



Duchy Chiropractic

Go Well Stay Well

November 2022

Welcome to the second edition of our monthly newsletter!

World Spine day...

World Spine Day was celebrated on the 16th October. The day highlighted the importance of spinal health and well being.

Spines are literally the back bone to a healthy body, not only do they hold us up but they protect our spinal cords (the information highway from your brain to the rest of your body)

Millions of people suffer with back pain every year, do what you can to keep yours healthy and take care of your spine!

Keep active, any movement is good movement!
Mobilise your joints, strengthen and stretch your muscles,
A strong and mobile spine is a happy spine!

Did you know that the World Health Organization recommends 150–300 minutes of moderate-intensity aerobic physical activity a week? Steps are a great way to get in physical activity

It takes 21 days to form a habit, so why not start today!



A perfect way to celebrate World Spine Day...

We are all super proud of our amazing Liz who's not only a 'cracking' Chiropractor but also an 'oarsome' rower! Huge congratulations to Liz and the Cornwall crew who won the Women's Open at the National County Championship yesterday what an epic achievement well done ladies from the Duchy Clinic team!



Top Tip...

#BEACTIVE, STAY #HEALTHYATHOME

Even a short break from sitting, by doing 3-5 minutes of physical movement, such as walking or stretching, will help ease muscle strain, relieve mental tension and improve blood circulation and muscle activity.



Clinic News...



Date for your dairy
Advance notice...

Thursday 22nd December will be last day for Chiropractic treatments & Friday 23rd will be the last day for a pre festive massage with Anna before we take a break to enjoy the festive period!

The clinic will be closed from

Saturday 24th December-
Wednesday 4th January.
(Open 8am to 3pm on
Wednesday 4th January)

Clinic Offer...

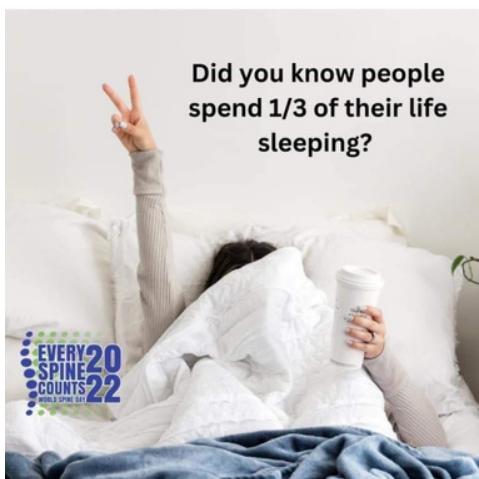


Sufficient sleep is so important! The effects of sleep deprivation include physical effects, cognitive impairment, and mental health complications. Inadequate rest impairs your ability to think, handle stress, maintain a healthy immune system.

The Complete Sleeprrr Pillow has two removable inserts enabling changes to the shape, softness and height of the pillow. This therapeutic pillow is suitable for large or small physiques and comfortable for back and side sleepers. The unique mushroom-shaped memory foam surface gently diffuses pressure, and the Sleeprrr Pillow's corefoam "channels" allow air to circulate for healthier sleep.

Relieve your neck pain or back pain and wake up feeling refreshed!

Only £60 and In stock now at Duchy clinic. They make a Great Christmas Gift !



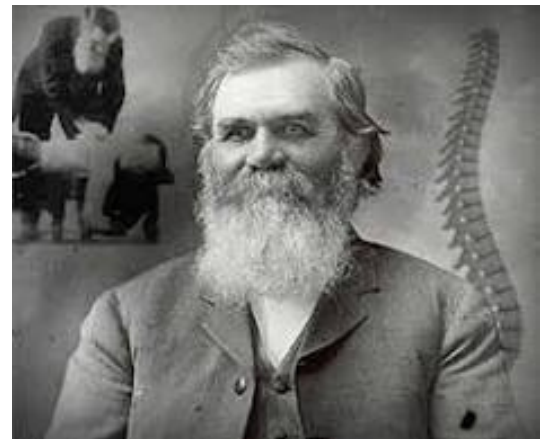
Fun fact!

When someone tickles you the laughter is a panic response.

That's why you can't tickle yourself as your body senses there is no real danger!

HA HA
HA!

Chiropractic History... Did you know?



In 1895, D.D. Palmer founded the Chiropractic profession in Davenport, Iowa. Palmer had the idea about chiropractic, where your health could be improved by allowing the spinal nerves to work as they were designed. His first "patient" was Harvey Lillard a Janitor. Harvey had been born able to hear, but had heard a pop in his neck 17 years prior and had lost his ability to hear. Palmer performed the first "adjustment" which was specifically designed to correct a spinal misalignment he had located on Harvey. When Palmer corrected the misalignment by pushing the vertebrae back into place, the nerve pathways were reopened and Harvey was able to hear again.