



1

The Quarterly

Issue 1 - Quarter 1, 2024

FEATURE ARTICLE

Why we sleep

This thing called sleep - a good night's shut-eye can make us more clever, more radiant, happier, healthier and ward off cancer. A restful sleeping cycle can even add years to your life so it's a good idea to address any issues you have in this area. You can reclaim your sleep. Do you think you got enough sleep this past week? Can you recall the last time you woke up without an alarm clock feeling refreshed, not needing caffeine? If the answer to either of these questions is "no", you are not alone. Two-thirds of adults throughout all developed nations fail to obtain the recommended eight hours of nightly sleep. In fact The World Health Organization (WHO) has now declared a sleep loss epidemic throughout industrialized nations. Even with my own small research of our new clients, at least half of you complain about interrupted sleep.

Society's apathy towards sleep has, in part, been caused by the historic failure of science to explain why we need it. Don't worry too much about science's lack of explanation but rest assured that your body is clever, that it knows what it's doing. The body wants to sleep so trust that basic need.

Miss out on good sleep habits and you set yourself up for a weaker immune system, Alzheimer's disease, desire to eat more due to hormone imbalances and most major psychiatric conditions including depression and anxiety and emotional irrationality. The shorter you sleep the shorter your lifespan.



If you have lost control of your sleep rhythm, good news is that you can reclaim it - with some habit breaking discipline. Some things help your sleep while some things harm it.

iPhones - there is a dark side to modern light and it's keeping you awake. A great antidote to this is of course getting off your screen an hour before sleep and having a rule that devices are not allowed in bed. I suggest getting some blue light glasses that block out blue light and stop melatonin disturbance (a hormone critical for sleep). Without my blue glasses on at night, I can stay awake for hours watching my screen but with my glasses on, my body simply shuts down and I fall asleep. Alcoholic night caps - might help you fall asleep but wake you up around 2 in the morning. Your body's biochemistry quickly adopts habit forming patterns and "wants" alcohol if you do it habitually. Give yourself a 7 day break from alcohol to test how much better you sleep without it. Take a hot shower or bath before sleeping - A hot bath initiates the body's internal cooling mechanism which is great for sleep because the body cools off when sleeping.

Sleep deprivation has become such an issue that even the Guinness Book of World Records has stopped recognizing attempts to break the sleep deprivation record.

"I will sleep when I'm dead" is a statement I have heard often throughout my life. Why push yourself so much during your life? Nature has perfect rhythms and since your body is not separate from nature, it's a beneficial rule of thumb to adopt the pace of nature. Nature has a 24 hour circadian rhythm and so do you.

You can't "catch up on sleep". A camel can go without drinking water for days on end because they store water differently than us humans. But no animal can go without sleep and we certainly don't build up reserves of sleep. Sleep is not simply like charging your iPhone full of electricity. So much repair, regeneration and cleaning goes on when you sleep. That's also why your urine is darker in the morning, ridding itself of toxins during your sleep.. Further more your brain is still active when you sleep and now scientists propose that much of what you have learnt during the day gets processed at night. New brain imagery shows that during deep sleep the cerebral- spinal fluid infiltrates the white matter of the brain and cleans the tissues of toxins and replenishes the biochemical balance. This only happens in deep sleep brain waves.

Tips to help you sleep.

1) Get your bedroom right.

Give attention to the atmosphere of your bedroom. Science tells us to sleep in a dark room at about 18 degrees celsius - the temperature that you sleep in is one of the most determining factors for the quality of your sleep. Use dull lighting before going to bed and place your electronics in another room to where you sleep. "But my alarm is on my phone," Buy another alarm clock.

2) Avoid Caffeine in the afternoon or evenings. Caffeine has a half life of 12 hours so it makes falling asleep naturally more difficult. And for those who can sleep 10 minutes after a double espresso, you might fall asleep but you will not enter the deep phase of sleep even if you remain asleep all night long.

3) Set a sleep routine. Your body's circadian rhythm establishes a regular routine for your body and you should adhere to that for your sleep. Try to go to bed at the same time each day.

Let's get a good night's rest, Dr. Jyoti

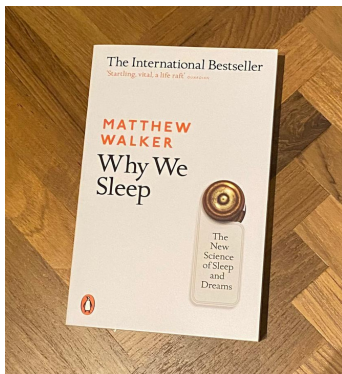
Let's get a good night's rest, Dr. Claire

A new habit

Study your sleeping patterns. It matters. Within the brain, sleep enriches a diversity of functions including: our ability to learn, memorise and make logical decisions. Sleep restocks the armory of your immune system. Sleep makes all your other efforts to be healthy way more effective than if you have poor sleep patterns...

New additions to the lending library.

Please take books from our lending library. We will be adding more as the months and years roll on but for this quarter, we have 1 new book that might spark your interest.



