



Vitalis  
Chiropractie

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NAKED TRUTH  
ABOUT YOUR  
BODY

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

Benjamin  
Franklin

# BUILD A NEW HABIT

## **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 cleansing goes on when you sleep. That's also why your urine is darker in the morning, ridding itself of toxins during your sleep.

Furthermore, 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.

## FEATURE ARTICLE

# WHY WE SLEEP

Good sleep can make us smarter, more attractive, leaner, happier, healthier and even ward off cancer. Additionally, a restful sleep cycle can add years to our lives. If you're struggling with sleep, remember, it's something you can improve.

**Consider this:** Have you gotten enough sleep this past week? Can you remember the last time you woke up without an alarm clock, feeling refreshed, and not needing caffeine? If your answer to either of these questions is “no”, you're not alone. Two-thirds of adults in all developed nations fail to get the recommended eight hours of nightly sleep. The World Health Organization (WHO) has declared a sleep loss epidemic throughout industrialized nations.

The lack of understanding of the importance of sleep is partly due to science's historic failure to explain why we need it. However, **trust that your body knows what it's doing**. It wants to sleep, and failing to meet this basic need sets you up for a weaker immune system, Alzheimer's disease, hormonal imbalances that trigger overeating, and most major psychiatric conditions including depression, anxiety and emotional irrationality. The less you sleep, the shorter your lifespan.

If you've lost control of your sleep rhythm, you can reclaim it with some disciplined habit changes:

- **iPhones**: Modern light from screens keeps you awake. An hour before sleep, either get off your screen or use blue light glasses to block out blue light and prevent melatonin disturbance, a hormone critical for sleep.
- **Alcoholic nightcaps**: While they might help you fall asleep, they'll wake you up around 2 in the morning. Your body's biochemistry quickly forms habits and will “want” alcohol if you do it habitually.
- **Hot showers or baths before sleeping**: They initiate your body's internal cooling mechanism, which is beneficial for sleep.
- **Your bedroom**: Make sure it's at about 18 degrees Celsius and dark, as these factors hugely influence the quality of your sleep. Use dull lighting before going to bed, and keep your electronics in another room.
- **Avoid caffeine in the afternoon or evenings**: Caffeine has a half-life of 12 hours, which makes falling asleep naturally difficult.
- **Set a sleep routine**: Adhere to your body's circadian rhythm and try to go to bed at the same time each day.

Let's prioritize good sleep and reap its benefits.

*Rest well,*  
**Cécile**

'A top sleep scientist argues that sleep is more important for our health than diet or exercise'

TOM WHIPPLE, *THE TIMES*

MATTHEW  
WALKER

Why We  
Sleep



The  
New  
Science  
of Sleep  
and  
Dreams



# LENDING LIBRARY

## Why We Sleep

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

## QUOTE

*"Sleep is the single most effective thing we can do to reset our brain and body health each day"*

*Matthew Walker*

Our chosen sleeping music can be found on our Spotify account, Vitalis Chiropractie. Go to our library and click on our sleep collection.

Weightless, by Marconi Union, has won the world's most relaxing song for the past 4 years.

Listen and sleep well.



## MUSIC MATTERS

FIND YOUR  
RHYTHM



# AN INTRODUCTION

Na meerdere behandelingen bij twee verschillende fysiotherapeuten en al 2 jaar pijn in mijn onderrug en heup ben ik bij Cecile terechtgekomen. Sliep slecht door de pijn en sporten was eigenlijk onmogelijk aangezien ik dan twee à drie dagen helemaal niet meer kon slapen van de pijn. Ik wist niet goed wat ik kon verwachten van chiropractie maar dit had ik nog niet geprobeerd dus het leek mij het proberen waard.

Na een uitgebreide intake en verschillende testen zei Cecile dat ze wel iets voor mij kon betekenen. Nu dacht ik dat chiropractie altijd “kraken” inhoudt maar de behandeling van Cecile zijn juist met zeer zachte aanrakingen. Dat was zeker bij de eerste behandelingen een hele rare gewaarwording omdat ik echt het gevoel had dat ze maar he weinig deed. Maar tijdens de behandelingen en zeker in de dagen erna voelde ik een hoop veranderingen en...de pijn werd minder!

Nik wil altijd graag snappen waarom iets wel/niet werkt maar hier heb ik ook echt geen verklaring voor. Werk zelf in de gezondheidszorg en alternatieve geneeswijzen is niet iets waar ik mij in heb verdiept of waar ik voor open stond.

Network spinal analysis is een vorm van chiropractie die mij niet alleen afhelpt van de pijn maar zorgt ook voor meer ontspanning in spieren en bij sommige behandelingen ervaar ik soms ook een emotionele ontlading. Inmiddels al meerdere behandelingen achter de rug want iets waar je al meer dan 2 jaar last van hebt kan zij natuurlijk ook niet in twee behandelingen oplossen. Maar ik merkte na iedere behandeling weer wat verbetering. Tijdens deze behandelingen gaat zij soms toch ook over op manuele therapie maar ik voel mij bij Cecile 100% op mijn gemak en het “kraken” wat zij dan doet is absoluut niet pijnlijk.

