



Issue 5  
**Q3**  
2023

## Your body is clever

### How often do you sit and contemplate the cleverness of your body?

For example, when did you last think about your heart beating, food digesting, or skin regenerating?

Your body is a self-regulating, self-healing, and self-organizing ecosystem, in which over 37 trillion cells seamlessly work together without a thought or conscious action needed.

Whether it be a skin, muscle, liver, or blood cell, they are all fine-tuned and governed by your nervous system to work in perfect synchronization. They constantly

adapt to both the internal and external environments for your normal daily functions to occur.

### Just how clever is your body?

- You take on average 22,000 breaths a day.
- You excrete roughly 1.4 liters of urine each day.
- Your brain contains about 100 billion nerve cells.
- Your small intestine measures around 23 feet.
- Your heart beats roughly 100,000 times per day.
- Your tongue is connected to your big toes.
- A quarter of all your bones are in your feet.
- The smallest bone in your body is in the inner ear.
- Your liver can regenerate.
- The skin is the heaviest and largest organ in your body.
- The brain triples in size during the first few years of life.
- The colon houses over 100 trillion bacteria.
- Nerve impulses travel at 170 mph.
- It takes 17 muscles to smile and 43 to frown.
- 98% of the body is replaced every year.

The truth is, your body is remarkable, a spectacular work of art which is intelligent beyond our wildest dreams.

Do you check in and connect to your body on a regular basis to see how it's feeling, to hear the subtle whispers of the body?

Or do you tend to only notice when your body is shouting a bit louder in the form of aches, pains, or other symptoms?



**See you soon,  
Tom.**

**My body is clever**

## A gratitude practice

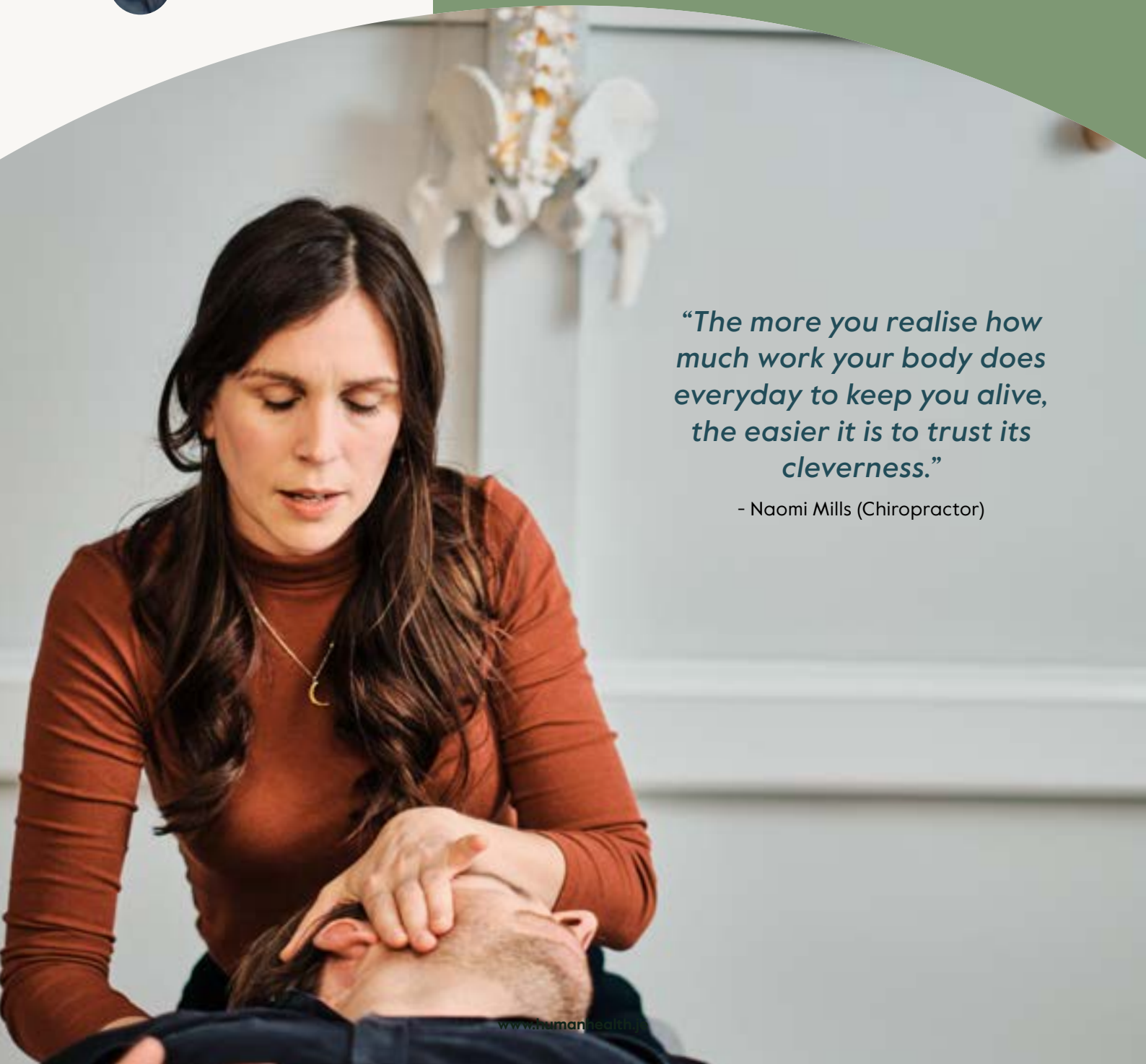
Do you reflect, appreciate and thank your body for all of the effort it performs everyday to keep you alive? Here's a fun activity for the whole family.

