



DUCHY
CHIROPRACTIC
GO WELL | STAY WELL

Welcome to our June newsletter!

June 2023

Liz is Relocating... From Monday 19th June

I have made the decision to downsize and relocate my clinic in order to reduce my work load, for my personal well being.

This hasn't been an easy decision, but I feel the time is right for myself and for my family.

I have realised that I need, to coin a phrase, "Practice what I preach"

The importance of self care is important for us all in order to maintain a healthy life and avoid burn out.

As well as being a Chiropractor and running the clinic, I am a mum and I want to be able to enjoy all the things that come with the job, trips to the beach, picnics in the park and bedtime stories.

Trying to juggle everything in life is certainly a challenge!

After a lot of consideration I have decided to downsize the clinic, I will still be continuing to look after you all in the same way (please don't panic!!) I will be working in The therapy Room in Bodmin, (only a few doors down!)

This will give me the chance to reduce my stress levels and hopefully find a work life balance.

I will still be doing the job I love and have a passion for, helping you all stay well whilst enjoying more family time and hopefully time on the rower for me too!

Self care really is a necessity not a luxury, we must take care of our selves in order to take care of others!

I will look forward to treating you all in my new room at my new location from Monday 19th June!

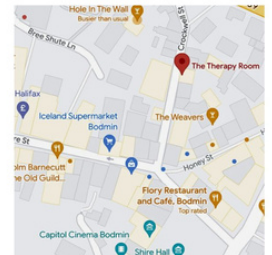
Liz xx



DUCHY
CHIROPRACTIC
GO WELL | STAY WELL

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

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



My Clinic Hours...

- Monday 12-7pm
- Wednesday 8am-5 30pm
- Thursdays 12-5pm
- Saturday-Appointments available once a month, phone for availability.



The Importance Of Self Care...

Self-care is just what it sounds like: taking care of yourself.

Self-care is something that many people struggle to prioritise. There is a misconception that self-care is selfish, but this could not be further from the truth. Self-care is a crucial part of looking after yourself, as well as others. When you practice self-care you produce positive feelings, which boosts motivation and self-esteem leaving you with increased energy to support yourself as well as your loved ones.

It seems that in our culture of working until you drop, taking time to care for yourself is finally starting to get some recognition. Whether you're a busy professional, or a stay-at-home mum, you need to take time to take care of yourself.

When you are the last on your priority list, you aren't seeing the benefits of self-care. Taking time to relax and de-stress will improve your mood, brain function, and memory, as well as allowing your mind and body to repair itself.

Sometimes it can be difficult to even take basic care of ourselves. On average, people only spend 15 minutes a day on health-related self-care.

Taking time for yourself doesn't necessarily mean treating yourself to special things.

Anything you do for yourself that makes you feel better or cared for can be considered self-care.

Going for a walk in the evening after dinner, reading a book or watching a movie, exercising whether it be on your own or part of a group or class are all forms of self care.

What works for someone else may not work for you. Take time to think about what things you can do to make yourself feel happy and include them in building the self-care routine that makes the most sense for you, your schedule, and your health overall.

Unfortunately, taking time for yourself doesn't just happen overnight. Instead of putting pressure on yourself to immediately have the perfect self-care routine, set small goals that you want to achieve for yourself.

Even if you have a chaotic life where there seems to be only seconds to spare on any given day, it's possible to carve out time for yourself by simply planning ahead. As you practice this skill, it'll become more and more comfortable for you.

**WORKING:
ON MYSELF
BY MYSELF
FOR MYSELF**



Fun Fact!

A human brain has the capacity to store five times as much information as Wikipedia!



Chiropractic History Did you know?

In the early days of chiropractic adjustments were, a little on the rough side! They were generally preformed with the Chiropractors arms completely straight and locked out, on an unpadded bench, and with a slow forceful, body drop. The Chiropractor wasn't relaxed, and neither was the patient. In some cases, Chiropractors would even put a bag full of sand over their shoulders to give the adjustment more vigour!

However in 1910 BJ and one of his colleagues developed a new type of adjustment called the Palmer Toggle-Recoil Adjustment.

This new method was a thrust, rather than a body drop, coming from the pec muscles, followed by a speedy recoil off the contact point on the patient's body. It is preformed with greater speed but with the force being the same, using less mass. It was a much more comfortable and effective treatment for both the patient and Chiropractor.



BJ demonstrating the old way of performing a straight-arm adjustment adding "oomph" by placing a bag full of lead shot on his shoulders! Not to worry Liz won't be doing this to any of her patients any time soon or ever!!