Heb mij er inmiddels bij neergelegd dat ik dit nooit helemaal ga snappen maar dat het helpt is een feit! Voel mij in ieder geval veel beter in mijn vel, slaap beter en de pijn is inmiddels nagenoeg weg.

Ik ben ontzettend blij dat ik eindelijk iets heb gevonden wat werkt!

Susan



# THE NAKED TRUTH ABOUT YOUR BODY - IT IS CLEVER

Your body has a natural sleep rhythm. With the brain, sleep enriches a diversity of functions, including our ability to learn, memorise, and make logical decisions and choices. Your body detoxifies itself while you sleep. Your body does this from above. Down/Inside. Out.



Since 2014 I have been participating in humanitarian mission trips in India. For three days, the volunteers' team provide care to hundreds of people who would otherwise have no access to this kind of service.

It is always amazing to witness the power of the body, and how even a single adjustment can bring comfort, hope, and healing. These experiences remind me of the profound impact of chiropractic and the privilege we have to share it.

ON YOUR  
BEHALF

# 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.*

# 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.

4.  
Go for a 10-minute  
walk before sitting.

2.  
Sit on both  
hips evenly.

3.  
Drink a glass of  
water immediately.

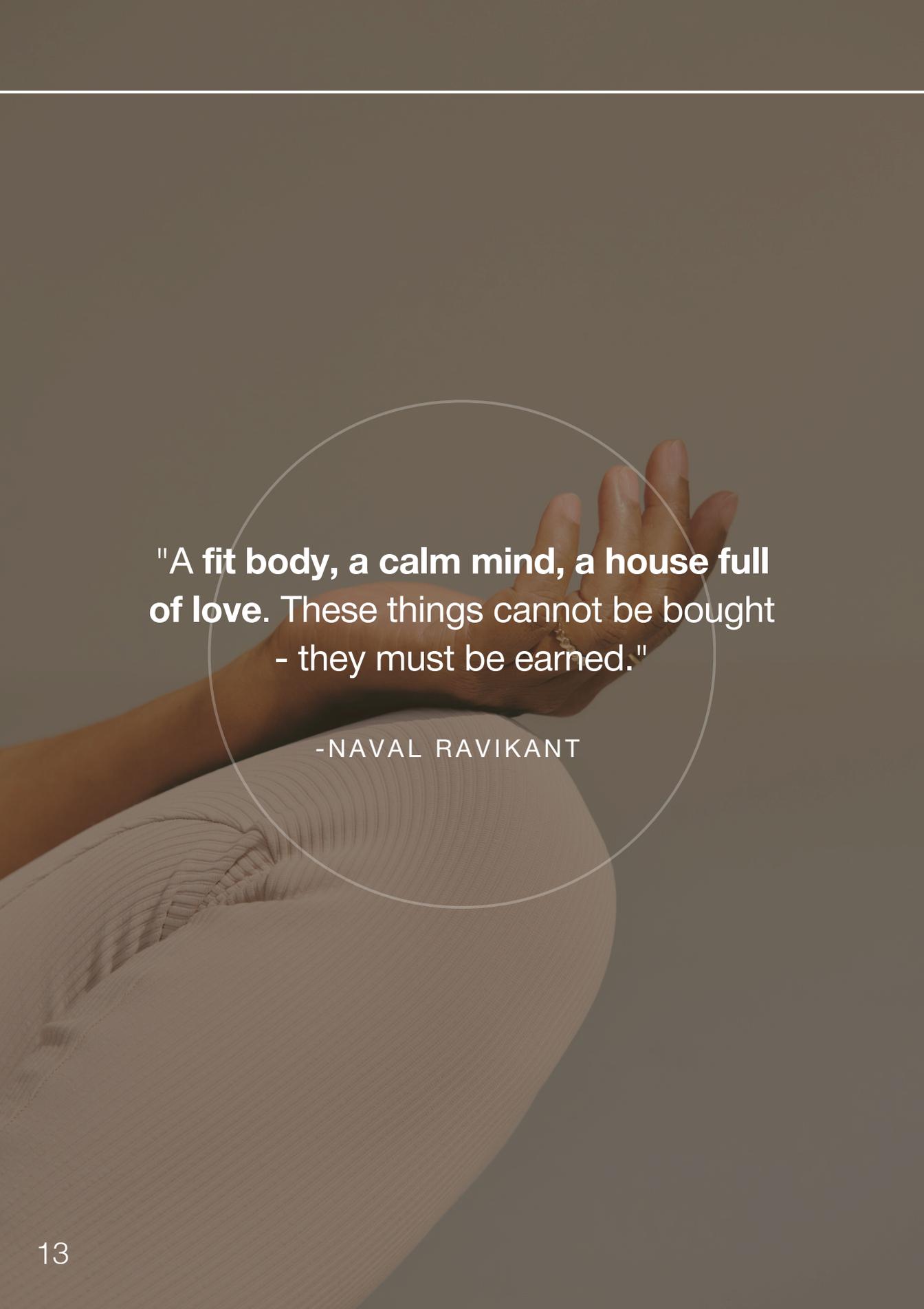
If you can, take a nap and let your body digest the adjustment while the natural cleverness of your body goes to work.

