

THAME CHIROPRACTIC CLINIC

WINTER

Magazine

2025





JOIN OUR

CHRISTMAS

APPEAL 2025

CHILDREN IN NEED

Join Thame Chiropractic Clinic in this year's Christmas Appeal!
We're collecting donations to deliver to the Salvation Army, who will deliver them
to children who might otherwise go without.

BRING A GIFT

Dropp off a new, unwrapped gift to the clinic. A gift suitable for children aged 0 to 18 years old.

10% OFF

As a thank you, we'll give you £10 off your next adjustment.

LAST DAY

All gifts must be dropped off by **Friday 5th of December** to ensure timely delivery.

The Power of New Beginnings

WHY

we Make New Year's Resolutions



There's something magical about the start of a new year. As the clock strikes midnight, we're handed a blank page – a chance to start fresh, rewrite old stories, and step closer to the lives we want to live. That's the heart of the New Year's resolution.

But this tradition isn't just a modern ritual. It has deep roots in human history – and powerful meaning for how we grow and change. Here are some inspiring facts behind why we make New Year's resolutions, and why they matter more than we often think.

This tradition is over 4,000 years old

The idea of starting anew goes back to ancient Babylon, around 2000 BCE. During a festival called Akitu, people made promises to their gods — pledging to pay off debts and return what they had borrowed. These weren't just tasks — they were acts of honor and intention, meant to align their lives with their values.

Even then, people believed in the power of setting a new course.

January was made for reflection and renewal

The name “January” comes from Janus, the Roman god of beginnings. He's often depicted with two faces: one looking back at the past, and one gazing forward into the future. When Julius Caesar declared January 1st the start of the new year, it wasn't just a date change — it was a symbolic invitation to reflect, reset, and move forward with purpose.

New Year's resolutions once focused on the soul

In the 1700s, early Christians embraced the new year as a time for spiritual reflection. During Watch Night services, people gathered to pray and renew their commitments to live with more grace, honesty, and compassion. These moments weren't about perfection — they were about becoming a little better, a little braver, each day.

Your brain loves a fresh start

There's real psychology behind why resolutions feel so powerful. Researchers call it the “fresh start effect” — the idea that certain dates, like New Year's Day, feel like mental resets. They allow us to close the chapter on who we've been and turn the page on who we want to be. These transitions give us clarity, momentum, and hope.

Even “failed” resolutions can change your life

Yes, many resolutions don't last. But that doesn't mean they're failures. In fact, people who make resolutions are far more likely to make meaningful changes than those who don't. Even trying — even dreaming — moves us forward. And every attempt teaches us something valuable.



Exploring the Connection

CHIROPRACTIC AND WINTER IMMUNITY



As temperatures drop and cold and flu viruses spread, supporting your immune system becomes essential. Along with rest, good nutrition, and vitamins, chiropractic care may offer a natural way to boost your body's defenses.

Your spine protects your spinal cord – the communication hub for your nervous system, which controls every immune response. When spinal misalignments (subluxations) disrupt nerve signals, your body's ability to fight illness can weaken. Chiropractic adjustments help restore alignment, improving nervous system function and overall resilience.

Your Spine and Immune System: A Hidden Connection



Your spine protects your spinal cord — the communication hub for your nervous system, which controls every immune response. When spinal misalignments (subluxations) disrupt nerve signals, your body's ability to fight illness can weaken. Chiropractic adjustments help restore alignment, improving nervous system function and overall resilience.

Real Benefits for Cold and Flu Season

Research suggests adjustments may increase white blood cell activity, your body's first line of defense against infection. Many patients also report feeling healthier and recovering faster during winter with regular care. By enhancing circulation, reducing inflammation, and lowering stress hormones, chiropractic care supports a stronger, more balanced immune response.