Why We Sleep

A fascinating read written by neurologist Matthew Walker on losing and gaining control of your sleep rhythm....The benefits of a good night sleep are almost unparalleled by other efforts to improve your health. After reading this you'll never think of your bed time in the same way again.

**EARLY TO BED AND
EARLY TO RISE,
MAKES A MAN
HEALTHY, WEALTHY
AND WISE**

BENJAMIN FRANKLIN

Clear day

Clear days are a great opportunity for you to develop your spinal care to reach higher levels, thereby improving your internal efficiency to deal with stress, heal your body, improve your sleep and raise your internal consciousness. It is also a great opportunity to jump up a level of care and perhaps activate your spinal wave!

The day includes: - Spinal Entrainments - SRI Breathwork sessions - Light healthy refreshments

Ola Chiropractic provides Network Chiropractic care to help you relieve pain, revitalise your body, mind and spirit, and sustain a wellness lifestyle. A breakthrough clinical system called Network Spinal Analysis and a series of mind-body awareness exercises called Somato-Respiratory Integration are at the core of this holistic and transformational approach.

Network Chiropractic (a.k.a. Network Spinal Analysis) was developed by Dr. Donald Epstein more than 40 years ago to help patients resolve tension patterns which occur when the spinal cord is over-stretched during physical injury or when the body is under mental or emotional stress. It is therefore very effective for chronic – long term problems that never seem to go away, grief or traumas such as the loss of a friend or relative or a severe road traffic accident, overwhelm from pressure at work resulting in one of the fatigue syndromes or problems with sleep or digestion. Like an over-stretched rubber band, the spinal cord tissues oscillate at a higher frequency or “phase” when they are under tension, and that frequency is distributed throughout the body’s 75-100 trillion cells via an elaborate nerve network that links every cell.

Instead of trying to mechanically adjust or align the spine through manipulation of the vertebra like a traditional chiropractor, a Network Chiropractor seeks to understand the physical, emotional and mental factors related to the tension pattern and then find the specific points on the spine that will help the body resolve its tension using just a few ounces of pressure.

The naked truth about your body – it is clever.

Your eyes cleaned themselves today by blinking 15,000 times without a single thought from you. Your chiropractic adjustment enhances this natural cleverness.

An Introduction

Welcome to Milo and Joe our awesome new Osteopath and Chiropractor who are passionate who supporting people to be their best through taking care of the structure.

Dr Joe is an incredible chiropractic adjuster having dived deep in his study of technique and spinal biomechanics. He is passionate about aligning folk with their innate intelligence.

Milo is an Osteopath with a skill set well suited for taking care of chronic health issues. He has studied the Perrin technique which empowers people to be able to give self-care techniques to enhance over all wellness results.

We will also be welcoming Zehra back to the clinic late summer!



Of timeless appeal - The 33 Principles of Chiropractic

**Principle #1 “The Major premise -
A Universal Intelligence is in all matter and continually gives
to it all its properties and actions, thus maintaining it in existence”.**

Simply put, there exists an intelligence/cleverness everywhere - the entire universe is clever. Your body is constantly “swimming” in this cleverness. This cleverness enters your body through the nervous system. Chiropractic adjustments allow an easier capacity for your body to receive this cleverness and allow it to flow through your body.

**Principle #2 “The Chiropractic Meaning of Life -
The expression of this intelligence through matter is the Chiropractic meaning of life.”**

This means that the difference between a perfect expression of this universal intelligence through you and your current state is the interference found in your body (your matter).

“Innate must flow fully, freely and naturally” - B. J. Palmer.

**A FIT BODY, A CALM
MIND, A HOUSE FULL
OF LOVE. THESE
THINGS CANNOT BE
BOUGHT - THEY MUST
BE EARNED**

NAVAL RAVIKANT

Music Matters – Find your rhythm.

You guys commented mostly on a Spotify mix called Sacred Ancestry. Super relaxing and great background music to help you feel the deeper connection to your experience.

Can Chiropractic help with....?

Most of you ask me about your sleep. It's become a real problem as the pace of life seems to have no end. Most of us get into bed with our minds racing, even late at night. Although I would never claim to fix any symptom that you are suffering ask your self these 2 questions;

"Do you think that you would sleep better if your body had more grace and ease about it?"

"Do you believe that the chiropractic adjustment leads to more grace and ease in your body"?

From the answers to these questions, you can draw your own conclusions around sleep and a more relaxed body.



Your post adjustment rhythm.

There are 4 habits you can adopt to compliment your chiropractic care. These habits will account for at least 30% of the effectiveness of your adjustments.

1. Stand on both legs evenly.
2. Sit on both hips evenly.
3. Drink a glass of water immediately.
4. Go for a 10 minute walk before sitting.

*If you can, take a nap and let your body digest the adjustment while the natural cleverness of your body goes to work.

Are we connected?

Follow along with our regular posts and receive gentle reminders of how your body works best. There is a strong rhythm to our social media that will help you get more out of your chiropractic care.
@olachiropractic

Next quarterly issue...

Your body is clever

To make an appointment you can visit our website www.totneschiropractic.co.uk or call us on 01803762565

New Ola App

Look out for this arrival in 2024 to be able to see your notes, schedule your own appointments and book blocks of care independently.