Make a list of all the clever things your body has done that day which you are thankful for.

Feel free to share your lists with us, we'd love to see them!

*“The more you realise how much work your body does everyday to keep you alive, the easier it is to trust its cleverness.”*

- Naomi Mills (Chiropractor)



## A new habit

# Human-ness

## How do you help and support your body on a daily basis to improve your full human-ness experience?

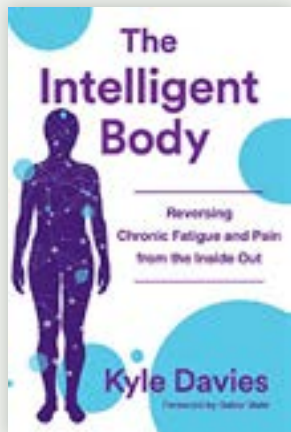
There are many things you can do to support and nourish your body in order to create the best environment possible for these natural processes to take place:

- Daily exercise and stretches
- Regular movement
- Nutritious food
- Hydration
- Quality deep sleep
- Breathing
- Time outdoors in nature
- Regular chiropractic adjustments\*

\*Chiropractic adjustments help your brain and body communicate more clearly and efficiently. They also help reduce the daily stressors and interferences that accumulate.

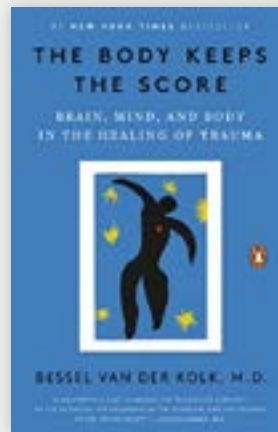
## New additions to our lending library

This quarter we have 2 new additions that link in well with our feature article.



1 Increasing chronic symptoms like pain, fatigue, and cognitive issues prompt a new understanding of the mind-body as an interconnected system, emphasizing its self-healing nature. Physical symptoms signal disharmony, requiring our attention for self-facilitated healing.

This book presents the origins of chronic conditions, offering strategies for regaining balance and understanding the mind-body-emotion relationship. It underscores self-healing through internal alignment, linking optimal health with a peaceful mind and fulfilling life when aligned with our true self.



2 Dr. van der Kolk's masterpiece combines the boundless curiosity of the scientist, the erudition of the scholar, and the passion of the truth teller' Judith Herman, author of Trauma and Recovery

The effects of trauma can be devastating for sufferers, their families and future generations. Here one of the world's experts on traumatic stress offers a bold new paradigm for treatment, moving away from standard talking and drug therapies and towards an alternative approach that heals mind, brain and body.

## An Introduction

# Welcome to the team

**We would like to give a very warm welcome to our 2 new chiropractic assistants.**

With a wealth of experience and knowledge between both Kathryn and Carolyn in everything from customer service and business administration to interior design. We feel confident that these 'Chiropractic Angels' as we like to say, alongside Jane, will not only be helping you to relax and enjoy an incredible experience in our offices but also ensuring you get the most out of your appointments through understanding the nuances that go alongside a chiropractic lifestyle and the benefits of our care.



*“Listen to what your body is telling you. It knows what it’s talking about.”*

- Tom

**It is clever**

# The Naked Truth About Your Body

Your body is clever, your body has an intelligence, meaning there is an internal knowing and

understanding that the body knows what to do, everyday, all day, all night, for our entire lifetime.

