



**OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER**

# **ADJUSTING PERSPECTIVES**

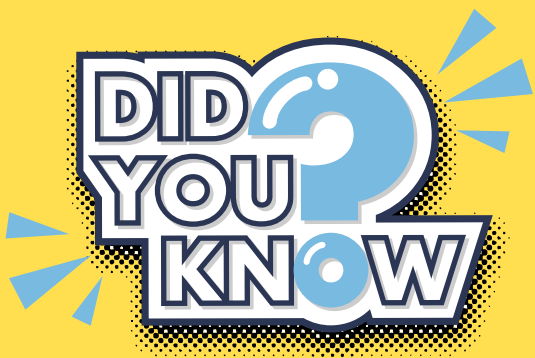
**YOUR PATH TO WELLNESS WITH  
OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY**



- **Are you looking to lose a few extra pounds?**
- **Is sugar sabotaging your weight loss efforts**
- **Don't have enough time to exercise?**
- **Do you want to live a healthy, active lifestyle?**

## **WE CAN HELP!**

**LET US HELP YOU ACHIEVE YOUR HEALTH GOALS—  
SCHEDULE YOUR CHIROPRACTIC EVALUATION TODAY!**



**DID YOU KNOW THAT THE DOCTORS AT  
OLYMPIA WILL GIVE FREE  
LUNCH AND LEARN LECTURES AND  
POSTURE SCREENINGS AT  
YOUR PLACE OF WORK?!**

**CONTACT LISA AT  
[LSHAW@OLYMPIACHIROANDPT.COM](mailto:LSHAW@OLYMPIACHIROANDPT.COM)  
TO GET THIS SET UP WITH YOUR EMPLOYER TODAY!**



**RESEARCH THAT MATTERS:**

## **Chronic Stress and Weight Gain: What's the Connection?**

**RESEARCH SHOWS THAT CHRONIC STRESS CAN SIGNIFICANTLY AFFECT BODY WEIGHT- NOT IN A GOOD WAY. WHEN YOU'RE STRESSED YOUR BODY RELEASES A HORMONE CALLED CORTISOL. ELEVATED LEVELS OVER TIME CAN LEAD TO INCREASED APPETITE, CRAVINGS (ESPECIALLY FOR SUGAR & FAT), AND FAT STORAGE—PARTICULARLY AROUND THE ABDOMEN.**

**STUDIES HAVE LINKED HIGH CORTISOL LEVELS WITH HIGHER BODY MASS INDEX (BMI) & INCREASED ABDOMINAL FAT, EVEN IN PEOPLE WHO DON'T EAT SIGNIFICANTLY MORE.**

**WHY? CHRONIC STRESS NOT ONLY ALTERS HOW WE METABOLIZE FOOD BUT ALSO DISRUPTS SLEEP AND PROMOTES EMOTIONAL EATING—ALL OF WHICH CONTRIBUTE TO WEIGHT GAIN.**

**WELLNESS TIP: REGULAR CHIROPRACTIC ADJUSTMENTS, ALONG WITH EXERCISE, MINDFULNESS, AND BETTER SLEEP, CAN HELP REDUCE THE EFFECTS OF CHRONIC STRESS ON YOUR BODY—AND SUPPORT A HEALTHIER WEIGHT.**



**WHY WAS THE CHIROPRACTOR  
ALWAYS CALM?**

**HE KNEW HOW TO  
DECOMPRESS!**

**HA HA  
HA HA**

**Give us a Google Review!**



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

**Healthy recipe to try!**

**SPRING  
ASPARAGUS!!**



*Yum!*

**CLICK ON PICTURE FOR THE RECIPE**



## IS SUGAR ADDICTIVE? SCIENCE SAYS YES.



YOU'VE PROBABLY JOKED ABOUT HAVING A "SUGAR ADDICTION"—  
BUT IT TURNS OUT, IT'S REAL!