A Natural Addition to Winter Wellness

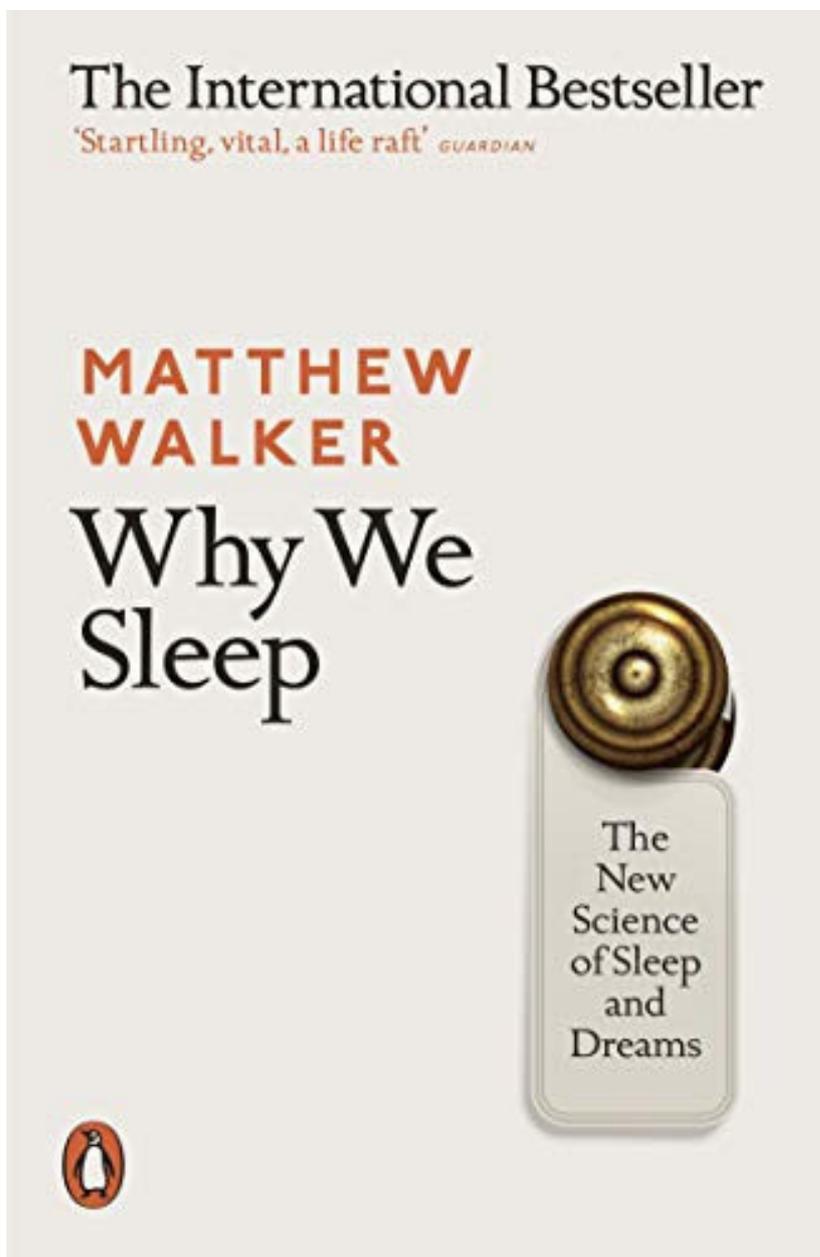


While it can't replace healthy habits, chiropractic care offers a safe, drug-free complement to your wellness routine — helping you stay strong, healthy, and ready for the season ahead.

THIS WINTER WE WOULD LIKE TO PRESENT

THE BOOK OF THE SEASON

SECOND BOOK..



To our readers, please help yourself to our lending bookshelf. Just give the front desk a heads up.

WHY WE SLEEP

In *Why We Sleep*, Professor Matthew Walker draws on twenty years of groundbreaking research to reveal why sleep is vital to our health and survival. From the secrets of REM sleep to the effects of caffeine, alcohol, and aging, he uncovers the science behind one of life's most essential — and fascinating — functions.

The value of *your* HEALTH



What is the value of your health? I sometimes wonder, how do most people value their health? Thinking about this question and throughout my 20 years in clinical practice, I have seen many different ways how people value their health.

I believe most of us never ponder this question but think about it for a moment; what is really important to you in your life and think what would your life be without your health?

What is the importance of being able to freely wake up in the mornings without any aches or pains? What is the value of being able to sleep the whole night through without waking? What is the value to you in being able to play with your grandkids, do your household chores or do the gardening with no pain? To be able to go back to playing tennis, football or golf? Or just simply be able to travel without any worries about getting sick or hurting yourself.

What is the value of not having headaches on a daily, weekly or monthly basis, or even migraines, that for some people have become “normal”?

Have you asked yourself lately what is the value of this?



Most of us have become used to the idea that these things are painful, uncomfortable or restricted in our range of movement of our bodies and spines. Someone told us once that the reason is our age, that this is the norm, that a painkiller or anti-inflammatory is the quick solution to these problems. Or better still, they told us the reason for these symptoms is some type of diagnosis or label as I call it. But think about this - is that true? And if medicines are the solution, at the cost of what? What are Paracetamol, Naproxen, Codeine, Gabapentin, Diclofenac, Omeprazole doing to your liver, brain, pancreas or digestive system?

