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Thame Chiropractic Clinic 2026

Autumn



# TIME FOR AUTUMN: A POTPOURRI OF HISTORICAL ADVICE ON HEALTH

“...ADVICE TO FOLLOW, OR NOT TO FOLLOW.”  
THAT IS THE QUESTION

*Long before Lemsip, our ancestors treated autumn as a full-scale emergency. The Romans fussed over moderate diets and exercise, which is rich coming from a civilisation that ate its dinner lying down.*

Medieval people also paid close attention to the seasons. Medical advice was often based on the theory that the body was influenced by four bodily fluids, or "humours". These were thought to need to be kept in balance.

Unfortunately, the treatment for being out of balance could include bloodletting.

Feeling a little tired? Have some blood removed.

Got a headache? Remove some blood.

Generally having a difficult Tuesday? You can probably guess where this is going.



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# THE GREAT VICTORIAN OBSESSION WITH FRESH AIR

The Victorians, never a people to do things by halves, decided the real villain was bad-smelling air, or "miasma," which they blamed for tuberculosis, cholera and general malaise alike. Their solution was to expose the sick to as much cold air as humanly possible, ideally in the middle of winter. Consumptive patients were parked on porches overnight wrapped in blankets like joints of beef left out to cure, on the theory that the crisper the air, the better the recovery. Seaside towns like Scarborough cashed in magnificently, selling bracing sea breezes as a medical treatment rather than, say, a mildly unpleasant walk. Hospitals got the same treatment, redesigned with towering ceilings and vast windows so disease could apparently be persuaded to leave the building, much like an overstaying relative shown politely to the door.



And it wasn't just illness the Victorians treated as a battle to be won through sheer discomfort: fitness fans swung heavy wooden Indian clubs over their heads in elaborate patterns, turning a simple shoulder workout into something resembling emergency traffic control during a gale. Their logic for a weak, unhealthy nation always boiled down to one diagnosis: not enough wooden weaponry.

None of this has entirely gone away. We now blame germs rather than miasma, but the parental instinct to throw open a window "for the fresh air" lives on. And if you feel slightly more tired now that the evenings are darker, don't assume something has gone terribly wrong. It might simply be autumn.  
Put the kettle on."

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# MEET JUSTIN ATHERLEY



I'm delighted to be joining the team at Thame Chiropractic Clinic as a Massage Therapist. I hold a BTEC Level 5 qualification in Clinical Sports & Remedial Massage, alongside ITEC qualifications in Massage and Sports Massage.

My approach is practical and tailored to the individual. I work with people experiencing muscular tension and stiffness, exercise-related aches, restricted movement, or simply those wanting to move and feel better. Treatments may include sports massage, soft tissue techniques and assisted stretching, depending on what you need.

I believe most people can benefit from regular massage because our bodies are constantly responding to work, exercise, stress and the demands of everyday life. Regular treatment can help manage areas of tension and overload, support recovery, maintain comfortable movement and give you an opportunity to address smaller issues before they start interfering with the things you enjoy doing.

I'm looking forward to meeting you,

*Justin*



**”PSST.. ARTHUR? MAY I  
ASK YOU A FEW COMMON  
QUESTIONS?”**

**“ OF COURSE, GO FOR  
IT!”**

**“What should I do  
after an  
adjustment to get  
the most out of  
it?”**

In most cases, go for a 15-minute walk outdoors, as this engages the nervous system and helps integrate your adjustment. It brings more movement to the spine, and any type of movement to your spine is good for your brain. Drink water and stay away from caffeine and alcohol. Water encourages detoxification in the body, which is what the adjustment will start to do. The adjustment will start new neural pathways in the brain and stimulate detoxification in your body, so it is very important that you are well hydrated right after an adjustment and for the rest of the day. Go to bed early. There is a likelihood that the adjustment may make you tired. This is completely normal and it is a good sign, as the body starts new healing pathways, and sleep is what helps the body reset itself.