You are a whole and completely interconnected being, you are interconnected with one another as you are to nature and the entire universe, you are a mini universe. The same intelligence that enables the natural rhythm and order of nature lives within you and vice versa.

Nature needs no help, just no interference.

**What was on?**

## Our Bi-annual Human Health Cleanse

We hope you enjoyed our bi-annual cleanse earlier this month. We especially enjoyed the group chat

which enabled us to connect and share throughout the weekend.

We found it really helped spur us along knowing we were doing it all together and gave us some extra motivation, especially entering into the later afternoon and evening. Well done to everyone involved; we hope you enjoyed it. We look forward to the next cleanse later in the year.

**What music is clever for your body?**

## Alpha brainwaves (8-12hz)

Did you know there's roughly 86 billion cells or 'neurons' in your brain. These neurons transmit information by using electrical impulses between different areas of the brain and nervous system. These impulses go up and down in intensity resembling waves; these are your brain waves.

Utilizing your brain's alpha brain waves can help you enter into a present 'flow state' helping clear energetic stagnation. They're those moments when you enter into a calm, creative state of concentration helping you perform better and absorb new information faster.

**Here are 3 ways you can harness an alpha brain wave state of mind to shift into your parasympathetic state:**

- Morning meditation to set your brain and body up for the day.
- Listen to Alpha brainwave frequencies to give your brain and body a natural lift.
- Try a live 'Soundbath' experience for deep sonic rest [www.soundbathjersey.com](http://www.soundbathjersey.com)

Of timeless appeal

# The 33 Principles of Chiropractic

#8

## The amount of force created by intelligence

*The amount of force created by intelligence is always 100%.*

The quantity or amount of force created by intelligence is always exactly proportional to that which is required. The force is immaterial. There is no limit to the amount that is created; it produces precisely what is needed in the moment.

#9

## The function of force

*The function of force is to unite intelligence and matter.*

The purpose of force is to unite and link intelligence and matter. Intelligence is expressed in matter, which would not exist without it. Abstract intelligence is shown to us by matter and reflected in the organization of matter which it has created.



## Pregnancy

# Can chiropractic help with...?

**At Human Health, we regard pregnancy to be one of the most important times to be adjusted. Creating and forming life from a single cell is one of the most clever things a body can do.**

Having chiropractic care throughout helps support the various stages of pregnancy and can

ease many of the discomforts by using various gentle techniques to accommodate your growing baby and bump.

We see many women during pregnancy and find they often come in with symptoms such as:

- Lower back pain
- Pelvic pain
- Sciatic pain
- Bump constriction and tightness
- Bump development
- Heartburn
- Constipation
- Pelvic floor concerns

Women who receive chiropractic care during pregnancy experience more comfortable pregnancies, are less likely to have birth intervention, and have shorter labor time.

## On Your Behalf

**Since our inception, the foundation of our values and culture at Human Health has always been evolution and excellence.**

The 'evolution' of our knowledge and delivery of care is partly driven by the fact that 'to know more allows one to help more'. However the application of this knowledge into what we consider a delivery of 'excellence' is truly what we believe creates excellent results, and is not only enjoyable to share but we also hope it is enjoyable to receive.

We believe that our 'adjustments' and your healing and wellbeing do not start when your appointment begins, but through your whole experience with us. Our inspiration is to create a healing environment through our offices and delivery of care which allows your interaction with us to support your

healing, wellbeing and learning. From engaging with our team and receiving an adjustment, to taking time to relax on a bench before or after and even a comforting sip of green tea when you arrive or leave. Please know that each step you take with us has your healing journey in mind.

As learning is our core value, if there is absolutely anything you feel we can do to improve any part of your journey (for you and others) please feel free to let a member of our team know, your input and feedback is both highly valued and appreciated.

***“Listen to your body when it whispers so you won't have to hear it scream.”***

- Tom



To make an appointment:

Visit [humanhealth.je](http://humanhealth.je)

Call **01534 747 833**

Email [hi@humanhealth.je](mailto: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.

    @humanhealthlife

## Your post chiropractic adjustment rhythm

There are 4 habits you can adopt to complement your chiropractic care. These habits hugely contribute towards 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.



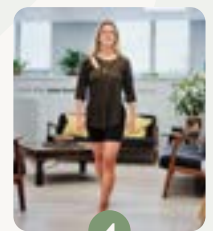
Stand on both legs evenly.



Sit on both hips evenly.



Drink a glass of water immediately.



Go for a 10-minute walk before sitting.

Our next quarterly issue is:



**Energy for life**