DR. NICOLE AVENA'S RESEARCH FOUND THAT RATS ADDICTED TO BOTH SUGAR AND COCAINE CHOSE SUGAR. HER STUDIES REVEALED THAT SUGAR LIGHTS UP THE BRAIN'S REWARD CENTERS LIKE DRUGS DO, CREATING CYCLES OF BINGING, WITHDRAWAL, AND CRAVING.

AND SUGAR IS EVERYWHERE—HIDDEN IN BREAD, SALAD DRESSINGS, YOGURT, EVEN BACON. WHILE WEIGHT GAIN IS A CONCERN, SUGAR'S DAMAGE GOES DEEPER:

IT CAN HARM MEMORY, LEARNING, METABOLISM, AND IMPULSE CONTROL—OFTEN WITHOUT OBVIOUS SYMPTOMS.

DR. AVENA DOESN'T SAY YOU NEED TO GIVE UP SWEETS FOREVER, BUT SHE DOES ENCOURAGE CUTTING BACK.

HER APPROACH INVOLVES:

- LEARNING HOW SUGAR AFFECTS YOUR BRAIN
- SPOTTING PERSONAL TRIGGERS (COFFEE + PASTRY? POST-DINNER ICE CREAM?)
- MANAGING STRESS AND SOCIAL PRESSURE
- SLOWLY REDUCING ADDED SUGAR WHILE KEEPING NATURAL ONES



SMALL CHANGES MAKE A BIG DIFFERENCE.

LESS SUGAR = BETTER FOCUS, ENERGY, AND LONG-TERM HEALTH.

WELLNESS TIP: CHECK LABELS AND SWAP OUT HIDDEN SUGARS. YOUR BRAIN AND BODY WILL THANK YOU!





## Did You Know?

PHYSICAL THERAPY WAS OFFICIALLY RECOGNIZED AS A PROFESSION DURING WORLD WAR I WHEN FEMALE CIVILIAN EMPLOYEES OF THE U.S. ARMY WERE TASKED WITH REHABILITATING INJURED SOLDIERS USING PRIMARILY MASSAGE TECHNIQUES.

## CAN CHIROPRACTIC HELP WITH WEIGHT LOSS?

CHIROPRACTIC CARE ISN'T A DIET PLAN, BUT IT CAN SUPPORT WEIGHT LOSS BY HELPING YOUR BODY FUNCTION AT ITS BEST:

- REDUCES PAIN SO YOU CAN MOVE AND EXERCISE MORE
- LOWERS STRESS AND CORTISOL
- IMPROVES SLEEP, WHICH HELPS WITH APPETITE CONTROL
- BOOSTS NERVOUS SYSTEM HEALTH, SUPPORTING DIGESTION & METABOLISM
- ENCOURAGES WHOLE-BODY WELLNESS WITH GUIDANCE ON POSTURE, MOVEMENT, AND HEALTHY HABITS

FEELING BETTER HELPS YOU STAY ACTIVE, STRESS LESS, & MAKE HEALTHIER CHOICES—KEY TO LONG-TERM WEIGHT SUCCESS!

## WHAT'S HAPPENING IN ST CHARLES:

### ST CHARLES FINE ART SHOW

SATURDAY, MAY 24-25TH 2025 | 10:00 AM TO 06:00 PM  
RIVERSIDE AVENUE & MAIN STREET, ST. CHARLES VIEW MAP



THE ST. CHARLES FINE ART SHOW FEATURES NEARLY 100 FINE ARTISTS, EACH HAND-SELECTED BY A JURY FOR THEIR EXCEPTIONAL TALENT AND UNIQUE STYLE. OUR ARTISTS WORK WITH A RANGE OF MEDIUMS, INCLUDING CLAY/CERAMICS, DIGITAL ART, DRAWING/ILLUSTRATION, GLASS, JEWELRY, MIXED MEDIA, PAINTING, PHOTOGRAPHY, PRINTMAKING, SCULPTURE AND WOOD, ALL AVAILABLE FOR PURCHASE DURING THE SHOW.

## FAMILY FUN!



LOOK AT OUR STAFF  
HAVING FUN OUTSIDE OF  
WORK!