**“Can I exercise  
after an  
adjustment?”**

Yes. However, be careful with running, as it is hard on your spine. This depends on your fitness level, so everybody is different. If you're not sure, ask at your next visit.

**“Can I be adjusted  
on two consecutive  
days?”**

Absolutely, if you are on your care plan or if you are in an acute state, such as recovering from a recent injury. Consecutive days makes no difference. What matters is how many times a week you get adjusted, as each adjustment builds on the one before and reinforces neuroplasticity in the brain (building new neural pathways).

**“Is it best to have a  
massage before or  
after an  
adjustment?”**

Either way is fine. If you have an adjustment before your massage, the effect of the massage will last longer. If you have a massage before your adjustment, the benefit is that you will respond faster to the adjustment, as your muscles have been reset, you have better lymphatic drainage, and you have less lactic acid in your muscles. Chiropractic care combined with massage is so good for you.

**“Why is it good for  
me to lie down  
before my  
adjustment?”**

It helps your body relax and prepare for the adjustment. Even though you may not be aware of it, you are tense when you come in. Most of us are in a state of a fight-or-flight mode due to everyday stress. Lying down helps your body go into parasympathetic state, which is the restful state for the nervous system. This makes you more receptive to the adjustment, so the chiropractor can then give you a more effective adjustment.



# **Aligned for Autumn: How Chiropractic Care Supports a Healthier, Happier You**

*As the leaves turn and the pace of life shifts into cosy sweaters and shorter days, autumn is the perfect season to reset your body and mind. Chiropractic care -often thought of as just "back cracking", is actually a lifestyle practice that supports whole-body wellness. Here's how making it a regular habit can benefit you physically and mentally this autumn.*



# Physical Benefits

- Improved posture — Hunching over laptops or hunching into cold-weather layers can strain the spine. Regular adjustments help realign the body, easing tension in the neck and shoulders.
- Better joint mobility — Cooler temperatures can make joints feel stiffer. Chiropractic care helps maintain range of motion, so you can keep hiking through autumn foliage or raking leaves without discomfort.
- Faster recovery from activity — Whether it's a weekend apple-picking trip or a return to the gym after summer, chiropractic care can help ease muscle soreness and support recovery.
- Stronger immune resilience — Some patients report fewer seasonal colds, as spinal health is linked to nervous system function, which plays a role in immune response.

*Example: A weekend hiker who visits a chiropractor monthly finds he can tackle steep autumn trails without the lower-back ache that used to sideline him by October.*

# Mental & Emotional Benefits



- Reduced stress levels — Chronic pain is a major stress trigger. Relieving physical tension can lower cortisol levels and promote a sense of calm.
- Better sleep quality — Proper spinal alignment can reduce discomfort that disrupts sleep, helping you feel more rested as the days grow shorter.
- A greater sense of control — Establishing a wellness routine, especially during a season of transition, can boost feelings of stability and self-care.
- Mind-body connection — Many patients describe adjustments as a moment to slow down and reconnect with their bodies, similar to meditation or yoga.

*Example: A remote worker who struggled with "tech neck" and low energy started fortnightly chiropractic visits and noticed she felt more focused and less irritable by the afternoon.*

## Making It a Lifestyle, Not a Quick Fix

*The real benefit of chiropractic care comes from consistency. Just like eating well or exercising, spinal care is most effective as an ongoing practice rather than a one-time visit. Pairing it with autumn habits — warm stretching routines, mindful walks among the autumn colours, and proper hydration — creates a holistic approach to seasonal wellness. As always, chiropractic care works best alongside guidance from your own healthcare provider, especially if you have an existing condition.*



# WHAT'S COOKING, LINDA?



“One of my favourite recipes to make, especially as the weather starts to cool down, is Turkey Mince Keema. It is super healthy, super quick to make and super tasty.”

