

THAME CHIROPRACTIC CLINIC 2026

ARTHUR, WHY HOLISTIC?

CAN POSTURE
AFFECT YOUR
MOOD?

MEDITATION &
SCIENCE

MEET THE
TEAM

WHAT IF YOUR
BODY COULD
DO EVEN
MORE?



SUMMER MAGAZINE

THE POWER OF POSTURE

the glue
between

*your inner &
outer world*



The way you stand and sit is saying more about you than your best outfit ever could.

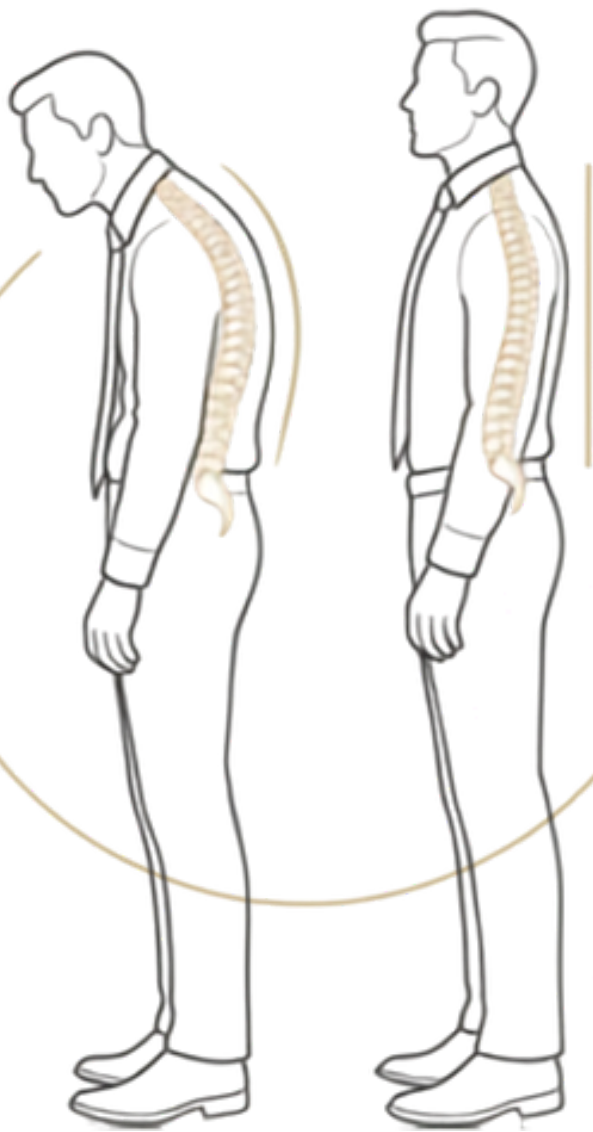
Posture is one of those quiet forces that shapes how you look, how you feel, and even how you think. It's easy to dismiss it as something your parents nagged you about at the dinner table, but modern research keeps revealing just how deeply posture is wired into the brain and body.



Posture doesn't just express how you feel. It can change how you feel.

Your brain is constantly reading signals from your body -muscle tone, joint position, breathing pattern –and using them to decide your mood and level of alertness.

THE POWER OF POISE



- Slumped posture leaves you with **lower energy** and more **negative thoughts**. When you curl inward, your breathing tends to get shallow, which can feed feelings of stress and fatigue.
- Upright posture sharpens you with **better focus** and a more **positive mood**. Opening the chest and stacking the head over the spine naturally encourages deeper breathing and a subtle rise in alertness.

AND THERE IS MORE: The Social-Brain Effect.

When you adopt a posture that looks confident, other people usually respond to you as if you are confident—more eye contact, more engagement, more warmth. Your brain then gets that feedback and starts to believe it. Posture becomes a loop between body, brain, and social world.

