



Issue I
Q3
2022

The Perils of Inactivity

We have all paid our portion - Covid-19 has effected each and every one of us.

As the months rolled on, one significant peril started emerging - your body, due to a lack of daily movement (and I'm not talking about exercise but your small walk to the shop, for example), was increasingly stiffer to touch. It was an insidious change, but it's gaining a lot of momentum in all of you now.

This was such a stark difference from how most of you felt before the pandemic - a massive trend that I have not experienced in 9 years of chiropractic. I have

touched thousands of bodies literally and never felt such a common change in people coming to our chiropractic office.


We all need to do something to combat our lack of activity. There's a lot more at stake than is initially obvious.

A lack of spinal movement can lead to depression, weight gain, poor sleep, lethargy, brain fog, burn out and a shortened life expectancy, just to name a few. Prolonged sitting on home chairs, sofas, and bar stools can create a passivity in your spine. Holding your spine up actively is progressively being replaced by a passive "hang" in your spine. Over time, this can lead

to a forward head posture and an increased mid-back arch, too - cosmetic changes in your appearance that you simply don't want. But it's not merely cosmetic in that increased spinal curves put your spinal cord under pressure, affecting its function.

"Chairs and beds allow us to turn our muscles off and sag into cushions. They mess with the way we evolved to sit when we relax."

Continued →



*If health was sold in a bottle,
there would be a shortage of bottles.*

- Chinese proverb

Sitting is different and maybe worse than a lack of exercise.

I know a lot of you have maintained your daily walks, yoga lessons, and even going to the gym. Unfortunately, your good efforts in this regard have been completely undermined by the fact that you roll out of bed and are at your workstation within 20 seconds.

Many studies have been done on the effect of triglyceride levels and heart disease. If the sitting time is broken up with periods of light activity, even a bit of slow walking, triglyceride levels are greatly reduced. Raised triglyceride levels lead to heart problems.

So what can you do?

Every time you go to the toilet, move your spine for 2-3 minutes. Anchoring spinal movement with your regular toilet stop makes it easier for you to remember to do it with a consistent rhythm. Shrug your shoulders. Lean from right to left. Twist your spine in all directions.

Are you currently working from home?

Put on your favourite song 3 times a day and dance to it - get some flow into your spine. Squat - do this for 1-2 minutes 10 times a day. Squatting forces you to keep the body balanced over the feet, requiring 5-10 times as much muscle activity in the legs as sitting on a chair or on the ground.

Let's call it active resting. Make some of your work calls in the squat position. Check your social media in the squat position, for example. Standing desk. If you can change your work posture periodically, all the better. Many new and clever products have emerged this past 12 months that easily allow you to convert your sitting desk to a standing one.

These small changes add up over time. Small changes in your posture are like compound interest in your savings in that the reward is disproportionately large compared with the small repetitive actions you take. However, time plays a vital role in your outcomes. So making these simple recommendations for 1 week won't help at all, but

every day for a few consistent years and your spine will be in way better flow than if you don't do it.

Should we abandon our chairs? Unless you have been squatting since childhood, forcing yourself to do it may cause some discomfort. But studies suggest you get long-term benefits by breaking up your sitting into shorter bouts to increase muscle activity throughout the day. Make a phone call while squatting once in a while.

Enjoy moving your spine. Enjoy the natural cleverness your body will provide with movement. And yes, your chiropractic adjustments keep your spine moving. Every individual vertebra needs to loosely relate with the vertebra above and below. As soon as these joints adopt less intervertebral movement, negative changes to your neurology set in. In chiropractic, we call these blocks a subluxation.



**See you soon,
Tom.**

1 new habit

Walk

75 minutes a week can add 2 years to your life.

40 minutes 3 x a week protects the brain's memory.

30 minutes a day can reduce depression by 36%.

60 minutes a day can cut obesity risk by half.

An introduction

Meet Ella, our new human

Ella is just starting with us next week for Q3 onwards.

Mother of 2 girls, Ella put herself forward for our position opening to join our team after bringing her youngest Hollie in to get checked shortly after she was born. She had been struggling with irritability and reflux and rapidly eased and became a happy baby again.