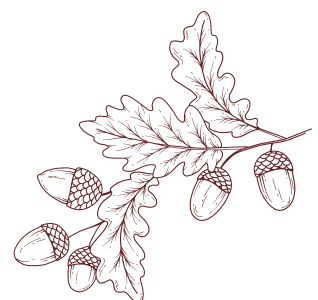


- 500g lean turkey mince
- 1 large onion, roughly chopped
- 2 garlic cloves
- 2cm root ginger (or lazy ginger puree)
- 1cm lazy red chilli paste (optional)
- 1tbsp curry powder
- 120ml chicken stock
- 400g tin of chopped tomatoes
- 150g frozen peas
- 1 Packet of cooked basmati rice



1. Heat a small amount of oil (or low-cal cooking spray), over a medium heat and cook the turkey mince for around 5 minutes, breaking up the mince with a wooden spatula.
2. Add the curry powder and cook for a few more minutes, until the meat is well coated
3. Add the onion, garlic, ginger and chilli and cook for a further 5 minutes
4. Add the stock and the chopped tomatoes, bring to the boil and simmer for approx 10 minutes, until the sauce has reduced and thickened
5. Meanwhile, cook the peas and the rice
6. Stir the peas and rice into the turkey mix
7. For an extra treat, serve with naan bread!

Enjoy!



# THE ART OF COSY AUTUMN READING



*There's something rather magical about autumn and books. Maybe it's the way the light softens in the afternoons, or the first proper excuse in months to wrap yourself in a blanket without anyone raising an eyebrow. Whatever the reason, autumn just asks to be read through. And... with a few small tweaks, you can turn an ordinary reading session into something genuinely restorative, while also getting more out of every page.*

# SETTING THE SCENE

Before you even open the book, it's worth spending five minutes on your surroundings. A good reading nook doesn't need to be Pinterest-perfect — it just needs to feel like somewhere you want to stay for a while.

- Light a candle or dim the lights. Warm, low light signals to your brain that it's time to slow down.
- Get the temperature right. Nothing kills a cosy mood faster than being slightly too cold with your hands stuck outside a blanket to hold the book. A warm drink helps too. Tea, hot chocolate, mulled cider, whatever suits.
- Choose your spot deliberately. An armchair by a window, a corner of the sofa, even a well-cushioned windowsill. Somewhere associated only with reading, if you can manage it, so your brain starts to link the spot with focus.
- Add a blanket and a good cushion. This sounds obvious, but physical comfort genuinely extends how long you'll happily sit still.

# GETTING INTO FOCUS QUICKLY

The hardest part of reading often isn't the reading itself. It is the first five minutes, when your brain is still buzzing with everything else you were doing. A few tricks help you drop into the page faster:

Do a two-minute "brain dump" first. If your mind's cluttered with to-do lists, jot them on a scrap of paper before you start. Getting them out of your head and onto paper stops them nagging at you mid-chapter.

Use a consistent little ritual. Making the same cup of tea, lighting the same candle, sitting in the same chair. Small repeated cues train your brain to associate them with "reading mode," so focus arrives faster each time.

Read the first page twice if needed. It's completely normal for the opening lines of a session not to land properly. Don't fight it. Just re-read the first paragraph once your eyes have properly settled.

Put your phone somewhere inconvenient. Not just on silent. Genuinely out of arm's reach. Even a face-down phone on the same table pulls at your attention more than you'd think.





# Reading a Little Faster (Without Losing the Enjoyment)

Speed reading tips can sometimes strip the joy out of books, so here are a few gentler ways to pick up your pace without turning your cosy read into a race:

- Stop the inner voice occasionally. Many of us silently "say" every word in our heads as we read (called subvocalisation), which caps your speed at talking pace. You don't need to eliminate it, but consciously softening it during easier passages can speed things up.
- Widen your eye span. Rather than fixating on one word at a time, practise letting your eyes take in small clusters of words together. This comes with practice and feels odd at first.
- Skim the boring bits, savour the good bits. Not every sentence deserves equal attention. Description-heavy paragraphs can often be read more quickly than dialogue or key plot moments — give yourself permission to vary your pace within a single chapter.
- Set a gentle timer. Aim for ten or fifteen pages within a set time, just to build a natural rhythm without turning it into pressure.