Our Guest Speaker

Kate Oliver, nutritionist

Kate Oliver, BSc, is a Functional Medicine Practitioner and Nutrition Coach, specializing in hormone, fertility and gut health.

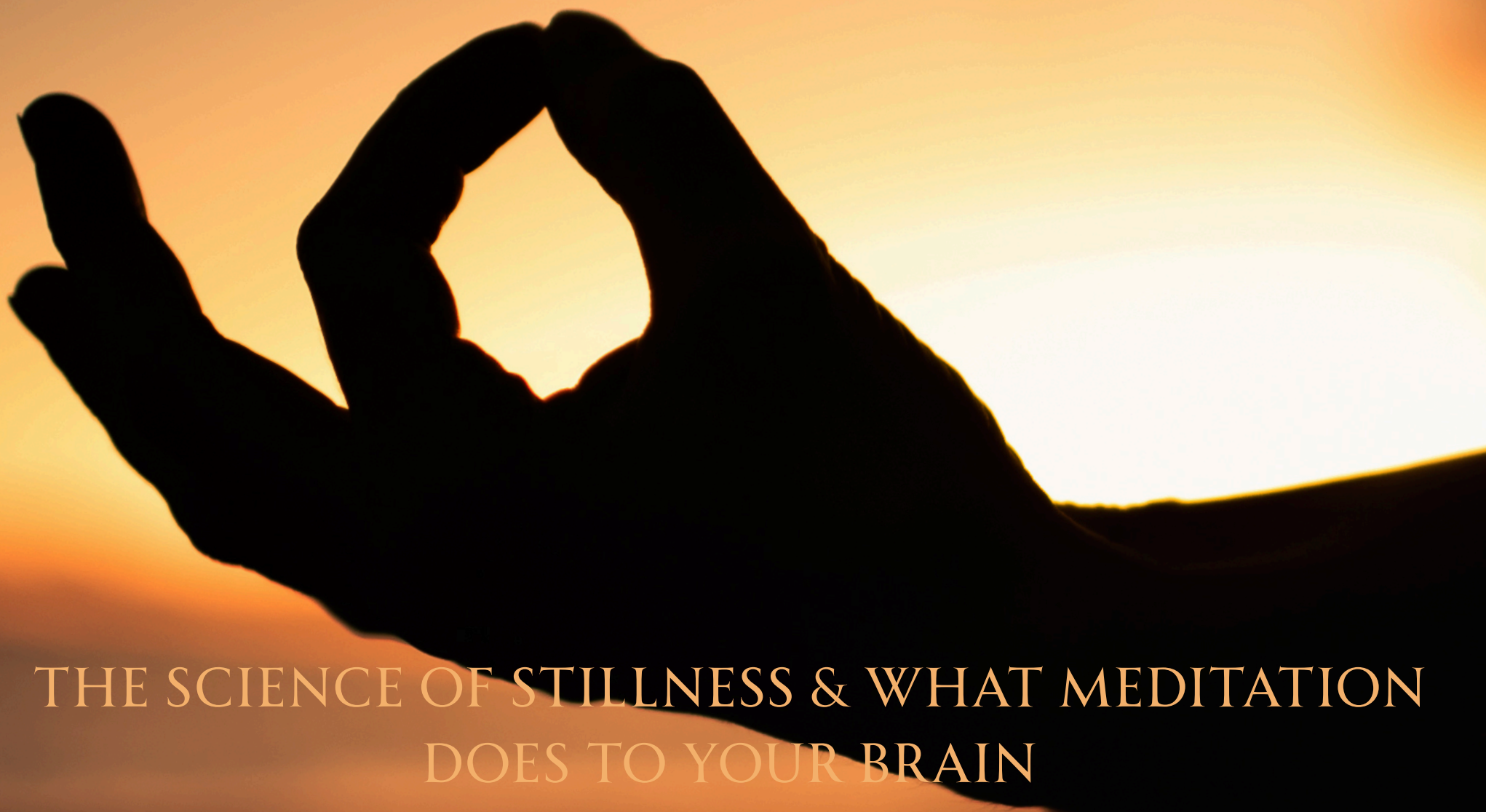


Friday 21st of August at 15:00

**“How to lose weight healthily
- and sustain it!”**

** Free talk for all of our patients at the clinic.
Limited availability, so please book today. **

IN THE SPACE BETWEEN THOUGHTS



THE SCIENCE OF STILLNESS & WHAT MEDITATION DOES TO YOUR BRAIN

FOR THOUSANDS OF YEARS, MONKS HAVE TAUGHT THAT TRUE PEACE IS NOT SOMETHING WE FIND IN THE WORLD, TRUE PEACE IS SOMETHING WE AWAKEN WITHIN OURSELVES. TODAY, SCIENCE IS BEGINNING TO ECHO THAT WISDOM.

MEDITATION GENTLY QUIETS THE RESTLESS MIND, SOFTENS STRESS, AND STRENGTHENS THE PARTS OF THE BRAIN LINKED TO AWARENESS, COMPASSION, AND EMOTIONAL BALANCE. BUT PERHAPS ITS GREATEST GIFT CANNOT BE MEASURED ON A BRAIN SCAN.

IN THE SILENCE, WE BEGIN TO REMEMBER THAT WE ARE NOT SEPARATE FROM OURSELVES, FROM OTHERS, OR FROM THE WORLD AROUND US. BENEATH THE CONSTANT STREAM OF THOUGHTS LIES A QUIET PRESENCE.

