

2026

THAME CHIROPRACTIC CLINIC

A woman with long brown hair, wearing a peach-colored, short-sleeved, knee-length dress, is walking barefoot through a field of cherry blossom trees. The trees are in full bloom with pink blossoms. The ground is covered in green grass. The background shows a hazy landscape with hills.

SPRING

SPRING VIBES

MAGAZINE

Why does walking boost your

CREATIVITY?



Wandering, free-flowing thoughts

When you're glued to your desk, staring at a problem, your brain is in full-on "tunnel vision" mode—great for detail, not so great for fresh ideas. Step outside for a walk, though, and something shifts. Your mind loosens up, wandering a bit more freely.

Suddenly, odd connections start popping up. That tricky work problem might remind you of something completely unrelated—like how you once solved a travel hiccup—and click, a new idea forms. It's often why your best thoughts appear halfway down the street rather than at your keyboard.



All at Once

Walking isn't just good for your legs—it wakes up your whole brain. As you stroll, areas linked to memory, imagination, planning, and even emotions start chatting to each other.

Think of it like a lively dinner party: ideas from different “guests” mix, overlap, and spark something new. You might start by thinking about your to-do list and end up dreaming up a completely new project, a story idea, or a clever solution you hadn't considered before.

Mood-Boosting Steps

Did you know your self-esteem has increased after only a 20 minute walk? Walking does not just reduce cortisol levels which means you feel less stressed. Walking stimulates the release of several important neurotransmitters and hormones:

- Endorphins – natural pain relievers that create a sense of well-being
 - Serotonin – helps regulate mood and emotional stability
 - Dopamine – involved in motivation and reward
- Together these chemicals often create the feeling many people describe as “clearing their head” after a walk.

Brilliant Minds Have Always Walked It Out

You're in good company if you think better on your feet. Charles Darwin took daily walks to mull over his theories, while Virginia Woolf often wandered through London to shape her ideas. Steve Jobs was famous for his walking meetings –he believed that moving side by side helped conversations (and ideas) flow more naturally. And Friedrich Nietzsche even claimed that “all truly great thoughts are conceived while walking.”

How Growth Transforms Work into Purpose

There's a quiet kind of joy that comes from growing within your own work. It's not always loud or obvious, but it shows up in the small wins such as solving a problem faster than before, understanding something that once felt impossible, or even helping someone else learn.

Development in your occupation turns routine into progression, and that progression fuels motivation.

One fascinating fact is that studies in psychology show progress—even tiny steps forward—is one of the strongest drivers of daily motivation. Another interesting insight: people who actively learn new skills at work are not only more engaged but report higher overall life satisfaction. Even more surprising, the brain actually releases dopamine when you master something new, reinforcing the desire to keep improving.

Growth doesn't always require big changes. Sometimes it's about curiosity when we are asking better questions, trying a new approach, or simply reflecting on what you've learned. Over time, these small efforts compound, transforming work from something you do into something you build.

In the end, the joy of development isn't just about becoming better at your job. It's about becoming a more capable, confident version of yourself.



This Spring Arthur has been teaching chiropractors in Sweden & learned from a chiropractor in USA.

"I've always liked to pick people's brains. I think we can always learn something from others. The day we think we know it all, we are (cursing word). Even though we just pick up a small thing here and there. Over a life time it accumulates. Even when I teach others, I'm also reminding myself. It is both satisfying and motivating at the same time."

Natural Ways to Ease Pollen Allergies

Breathe Easier This Spring



Spring is beautiful—but for many people, blooming trees and flowers also bring sneezing, itchy eyes, and constant congestion. If pollen allergies make this season challenging, there are several natural strategies that may help your body cope better with the extra pollen in the air.

1. Rinse Away Pollen

A simple saline nasal rinse can help clear pollen from your nasal passages before it triggers irritation. Using a neti pot or saline spray once or twice a day can wash away allergens and soothe inflamed tissues.

2. Shower After Being Outdoors

Pollen sticks easily to hair, skin, and clothing. Taking a quick shower and changing clothes after spending time outside helps prevent pollen from spreading around your home—and keeps it out of your bed.