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 about sleep and a more relaxed body.

# CAN CHIROPRACTIC HELP WITH....?

A close-up photograph of a person's hand resting on their knee. The hand is positioned in the upper right quadrant of the frame. A thin white circle is drawn around the hand and the text. The background is a solid, muted brown color.

**"A fit body, a calm mind, a house full of love. These things cannot be bought - they must be earned."**

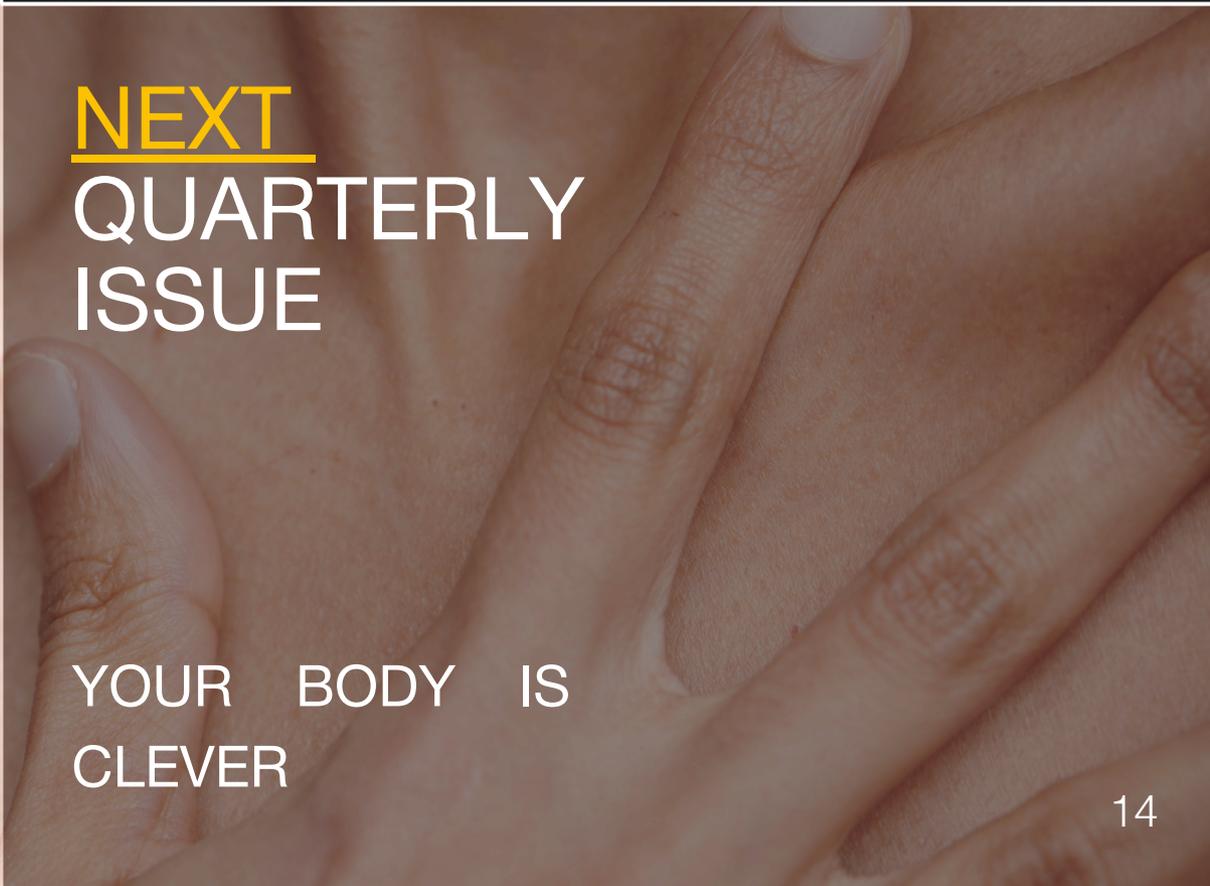
-NAVAL RAVIKANT

# ARE WE CONNECTED?

Follow along our regular posts and receive gentle reminders of how your body works

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NEXT  
QUARTERLY  
ISSUE

YOUR BODY IS  
CLEVER

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