A PLACE OF CLARITY, CONNECTION, AND SIMPLE CONTENTMENT THAT HAS BEEN THERE ALL ALONG.

A Simple Guided Meditation

FIND A COMFORTABLE PLACE TO SIT AND ALLOW YOUR BODY TO RELAX.

CLOSE YOUR EYES GENTLY AND TAKE A SLOW, DEEP BREATH IN THROUGH YOUR NOSE... THEN EXHALE SOFTLY.

AGAIN, BREATHE IN... AND SLOWLY BREATHE OUT.

NOW ALLOW YOUR BREATHING TO SETTLE INTO ITS OWN NATURAL RHYTHM.

BRING YOUR FULL ATTENTION TO YOUR BREATH. FEEL THE GENTLE RISE AND FALL OF YOUR CHEST, THE COOLNESS OF THE AIR AS YOU INHALE, AND THE WARMTH AS YOU EXHALE.

REST YOUR HANDS ON YOUR LAP AND FACE YOUR PALMS UP.

AS THOUGHTS APPEAR SIMPLY NOTICE THEM WITHOUT JUDGMENT. IMAGINE THEM LIKE CLOUDS DRIFTING ACROSS THE SKY. ALLOW THEM TO COME AND GO WITHOUT ENGAGING IN THEM. JUST LOOK AT THEM COMING. AND GOING.

GENTLY RETURN YOUR ATTENTION TO YOUR BREATHING.

WITH EVERY BREATH, ALLOW YOUR SHOULDERS TO SOFTEN, YOUR JAW TO RELAX, AND YOUR BODY TO BECOME A LITTLE LIGHTER.

NOW SILENTLY REPEAT:

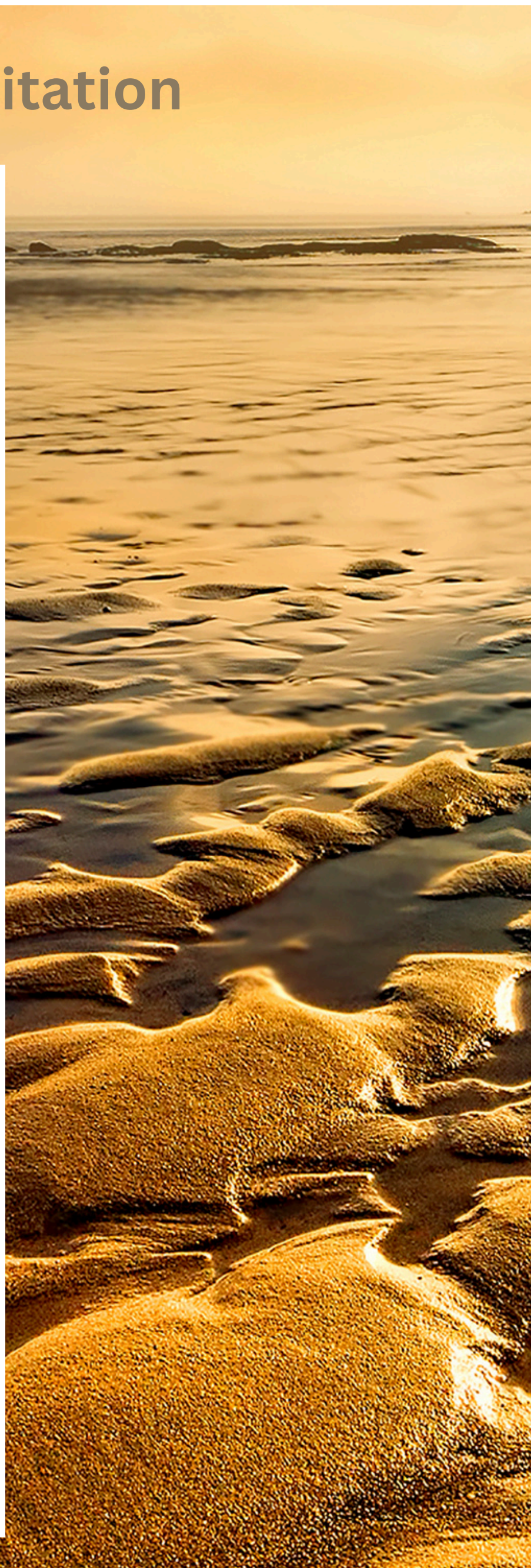
"IN THIS MOMENT, I HAVE EVERYTHING I NEED."

TAKE ANOTHER SLOW BREATH.

NOTICE THE QUIET BENEATH THE THOUGHTS. NOTICE THE STILLNESS THAT HAS ALWAYS BEEN THERE.

STAY HERE FOR A FEW MORE BREATHS.

WHEN YOU'RE READY, GENTLY WIGGLE YOUR FINGERS AND TOES, TAKE ONE FINAL DEEP BREATH, AND SLOWLY OPEN YOUR EYES. CARRY THIS CALM, THIS AWARENESS, AND THIS PRESENCE WITH YOU INTO THE REST OF YOUR DAY.



Arthur.. Why is a Holistic Approach to Health so Important?

I often get asked why I first examine the spine is critical.

Simply put, the **spine** controls the **nervous system**, which carries messages from the brain. Disruptions **fingers**. If there is uncommunication between the **spine** and your extremes then your body will continue to recruit these **muscles** incorrectly. Muscles that control your knee movement, your gait when walking, the muscles in your firearms that control elbow movements and hand movements.

Now that local pain may be caused by a physical stress to the local areas, the spine or by emotional or chemical stress. For example scapular pain can be caused by a gallbladder issue, such as gallstones. Corp tunnel syndrome may be caused by local subluxations in the wrist, elbow and ultimately the neck. Unfortunately the medical community sees is only as a local problem and only as their solution is surgery.



Chiropractic philosophy is aimed at seeing the **body as a whole** and **everything affecting everything**. You can not see the problem as only one but rather the consequences of many other things causing that problem. Foot pain, may be the result of local subluxations in the foot bones such as the tarsus or ankle bones, Inflammation caused by chemical stresses in the body or a number of other things such as imbalance of your pelvis causing uneven foot pressure and gait when walking. Will this foot pain affect your knee? Your pelvis, your spine, your neck, yes likely as everything affects everything.