A white coat told you once that these symptoms you are suffering with are XXX or YYY disease or syndrome, but we never stop to ask, how did I get here? Will I always be like this? And can I do something about it?

Sorry to digress; the question remains what can you do or invest in order to get your health back?

Many of the patients who visit our practice have answered this question by maintaining their spines and nervous system function on a regular basis and are profiting with good health, preventative health and lack of symptoms on a regular basis. Congratulations to all of them for getting the big idea behind Chiropractic care!

Yes, Chiropractic care can help you get back to a better state of health, it can help your body heal from the inside out and express health to the fullest, if only you will give it a chance.

Our Farmers, Plumbers, Electricians, Mothers, Fathers, Housewives have found value in maintaining their spine on a regular basis. Because they have experienced time and time again that it is more expensive not having their health. Without it they cannot tend to their loved ones, their farms, their businesses and so, the real cost of not having their health comes to light.

Keeping your spine aligned and your nervous system working to full potential, free of interference, will allow your body to express higher levels of health. Your health is the most valuable resource you possess; without it nothing else is possible. Do not take it for granted. Ask yourself - what have you done today for your health and spine?

In love and service,

Arthur Tovar, D.C.

Merry Christmas &
HAPPY NEW YEAR



LINDA



TJITSKE



KATYA



HANNAH



MARIA



ARTHUR

to
YOU FROM US ALL!

In this special edition of Meet The Team, we hear from everyone! Find out a bit more about how TCC team members celebrate the festive season!

Do you prefer Christmas or New Year?

Definitely Christmas! Christmas is all about family getting together in harmony having a good time, laughing and enjoying reminiscing over the joyful memories of past. It's about love. (Katya)

What is your favourite thing about the Christmas season?

Being together with loved ones for more than just one day. I love the slowing down (Tjitske)

My wife loves Christmas and she is super happy during the Christmas season, so this makes me happy also. (Arthur)

Do you stay awake to see the New Year in?

Yes I do, just to make my wish, I don't go out partying though (Katya)

Absolutely! Even if it's just to watch a movie! (Tjitske)

Yes always! If I'm in New Zealand, a walk down to the beach with my family to watch the fireworks and then back home for a G&T and talk New Year resolutions! (Hannah)

I generally go to bed at 9pm every night, so to stay awake until late is a real struggle for me! (Arthur)

It gets more of a struggle each year, but yes, I try to! Generally I spend it at home, with a glass of fizz and some naughty food and watch the fireworks on TV! (Linda)

What did Christmas look like for you as a child?

The whole family would get together, everyone would travel from all parts of the world to celebrate together. We had a bonfire on the 24th to gather around, followed by the most important meal of the season (Turkey and all the trimmings) and the children got to stay up all night! (Katya)

Gifts under the tree and opening them at midnight on the 24th in the living room, dancing, fireworks, and friends and family getting together. (Arthur)

What Christmas family traditions have you taken from your childhood into your adult life?

I have a little wooden stable with nativity figurines that my Dad made for me when I was a little girl. It comes out every year with the other Christmas decorations and sits on the mantelpiece. And making a “bubble and squeak” made from the leftover vegetables to eat on Boxing Day with cold turkey and gammon. (Linda)

How does Christmas differ from your home country to the UK?

In New Zealand it is summertime, so we have hot sunny days and long light evenings (which isn't the best for seeing Christmas lights!). We usually spend Christmas day outdoors, having a barbecue and going to the beach. (Hannah)

In Scandinavian folklore there was the tomte, similar to a gnome, who looked a bit like Santa. In Sweden there is still a quite confused idea of Santa Claus and we call him a *tomte*. On Christmas Eve Santa knocks on the door and hands out gifts by the tree. To the children's frustration it is always at the same time dad just left to buy the newspaper. (Maria)

Do you make New Year resolutions? And do you keep them?

No, I make goals throughout the year, not necessarily at the end of the year only. (Arthur)

I don't make New Year resolutions, I just make a wish when the clocks turn, just like you would blowing out your birthday candles. (Katya)

Yes, to keep my husband awake until the first minute of the New Year. (Maria)

Turkey, Duck, Goose or something else for your main Christmas meal?

Turkey all the way for me! And a nice gammon cooked for cold meat for supper. (Linda)