She, too, is on a journey of looking after her health and is currently learning how to meditate as well as now getting adjusted herself. After working in beauty, self-care, banking and customer service, she believes every customer experience should be personal, comfortable and memorable. She looks forward to meeting each of you.



Music matters

Find your rhythm

We love the relaxed yet uplifting vibes they carry through their music.

It helps us work at ease as well as shake a toosh a little every now and again. We hope it does the same for you.

It is clever

The Naked Truth About Your Body

Today your body produced 25,000 cells every second and made your heart beat 105,000 times.

One of your red blood cells travelled approximately 80,000 kilometres without a single thought from you. So take care of its cleverness. The chiropractic adjustment assists this natural cleverness of your body.

What's On?

Welcome to our free lending library. You are welcome to borrow our books on natural living, conscious parenting, creativity, nutrition and, of course, chiropractic.



Of timeless appeal

The 33 Principles of Chiropractic

#1 The Major premise

“A Universal Intelligence is in all matter and continually gives to it all its properties and actions, thus maintaining it in existence”.

Simply put, there exists an intelligence/cleverness everywhere - the entire universe is clever. Your body is constantly “swimming” in this cleverness.

This cleverness enters your body through the nervous system.

Chiropractic adjustments allow an easier capacity for your body to receive this cleverness and allow it to flow through your body.

