

OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER

ADJUSTING PERSPECTIVES

**YOUR PATH TO WELLNESS WITH
OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY**

**Healthy Comes in All
Shapes and Sizes**

WE CAN HELP!

**CHIROPRACTIC CARE
CAN COMPLEMENT
OTHER HEALTHY WEIGHT
MANAGEMENT
STRATEGIES BY
ADDRESSING UNDERLYING
ISSUES THAT MAY BE
HINDERING PROGRESS.**



**BY PROMOTING SPINAL HEALTH, REDUCING PAIN, IMPROVING
MOBILITY, AND ADDRESSING LIFESTYLE FACTORS SUCH AS
STRESS AND NUTRITION, CHIROPRACTIC CARE CAN PLAY A
VALUABLE ROLE IN HELPING YOU ACHIEVE YOUR HEALTHY
WEIGHT GOALS AND IMPROVE YOUR OVERALL QUALITY OF LIFE.**



Topic of the Month ~ Healthy Weight

Weight management is part of a healthy lifestyle. A healthy weight is individualized and may vary based on factors such as age, gender, genetics, and underlying health conditions. It's important to focus on overall health and well-being rather than solely on the number on the scale. A healthy weight is often achieved and maintained through a balanced diet, regular physical activity, adequate sleep, stress management, and other lifestyle factors.



HOW CHIROPRACTIC CARE CAN HELP YOU GET TO A HEALTHY WEIGHT

WHEN YOU VISIT OUR CHIROPRACTIC OFFICE REGULARLY, YOU'RE NOT JUST ADDRESSING PAIN OR DISCOMFORT—YOU'RE TAKING PROACTIVE STEPS TOWARDS OPTIMIZING YOUR BODY'S FUNCTIONS, INCLUDING ITS ABILITY TO REGULATE WEIGHT. CHIROPRACTIC ADJUSTMENTS ARE AIMED AT ALIGNING THE SPINE AND IMPROVING NERVE COMMUNICATION THROUGHOUT THE BODY. THIS ALIGNMENT NOT ONLY RELIEVES PRESSURE ON NERVES BUT ALSO ENHANCES THE BODY'S OVERALL FUNCTIONALITY.

ONE WAY CHIROPRACTIC CARE SUPPORTS WEIGHT MANAGEMENT IS BY BOOSTING METABOLISM. WHEN YOUR SPINE IS PROPERLY ALIGNED, YOUR NERVOUS SYSTEM CAN FUNCTION MORE EFFICIENTLY, WHICH CAN HELP SPEED UP METABOLIC PROCESSES. ADDITIONALLY, BY ENSURING PROPER NERVE COMMUNICATION, CHIROPRACTIC ADJUSTMENTS CAN PROMOTE OPTIMAL DIGESTION, ALLOWING YOUR BODY TO EFFECTIVELY BREAK DOWN AND ABSORB NUTRIENTS FROM FOOD. FURTHERMORE, CHIROPRACTIC CARE CAN HELP OPTIMIZE HORMONAL BALANCE, WHICH PLAYS A CRUCIAL ROLE IN REGULATING APPETITE, METABOLISM, AND ENERGY EXPENDITURE. BY ADDRESSING ANY IMBALANCES IN THE ENDOCRINE SYSTEM, CHIROPRACTIC ADJUSTMENTS CAN SUPPORT YOUR BODY'S NATURAL WEIGHT-REGULATING MECHANISMS.

OVERALL, REGULAR CHIROPRACTIC VISITS CAN COMPLEMENT YOUR WEIGHT LOSS EFFORTS BY ADDRESSING UNDERLYING ISSUES THAT MAY BE HINDERING YOUR PROGRESS. WHETHER IT'S IMPROVING POSTURE, ENHANCING NERVE FUNCTION, OR PROMOTING BETTER HORMONAL BALANCE, CHIROPRACTIC CARE OFFERS HOLISTIC SUPPORT FOR ACHIEVING AND MAINTAINING A HEALTHY WEIGHT.

Give us a Google Review!



HELP US TO SPREAD THE GIFT OF HEALTH AND WELLNESS TO OTHERS!

Healthy recipe to try!



Crispy Bang Bang Salmon Bites Bowls

Crispy Bang Bang Salmon Bites Bowls with incredible glazed crispy salmon bites, fresh veggies, rice, avocado, a...

theroastedroot.net

CLICK ON PICTURE FOR THE RECIPE



RESEARCH THAT MATTERS:

