidy my room” moments.



Kids play hard — rain or shine, playground or pavement. And while we wouldn't change their adventurous spirit for the world, it doesn't hurt to give their little bodies some support along the way.

So next time your child leaps off the sofa in full superhero mode, just remember: even Spider-Man probably has a chiropractor.



THIS AUTUMN WE WOULD LIKE TO PRESENT..

THE BOOK OF THE MONTH

FIRST OUT..

When the autumn comes it is tempting to sit down with a book in front of the fire place. So we will from now on introduce new books for you to lend at anytime. Please help yourself to our lending bookshelf, just let the front desk know.

Dr Anders Hansen



the mind-body method

How **Moving**
Your Body
Can Stop You
Losing **Your Mind**

'An essential how-to book to reduce stress, calm anxiety and keep your brain active' NIR EYAL

the mind-body method

In this groundbreaking international bestseller, psychiatrist and mental health guru Dr Anders Hansen presents the simple yet effective method for reducing stress and anxiety, boosting your memory, raising your IQ, and even slowing down the ageing process.

🍂 Autumn & Your Health: Why It's the Perfect Time for a Chiropractic Check-In



As autumn arrives with crisp air and falling leaves, it also brings subtle shifts in your health. Cooler temperatures can lead to joint stiffness, especially in the morning, while shorter days may affect your energy, mood, and sleep cycle.

You might notice:

- More aches and pains, especially in the neck, back, or knees
- Increased tiredness or low mood from reduced sunlight
- Postural strain from being less active or working indoors

This is where chiropractic care can help. Gentle adjustments can:

- Improve joint mobility and reduce seasonal stiffness
- Boost circulation and support your immune system
- Help you sleep better and feel more balanced

At a time when your body is adapting to seasonal changes, chiropractic care can keep you moving, feeling, and functioning at your best.