



Duchy Chiropractic

Go Well Stay Well

February 2023

Welcome to our February newsletter!

Benefits of walking...

If you were told there is one form of exercise which could: improve your overall health, help you maintain a healthy weight, lift your mood, reduce the risk of chronic disease and improve your back health — all without costing anything. Sounds too good to be true?

This “magical” exercise is walking. It is a simple, low-impact form of exercise which can have a dramatic impact on your overall health in a surprisingly short amount of time. It improves back health by strengthening the muscles which support the spine, improving posture, facilitating strong circulation and improving bone strength.

Improve muscle strength

Walking engages all of the muscles which keep your body upright, including core, leg and back muscles. These muscles eventually become stronger and more capable of supporting the spine.

Better bone health

Bone is living tissue just like muscle. It responds to exercise in the same way as muscle, gradually becoming stronger over time, walking can also reduce the risk of degenerative bone diseases.

Improves flexibility

When combined with stretching, walking can lead to improvements in terms of flexibility and range of motion. These improvements will make it easier to perform day-to-day activities and can reduce the risk of back injuries.

Other health benefits provided by walking include:

- Reduced risk of depression
- Less stress
- Better sleep
- Lower risk of diabetes
- Improved cardiovascular health
- Improves circulation
- Improves digestion
- Provides pain relief
- Improve muscle endurance
- Increase energy levels
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes.

Why not start walking today...

It's free and it's fun!



Winter Walking Top Tips...

Before venturing outside, make sure to check for weather updates and review these tips:

CHOOSE THE RIGHT FOOTWEAR

Look for winter boots that provide slip-resistance such as rubber soles and non-slip tread.

PLAN AHEAD

Give yourself extra travel time so you can walk without being rushed.

DON'T BE DISTRACTED

Take a look at your surroundings. Avoid walking and using your phone at the same time.

BE PREPARED

If you don't have salt, use sand or non-clumping cat litter on icy surfaces outdoors such as driveway.

USE SUPPORT

Use handrails when available and steady yourself on the doorframe of your car when getting in and out of a vehicle.

MAINTAIN YOUR BALANCE

Try keeping your hands out of your pockets and swinging your arms at your sides to help with balance and wand walking posture.

Avoid carrying items in your arms.

WALK LIKE A PENGUIN

Keep your feet "flat-footed" (place your whole foot down at once). Take short strides or shuffle your feet forward. Keep your knees slightly bent and feet pointed out.

Lean forward slightly.

Clinic News...

Reflexology Special Offer...

Our clinic Reflexologist Mary is offering 20 minute Spring Detox treatments for only £15!

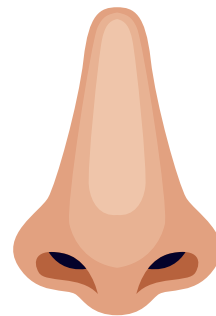
One day only on
Thursday 16th February
10am-4pm

To book your appointment and to find out more call the clinic on: 01208 78777



Fun Fact!

You see your nose at all times, your brain just chooses to ignore it!



Chiropractic History...

Did you know?

The first female chiropractor pioneers, Minora Paxson, D.C., and Mabel Palmer, D.C.

These remarkable women paved the way for women chiropractors, and advanced the field of chiropractic medicine.



Minora Paxson, DC 1900

Minora Paxson was among one of the first women to pave roads in chiropractic. She co-authored the first chiropractic textbook, *Modernized Chiropractic*, and was also the first woman to obtain a license under the Illinois Medical Practice Act.



Mabel Palmer, DC 1905

Not only was Mabel Palmer a professor of anatomy for over 20 years, but she also authored the textbook *Chiropractic Anatomy* which expounded on the cornerstone idea of innate intelligence. She became the president of the first ever women's chiropractic organization—Sigma Phi Chi—and was married to Doctor B.J. Palmer for almost 45 years.