## IN OFFICE WORKSHOPS!

JOIN US EVERY MONTH IN THESE FREE EDUCATIONAL  
TALKS AIMED TO IMPROVE YOUR HEALTH!  
BRING YOUR FAMILY AND FRIENDS!

HERE IS OUR UPCOMING  
CALENDAR:

**TUESDAY JUNE 3RD 12:00PM**  
**NEW PATIENT ORIENTATION**



**WE**

**OUR PATIENTS .....**



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

**ASK US ABOUT A SPECIAL CONSULTATION CARD FOR YOU TO GIVE TO THEM!**



## **FROM OUR PHYSICAL THERAPY DEPARTMENT:**

### **WHY EXERCISE IS IMPORTANT:**

**HERE IS A FUN FACT REGARDING WEIGHT LOSS AND THE KNEE JOINT:**

**\*\*FOR EVERY 1 POUND OF WEIGHT LOSS, THERE IS A REDUCTION OF  
APPROXIMATELY 4 POUNDS OF PRESSURE ON THE KNEES DURING  
ACTIVITIES LIKE WALKING OR GOING DOWN STAIRS.**

**HERE'S A BREAKDOWN:**

- 10 POUNDS OF WEIGHT LOSS = ~40 POUNDS LESS PRESSURE PER STEP.**
- OVER THOUSANDS OF STEPS EACH DAY, THIS ADDS UP TO  
THOUSANDS OF POUNDS LESS STRESS ON THE KNEE JOINTS DAILY**

### **GENERAL INFO ON WEIGHT LOSS/PHYSICAL THERAPY:**

**STRENGTH TRAINING AIDES TO BUILD MUSCLE MASS & SUPPORT  
METABOLISM.**

**ENGAGING IN RESISTANCE TRAINING, SUCH AS SQUATS, LUNGES, AND STEP-  
UPS, HELPS BUILD MUSCLE MASS, WHICH IN TURN INCREASES RESTING  
METABOLIC RATE AND AIDS IN FAT LOSS.**

**SOME FUNCTIONAL BENEFITS OF STRENGTHENING EXERCISES IS THAT IT  
HELPS TO IMPROVE MOBILITY AND CAN HELP TO REDUCE THE RISK OF FALLS,  
PARTICULARLY BENEFICIAL FOR OLDER ADULTS AND THOSE WITH CHRONIC  
CONDITION**

**INCORPORATING ACTIVITIES LIKE WALKING, CYCLING, OR SWIMMING INTO  
PT PROGRAMS ENHANCES CARDIOVASCULAR HEALTH, INCREASES  
STAMINA, AND SUPPORTS WEIGHT LOSS EFFORTS.**

**FOR INDIVIDUALS WITH CONDITIONS LIKE OSTEOARTHRITIS, PT CAN  
ALLEVIATE PAIN AND IMPROVE MOBILITY, FACILITATING MORE ACTIVE  
LIFESTYLES.**

## EXERCISE ESSENTIALS-TO HELP YOU LOSE WEIGHT:

THE DEEP SQUAT EFFECTIVELY STRETCHES SEVERAL LOWER BODY PARTS, INCLUDING YOUR HIP FLEXORS, GLUTES, QUADS, HAMSTRINGS, AND CALVES, WHILE ENGAGING YOUR CORE. DEEP SQUATS CAN ALSO ENHANCE HIP, KNEE, AND ANKLE JOINT MOBILITY, IMPROVING YOUR OVERALL RANGE OF MOTION AND STRETCHING FOR WEIGHT LOSS.



ASK US TO SHOW  
YOU HOW TO DO  
THIS EXERCISE!

- FEET NEUTRAL OR SLIGHTLY TURNED OUTWARD
- KNEES STAY OVER THE MIDDLE OF THE FEET
- HIP ENGAGES THROUGHOUT THE MOVEMENT
- LOW BACK STAYS NEUTRAL THROUGHOUT THE MOVEMENT, INCLUDING THE LOWEST POSITION