



**DUCHY**  
**CHIROPRACTIC**  
GO WELL | STAY WELL

## Welcome to our May newsletter!

May 2023

### Stress & the benefits of exercise...

April was Stress Awareness Month. It highlighted the importance of having a society where everyone feels more confident to talk openly about the causes of stress and ways to manage it. Long term, stress can take a toll on our physical and mental well-being and can lead to many health problems. If stress is long-lasting, you may notice your sleep and memory are affected, your eating habits change, or you feel less inclined to exercise. All of us at some stage have experienced stress, some people however seem to be more affected than others. Recognising when stress is a problem is important, connecting the physical and emotional signs you're experiencing to the pressures you face is important. Don't ignore physical warning signs such as tense muscles, tiredness, headaches or migraines. Exercise in almost any form can act as a stress reliever. Exercise increases your overall health and your sense of well-being, exercise also has some direct stress-busting benefits. Physical activity may help increase the production of your brain's feel-good neurotransmitters, called endorphins. Exercise can also provide stress relief for your body while imitating effects of stress, such as with the flight or fight response, this can also lead to positive effects in your body.

Including your cardiovascular, digestive and immune system. Regular exercise can increase self-confidence, improve your mood, help you relax, and lower symptoms of mild depression and anxiety and can also improve your sleep. It is however important to remember to build up gradually. One of the most important things is to do what you love, almost any form of exercise or movement can increase your fitness level while decreasing your stress. When deciding what activity to do choose something that you enjoy. If you enjoy walking then go for a walk if you enjoy cycling go for a bike ride., or if you love the water why not go for a swim! Friends can make exercising more fun, working out with a friend or family member often brings a new level of motivation and commitment to your workouts. Whatever you do, don't think of exercise as just one more thing on your to-do list. Find an activity you enjoy. Any form of physical activity can help you unwind and become an important part of your approach to easing stress. You may notice a "feel good" sensation immediately following exercise, but also see an improvement in your overall well-being over time as physical activity becomes a regular part of your life. Why not start today to see how being active can help you!

### World Pilot Gig Championship



We are all super proud of Liz, as many of you will know she took part in the World Pilot Gig Championships in the Isles of Scilly, the biggest race in the Gig rowing calendar. Huge congratulations to Liz and the Falmouth B crew in Black Rock who came 7th!!! The women's open had 122 Gigs racing, in 4 rounds. Black rock retained their position firmly in group A throughout, finishing in 7th place, an incredible achievement!! Liz and the Black Rock crew were amazing showing super strength, stamina, determination and endurance both physically and mentally in every race. All the hours of hard work and dedication paid off! Massive congratulations Liz and the Black Rock ladies!!



## Clinic News...

From June 19th Liz will be relocating to The therapy room in Bodmin (good news she's not moving far only a few doors down!!)

Liz will still be looking after you all in the same way (no need to panic!) it will just be in a different building.

All appointments and enquiries will remain the same until Liz moves. Please continue to phone the clinic as normal on 01208 78777  
Thank you x



**From the 19th June  
Liz is relocating to:**

**The Therapy Room  
1 The Piazza  
Crockwell Street  
Bodmin  
PL31 2DR  
01208 76009**



## Fun Fact!

A function of the brain is to process pain signals but did you know your brain doesn't feel any pain...



## Chiropractic History Did you know?

The history of chiropractic care can be traced all the way back to the beginning of recorded time. Writings from China and Greece written in 2700 B.C. and 1500 B.C. mention spinal manipulation and the manoeuvring of the lower extremities for low back pain. The understanding that the spine is somehow involved in health and wellness, as well as the practice of using manual manipulation as a source of healing, dates back to the time of the ancient Greek philosophers. Hippocrates once said, "Get knowledge of the spine, for this is the requisite for many diseases."



*The ancient clay tablet shows Asklepios, the 'mild physician' accompanied with "Hygeia", the Goddess of Health, who performs a correction of the vertebral column.*