3. Support Your Body with Anti-Inflammatory Foods

Certain foods may help calm the body's inflammatory response. Fresh fruits and vegetables, fatty fish, ginger, and turmeric are rich in compounds that can support immune balance during allergy season.

4. Try Local Honey (With Realistic Expectations)

Some people believe that small amounts of local honey may gradually expose the body to local pollen. Scientific evidence is limited, but it's a gentle option many people enjoy adding to tea or yogurt.

5. Keep Indoor Air Clean

Closing windows during high-pollen days and using a HEPA air purifier can significantly reduce indoor pollen levels. Vacuuming regularly and washing bedding often also helps keep allergens under control.

6. Different Pollen Levels During the Day

Pollen levels usually peak in the morning and on dry, windy days. Planning outdoor activities for late afternoon or after rain can reduce exposure.

Spring allergies can't always be eliminated entirely, but small daily habits can make a noticeable difference. By reducing exposure and supporting your body naturally, you can spend more time enjoying the sunshine—and less time reaching for tissues.



The “Bless You Smoothie”

Help your body to fight spring allergy

Ingredients

- 1 cup pineapple chunks (fresh or frozen)
- 1 orange or a handful of spinach
- ½ banana (for creaminess)
- ½ tsp turmeric powder (or 1 cm fresh turmeric)
- 1 cm fresh ginger, peeled
- 1 tbsp local honey
- 1 tbsp chia seeds
- 1 cup unsweetened almond milk or coconut water
- Small pinch black pepper (helps turmeric absorption)

Instructions

1. Add all ingredients to a blender.
2. Blend for 30–45 seconds until smooth.
3. Taste and adjust sweetness with a little more honey if needed.
4. Serve immediately.

Why These Ingredients Help

- Pineapple – Contains bromelain, which may help reduce sinus inflammation.
- Ginger – Naturally anti-inflammatory and may calm allergy symptoms.
- Turmeric – Supports immune balance and may help reduce histamine responses.
- Orange or Spinach – Rich in vitamin C and antioxidants.
- Chia seeds – Provide omega-3 fats that support anti-inflammatory processes.
- Local honey – Some people find it helpful for gradual exposure to local pollen.

WHY CHIROPRACTIC MAINTENANCE CARE MATTERS



Many people visit a chiropractor because they're in pain—perhaps from a stiff neck, lower back discomfort, or headaches. Once the pain improves, it's tempting to stop care. However, regular chiropractic maintenance visits can play an important role in supporting long-term spinal health and overall well-being.

5 Not just pain.

Signs you might need an adjustment



Disrupted Movement Patterns (Your Body Compensates)

When one joint isn't moving properly, other parts of your body step in to compensate.

Example:

If your shoulder is slightly subluxated, you might unconsciously use your neck or upper back more when lifting. Over time, this can lead to tightness, headaches, or even secondary injuries—so instead of moving efficiently, your body is constantly “working around” the issue.

Reduced Strength and Power Output

A misaligned or unstable joint can't generate force effectively.

Example:

A knee subluxation might mean you can't fully trust or load that leg. So during exercises like squats or running, you hold back—reducing strength gains and athletic performance.

Poor Neuromuscular Control (Mind–Muscle Disconnect)

Your joints are packed with sensors that tell your brain where your body is in space (proprioception). A subluxation can interfere with this communication.

Example:

An ankle that keeps slightly slipping out may feel “wobbly.” You might trip more easily or struggle with balance exercises—not because you're weak, but because your brain isn't getting clear signals.

Increased Risk of Repeated Injury

Once a joint becomes unstable, it's more likely to happen again.

Example:

Someone with recurring shoulder subluxations might find simple actions—like reaching for a shelf or throwing a ball—trigger discomfort or instability. This can stop you from progressing in sports or even everyday activities.

Chronic Tension and Fatigue

Your muscles may stay slightly “on guard” to protect the joint.