When you start thinking this way you will be more likely to address the **root cause** of a problem rather than to try to solve only how to address the symptoms caused by that problem. Remember the idea of true health is to get to the bottom of what caused the imbalance to begin with and **address that first**.

If you have gout in your big toe for example, what do you do? The medical approach is to take a drug such as allopurinol which will address the excess accumulation of purines in the blood thus relieving the pain caused by the crystals formed in the toes. Or you can look at the problem by addressing what is causing this excess amount of purines in my diet? Of course the easy way out is always a drug to **kill a symptom** or surgery without taking what was causing the problem to begin with.



WHAT IF YOUR BODY COULD DO EVEN MORE?

*The Performance Advantage You
Might Be Overlooking*

Do you have an activity that makes you feel good about yourself? Takes you to the present, just you and your body.

Is there a part of you that enjoys always getting a bit better?

Your will notice a difference in how you perform when your body moves efficiently and comfortably. Chiropractic care can play a valuable role in helping you move at your best



WHY MOVEMENT MATTERS

Physical performance depends on healthy joint function, mobility, and coordination. When movement becomes restricted, your body may compensate in ways that reduce efficiency or place extra strain on muscles and joints. Chiropractic care focuses on improving joint mobility and restoring normal movement patterns, helping many people move more comfortably and confidently.

HOW IT CAN HELP

Better mobility can support smoother, more efficient movement and make training feel more comfortable. While it's not a substitute for coaching or exercise, chiropractic care can be an important part of an overall performance and recovery plan.



For example:

- A runner may benefit from improved hip mobility and a more efficient stride.
 - A golfer may enjoy greater spinal rotation for a smoother swing.
 - A cyclist may experience less stiffness in the neck and lower back after long rides.
 - A weightlifter may improve movement quality and positioning during lifts.
-

PART OF A BIGGER PICTURE

The best performance comes from combining smart training, proper recovery, and good movement habits. Chiropractic care can be one piece of that puzzle, helping maintain mobility, reduce stiffness, and support the body's natural ability to move well. When your body moves better, you can focus on what matters most: enjoying your sport and performing to your full potential.



Meet The Team

Let's get to know Katya a little better! Katya has been with TCC for 4 yrs now and is a key member of the Front Desk team as well as Office Manager.



What is the best thing about working at the Clinic?

The best thing about working at the clinic is being part of such a positive and supportive team. I also enjoy seeing how much care goes into helping patients improve their health and wellbeing every day.

What changes have you made for your own health since working here?

Since working here, I've become much more aware of posture, movement, and the importance of looking after my overall wellbeing. I try to stay more active and pay more attention to small daily habits which makes a big difference.

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

Outside of the clinic, I run my own interpreting and translating business, which keeps me quite busy! In my free time, I enjoy going to the gym, walking the dogs, and spending time with family and friends. I also enjoy reading and listening to music.

What is your favourite season of the year and why?

Definitely summer! I love the longer days, sunshine, outdoor activities, and the more relaxed atmosphere that comes with it. Everyone seems happier, and what could be better than barbeques, hot weather, and soaking up the sun with a cold drink in hand?

Tell us something interesting about your home country, Portugal?

I was actually born in Canada, which I loved, before my family moved to Portugal when I was young. Portugal is famous for its beautiful coastline, amazing food, and of course, pastel de nata! One thing I've always found funny is that shop opening times can sometimes feel more like a polite suggestion – they open when they feel like it! Also, “5 minutes” is more of a concept than an actual timeframe. Bread is sacred at every meal, and when people are talking sounds like they are arguing, they're not, they just speak very passionately!

Top tip that Arthur has given you regarding your health?

One of the best tips Arthur has shared is that small, consistent habits are just as important as big changes – especially when it comes to posture, movement, and taking care of your body daily. Oh, and standing evenly on two legs!