# Remembering More of What You Read

It's a common gripe. You finish a book and a week later can barely recall the plot. A few simple habits make a real difference:

Pause briefly at the end of each chapter. Just ten seconds of mentally summarising what happened helps shift it from short-term to long-term memory.

Talk about it, even to yourself. Explaining a plot twist or a character's motivation out loud (to a partner, a pet, or just muttered to yourself) forces your brain to process it properly rather than passively skim. Keep a tiny reading journal. A few lines per book: what happened, how it made you feel, a favourite quote. You don't need anything elaborate — a notebook or the notes app on your phone works fine.

Avoid marathon sessions on dense books. Short, focused reading sessions with breaks tend to lead to better retention than one long slog, especially with anything plot-heavy or unfamiliar.

Re-read key moments. If a chapter ending genuinely surprises or moves you, go back and re-read the last page. It cements the moment in memory far better than ploughing straight on.



## A Final Thought

*Autumn reading isn't really about efficiency. Instead, it is about the pleasure of slowing down while the world outside gets colder and darker. That said, a touch of intention (a cosy setup, a quick focus ritual, a little post-chapter reflection) means you'll not only enjoy the season's reading more, but actually remember it once the leaves have gone. So put the kettle on, find your spot by the window, and let fewer pages be wasted between the moment you sit down and the moment you're truly lost in the story.*

# Meet the Team

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**Let's get to know Clinic Owner and Director, Maria Hagberg, a little better!**

**You will see Maria on the front desk in the latter part of the week. For the rest of the week she is busy keeping the business running, looking after marketing, financials, HR plus anything and everything else related to the Clinic!**



**Q. When you are not working, what do you like to do to relax?**

I like spending time with close friends and letting the conversation wander in different directions. However, I have a bit of an introverted personality. So, I also have a need for peace and quiet on my own. For example, I might potter around in the kitchen whilst listening to a history podcast about some embroiled Russian tsar or Alfred Nobel blowing up his own laboratory in an experiment. Then I'm in a happy place.

**Q. As we rapidly head into autumn, what is the best thing about this change of season?**

Oh, autumn is my favourite season. In summer there is almost a pressure to make the most of it. But when the autumn brings crisp days, berries and cool, dark evenings, you can finally light a candle, grab a book and just be in that very moment.

**Q. What is the best thing about being married to a chiropractor?**

Well, as a woman of a certain age, I do tend to get migraines from time to time. But Arthur can make that nightmare go away in two adjustments. Besides that, I've been adjusted at park benches, airports, the gym - and around dinner tables whilst chatting with guests (you don't always see it coming!).

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**Q. What brought you to live in the UK?**

Love! Arthur! One of us had to uproot and Arthur really worked on promoting England to me. I lived in California for some years, but that never felt like home the way England does to me now. I can relate to the similar values, sense of humour, conscientiousness and outlook on things in life as in Sweden. Today it feels like the gift of having two homes on this beautiful planet.

**Q. What is the best thing about working at the clinic?**

I love the friendly buzz in the clinic, laughter, the banter. When people come out from their adjustment with a relieved smile. Also listening to when people reflect about their life choices. Starting to prioritise their overall health and wellbeing over life's long to-do lists. And.. I am very much "in love" with our little team! Feels like family.

**Q. Is there anything you miss about Sweden?**

Yes... Besides my loved ones and the vast nature, I do miss my little habits in Stockholm. Sneaking out on a Thursday evening to the jazz bar or the opera. Just to stay for an hour and then pop back home again. Or get that phone call and five minutes later be laughing with friends around a restaurant table overlooking the water in Stockholm. Haha. Not sure if I miss Stockholm or just being younger. From a practical point of view, I can miss how smooth and efficiently everything runs in Sweden. But I feel like home in England. If I lived in Sweden I would miss England dearly.



Stockholm