Sugar: Not so sweet for your health

- **EMPTY CALORIES:** SUGARY FOODS AND BEVERAGES ARE RICH IN CALORIES BUT LACK ESSENTIAL NUTRIENTS, CONTRIBUTING TO WEIGHT GAIN WITHOUT PROVIDING NECESSARY NUTRIENTS FOR HEALTH.
- **BLOOD SUGAR SPIKES:** CONSUMING SUGAR LEADS TO RAPID SPIKES IN BLOOD SUGAR LEVELS, TRIGGERING THE RELEASE OF INSULIN. OVER TIME, THIS CAN RESULT IN INSULIN RESISTANCE, WEIGHT GAIN, AND AN INCREASED RISK OF TYPE 2 DIABETES.
- **INCREASED APPETITE:** SUGAR DISRUPTS HORMONES THAT REGULATE HUNGER AND SATIETY, LEADING TO INCREASED APPETITE AND OVEREATING.
- **FAT STORAGE:** EXCESS SUGAR IS CONVERTED INTO FAT BY THE LIVER, CONTRIBUTING TO WEIGHT GAIN AND FATTY LIVER DISEASE.
- **INFLAMMATION:** HIGH SUGAR INTAKE PROMOTES INFLAMMATION IN THE BODY, WHICH IS LINKED TO OBESITY, HEART DISEASE, AND METABOLIC SYNDROME.
- **CHRONIC DISEASES:** DIETS HIGH IN SUGAR ARE ASSOCIATED WITH CHRONIC DISEASES LIKE OBESITY, TYPE 2 DIABETES, HEART DISEASE, AND CERTAIN CANCERS.
- **GUT HEALTH:** SUGAR DISRUPTS THE BALANCE OF GUT BACTERIA, LEADING TO DIGESTIVE ISSUES AND INFLAMMATION, WHICH MAY CONTRIBUTE TO WEIGHT GAIN AND METABOLIC DISORDERS.



**“IF YOU LISTEN TO YOUR BODY
WHEN IT WHISPERS, YOU WON'T
HAVE TO HEAR IT SCREAM!”**



**Join us for our free
Get better faster
Lifestyle Workshop!**

MAY 7TH

MAY 22ND



SIGN UP AT THE FRONT DESK TODAY!

TESTIMONIAL:

"AS A COACH AND ATHLETIC ADMINISTRATOR, I FULLY UNDERSTAND THAT INJURIES ARE PART OF SPORTS AND I'VE REALIZED THAT HAVING A REPUTABLE CLINIC YOU CAN TRUST IS EXTREMELY IMPORTANT. DR. JOSH AND HIS TEAM AT OLYMPIA CHIROPRACTIC IN BARTLETT HAVE BEEN INSTRUMENTAL TO OUR SCHOOL'S SUCCESS IN TERMS OF KEEPING OUR ATHLETES HEALTHY AND RETURNING THEM TO FULL HEALTH QUICKLY. AT OLYMPIA THEY TRULY CARE ABOUT THE WELL-BEING OF OUR ATHLETES. IN A PROFESSION WHERE THEY COULD EASILY SLOW THINGS DOWN OR KEEP PEOPLE REHABBING LONGER THAN THEY NEED, THEY ATTACK THE INJURIES TO GET PEOPLE BACK TO THEIR BEST HEALTH FAST. I'VE SEEN THIS THROUGHOUT MY OWN REHAB JOURNEY AS I HAVE BEEN WORKING MY WAY BACK FROM A SEVERE KNEE INJURY. HAVING NEVER BEEN SERIOUSLY HURT PRIOR TO THIS, I WAS UNSURE WHAT THE PROCESS WOULD BE LIKE. THE STAFF AT OLYMPIA BARTLETT PUT ME THROUGH MONTHS OF PRE-HAB AND DID A LOT TO EASE ANY OF THE CONCERNS I HAD GOING INTO SURGERY. THANKS TO THEIR WORK I HAVE BEEN ABLE TO BOUNCE BACK AND GET BACK TO FUNCTIONING NORMALLY IN MY DAY-TO-DAY FASTER THAN I EVER THOUGHT POSSIBLE. I HAVE AND WILL CONTINUE TO RECOMMEND OLYMPIA BARTLETT TO ANYONE IN NEED OF PRE- OR POST-SURGERY REHAB. I COULDN'T BE MORE GRATEFUL FOR DR. JOSH AND HIS STAFF. WHEN THE TIME IS RIGHT, I LOOK FORWARD TO RETURNING TO THE SPORTS I LOVE WITH FULL CONFIDENCE IN MY BODY".

JOIN US IN
SUPPORTING THIS
WONDERFUL
FOUNDATION

JUSTIN WAS A
PATIENT AND A
FRIEND.....



CLICK ON THE HEART TO
WATCH JUSTIN'S STORY



OLYMPIA WILL BE SUPPORTING HIS FOUNDATION ONCE AGAIN BY PARTICIPATING IN THE
AMAZING RACE TAKING PLACE ON **AUGUST 3RD** AT
MT ST MARY'S PARK IN ST CHARLES.
COME OUT FOR A GREAT CAUSE AND SHOW YOUR SUPPORT!



Meet our
Employees of the Month!

ALICIA WHITFIELD

Job Title: Front Desk Coordinator
Number of years at Olympia: 3 months
Favorite Food: Chicken Nuggets
Favorite Movie: The Hunger Games
Pets: A dog named Calvin
Fun facts: Recently moved here from Indianapolis



ALEX HILLEGONDS

Job Title: Physical Therapy Technician
Number of years at Olympia: 8 months
Favorite Food: Perogies
Favorite Movie: Interstellar
Pets: Aussiedoodle named Rezi
Fun facts: I shot a 76 and a 96 in the same day on the same golf course... humbling!

Healthy isn't a goal.
It's a way of living.



we ♥

**OUR PATIENTS
PLEASE PASS ON THE
GIFT OF HEALTH BY
SHARING THIS
NEWLETTER WITH THOSE
YOU FEEL COULD BENEFIT
FROM OUR CARE!**