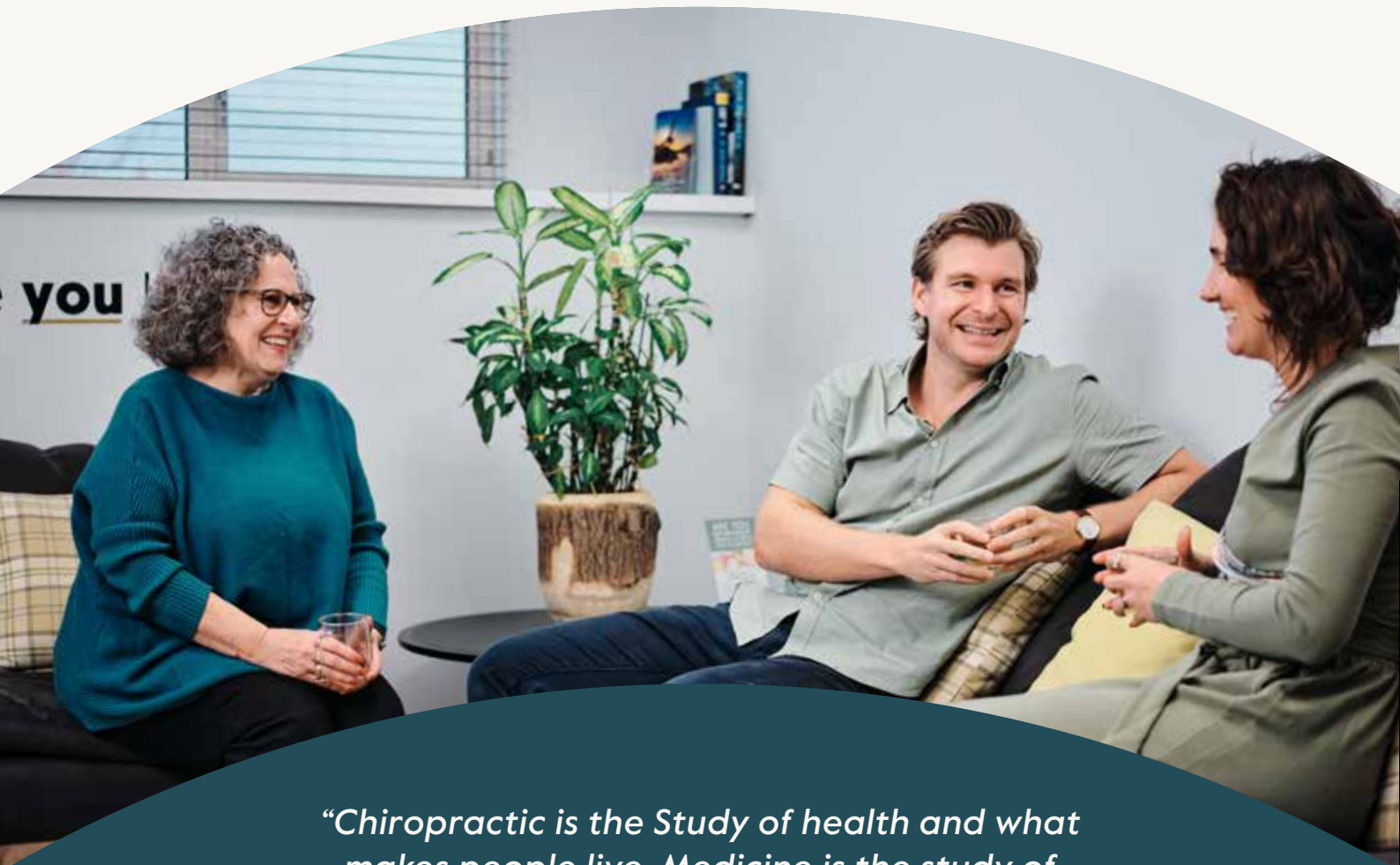
#2 The Chiropractic Meaning of Life

The expression of this intelligence through matter is the chiropractic meaning of life.

This means that the difference between a perfect expression of this universal intelligence through you and your current state is the interference found in your body (your matter).

“Innate must flow fully, freely and naturally.”

- B.J. Palmer (Developer of chiropractic)



“Chiropractic is the Study of health and what makes people live. Medicine is the study of sickness and what makes people die.”

- B.J. Palmer (Developer of chiropractic)

Can chiropractic help with....?

Often when you are here getting your adjustments, you ask me if chiropractic can help:

Low back pain, headaches, an anxious teenager, an irritated husband, poor sleep patterns, slipped discs, a baby not sleeping well, a pregnant lady, bed wetting in children, grinding your jaw at night....you want to know if chiropractic can help those people in your family and networks who you care about.

Truth is, chiropractic doesn't treat or diagnose these symptoms, yet people often recover from them after being in chiropractic care for some time.

A chiropractor is non-diagnostic and non-therapeutic in their approach to symptoms. Instead, it focuses on the frame of your body, the flow of your spine, and the tension in your nervous system. As your chiropractor, I listen to the language of your body way more than you tell me how you feel. It's not that I'm disinterested. It's just that I trust the language of your body way more than what you complain about. Many symptoms tend to leave when the body has a greater state of ease.

But don't confuse this result with the claim that chiropractic fixes your issues. It's the natural cleverness of your own body that does the work. Chiropractic simply supports this cleverness.

On Your Behalf

We support Ecosystem Impact to bridge the link between healing humanity as well as the planet.

The Bangkaru and Simeulue Islands of Sumatra, Indonesia, have global significance for their biodiversity. They offer one of the last refuges and nesting sites for critically endangered sea turtles and several of the world's rarest bird species. Ecosystem Impact is on a mission to protect these islands and share its solutions-based model with the world. Visit www.ecosystemimpact.com to learn more.





To make an appointment:

Visit humanhealth.je

Call **01534 747 833**

Email hi@humanhealth.je

Are we connected?

Follow along with our regular posts and receive gentle reminders of how your body works best.

There is a strong rhythm to our social media that will help you get more out of your chiropractic care.

[f](#) [@](#) [v](#) [in](#) @humanhealthlife

Your post chiropractic adjustment rhythm

There are 4 habits you can adopt to complement your chiropractic care. These habits will account for at least 30% of the effectiveness of your adjustments. If you can, take a nap and let your body digest the adjustment while the natural cleverness of your body goes to work.



1

Stand on both legs evenly.



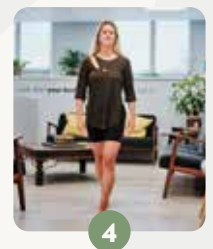
2

Sit on both hips evenly.



3

Drink a glass of water immediately.



4

Go for a 10-minute walk before sitting.

Our next quarterly issue is:



Why we sleep