Example:

If part of your spine is affected, surrounding muscles may tighten constantly to stabilise it. This can leave you feeling stiff, tired, or achy—even without doing much.



“The goal of chiropractic care is not simply to address discomfort, but to help the body work the way it was designed to: allowing its built-in abilities to operate as efficiently as possible. Turn your power on.”

YOUR SPINE HANDLES DAILY STRESS

The spine is constantly working to support your body through everyday activities—sitting at a desk, lifting, exercising, and even sleeping. Over time, these repetitive stresses can cause small joint restrictions or imbalances in the spine. Even when they aren’t painful, they can affect how your body moves and functions.

PREVENTION IS EASIER THAN CORRECTION

Just like brushing your teeth prevents cavities or exercising maintains fitness, chiropractic maintenance care focuses on prevention. Regular adjustments help keep the joints of the spine moving properly, which may reduce the likelihood of tension building up into pain or injury.

SUPPORTING BETTER MOVEMENT AND POSTURE

Poor posture and long hours of sitting can gradually affect spinal alignment. Periodic chiropractic care can help address these small changes before they become bigger problems, supporting better mobility, posture, and body awareness.

HELPING THE BODY FUNCTION AT ITS BEST

The spine protects the nervous system, which coordinates communication throughout the body. When spinal joints move freely, it may help the body adapt better to stress and maintain balanced function.

A LONG-TERM APPROACH TO HEALTH

Maintenance care is not about treating symptoms alone—it’s about supporting the body over time. Many people choose periodic chiropractic visits as part of their wellness routine, helping them stay active, comfortable, and resilient in daily life.

Taking care of your spine is an investment in your long-term health. With regular chiropractic maintenance, small issues can be addressed early, allowing your body to move and function the way it was designed to.

Meet the Team

THIS SPRING, WE'RE EXCITED TO INTRODUCE POUYA, OUR NEW CHIROPRACTOR.



Why is good health so important to you, and how do you take care of yourself?

Good health is the foundation for everything we do whether physically, mentally or emotionally. When your body is functioning well, you're able to live life with more energy and clarity. I take care of myself by staying consistent with training, eating clean, prioritising sleep, and making sure I receive regular chiropractic care to maintain optimal function.

What do you like to get up to in your spare time?

I'm quite a calm, low-key person, so I enjoy simple things whether if that's going to the cinema, watching a good film at home, or cooking healthy (most of the time... I'm human). Cooking is a bit of therapy for me, especially when I've had a busy day. I also enjoy training at the gym—it keeps me grounded (and balances out the food).

What made you fall in love with chiropractic care, and how often do you prefer to get adjusted?

What I find most compelling about chiropractic care is its focus on restoring proper function to the body through the nervous system. It's not just about relieving symptoms, but about improving overall health and performance. Personally, I prioritise regular adjustments as part of maintaining my health, rather than waiting for issues to arise.

If you've got a sunny spring day off, how do you like to spend it?

Keep it simple—start with a gym session, maybe a walk somewhere peaceful, good food, and probably end the day with a film. I'm not the "pack 10 activities into one day" type—I prefer to actually enjoy the day.

What matters most to you in life?

Peace of mind, good health, and having the right people around me. I think a calm, balanced life is underrated.

What is it about chiropractic care that you find most fascinating?

I'm particularly fascinated by the relationship between the spine and the nervous system, and how improving spinal function can influence overall health. Seeing patients experience not only pain relief but also improvements in their general wellbeing is what makes the work so rewarding.

If you could share a meal with anyone, past or present, who would it be—and why?

I'd probably go with Keanu Reeves—he just seems like a genuinely calm, grounded person. I feel like it would be a very relaxed meal, no pressure, just good conversation...

THAME MARKETS 2026

Saturday 23rd of May (7am -9pm)
Taste of Thame

Saturday 6th of June (7:30 -6pm)
Vegan Market

Saturday June 13th 7:30-11pm
Thame Sportive

Saturday June 20th
Thame Pride

Wednesday September 16th to Saturday
September 19th
Street Fun Fair

Thursday October 8th to Saturday October
10th
Thame Charter Fair