



HEALING ESSENTIALS

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CHIROPRACTIC FOR WELLNESS

Whether you're just beginning care or have already made great progress, the long-term goal remains the same—to help you build and maintain a healthier spine for life.

Everyone starts chiropractic care for different reasons. Some people want relief from pain, while others want to improve their posture, recover from an injury or simply move and function better

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For some, chiropractic care continues to help manage long-term spinal conditions such as arthritis, previous injuries, scoliosis or Scheuermann's disease.

For others, the focus gradually shifts from relieving symptoms to maintaining their progress and helping their body better adapt to the demands of everyday life.

Think about everything your spine does for you. It supports every step, every lift, every workout and every hour at your desk. Like any part of your body, it experiences stress and strain over time.

Looking after your spine is a bit like looking after your teeth. You don't wait until every tooth hurts before seeing the dentist—regular care helps you maintain what's healthy and address problems before they have a bigger impact.

Chiropractic care aims to keep your spine moving well, support healthy posture and help your body and nervous system adapt to the stresses of daily life. Combined with healthy lifestyle habits, it can help you stay active and keep doing the things you enjoy. You only get one spine. It's worth looking after.

CHIROPRACTIC CARE TAILORED TO YOU

No two spines are the same. Your work, hobbies, exercise, previous injuries and everyday habits all place different demands on your body. That's why your care is tailored to your individual needs, lifestyle and goals.

Your adjustments are an important part of your care—but what you do between visits matters too.

Keep up with the recommendations from your chiropractor, including your Denneroll, Mirror Image® exercises and spinal mobility routine. These recommendations help reinforce your care and maintain the progress you've made.

Need a refresher? Here's the link to your spinal mobility routine.

[CLICK HERE](#)

If you have questions, something doesn't feel right or you've forgotten an exercise, just ask—we're always happy to help.

POSTURE SCORECARD

Good posture is like fitness – it takes regular check-ins to stay on track. Tick each statement that sounds like you and give yourself 1 point for every ✓. Add up your score at the end to see how your posture habits are tracking.

1. Workstation Setup

- ☐ My screen is at eye level
- ☐ My chair supports my lower back
- ☐ My hips, knees and ankle are in a neutral position
- ☐ My keyboard and mouse are set up comfortably
- ☐ My feet are supported (flat or on a footrest)
- ☐ I have a sit stand option at my work desk

Why it matters: If you're ticking fewer than four boxes, your workstation may be placing unnecessary stress on your spine. A few simple adjustments can make a huge difference over the course of a day.

2. Sitting & Standing Posture

- ☐ I can sit comfortably without slumping or leaning forward
- ☐ I'm mindful of leaning to a favored side
- ☐ I stand with weight evenly through both feet
- ☐ My weight is evenly distributed when sitting
- ☐ I'm mindful my head sits above my torso, not forwards.

Why it matters: Consistent slumping often reflects muscle fatigue or poor spinal alignment.

3. Daily Movement Habits

- ☐ I take short movement breaks through the day
- ☐ I avoid sitting for more than 45–60 minutes at a time
- ☐ I use my hips and legs to lift, not my back

Why it matters: Your spine and brain are charged with consistent movement – stiffness and fatigue is often a sign of under-movement.

4. Phone & Tech Use

- ☐ I hold my phone closer to eye level
- ☐ I avoid prolonged head-down positions
- ☐ I alternate hands when using devices
- ☐ I'm mindful of unnecessary time in front of screens

Why it matters: Tech use is a big cause of neck strain. If this section is mostly unchecked, tech use may be contributing to neck strain.

Continued...

5. Car Posture & Driving Habits

- ☐ My seat is set up to support my mid–low back
- ☐ My seat and steering wheel are set up appropriately
- ☐ My head's not getting pushed forwards when in my car seat
- ☐ On longer drives, I'm good at taking movement breaks

Why it matters: Even a short commute adds up over weeks and months. A few mindful adjustments can make car trips easier on your spine.

7. Your Night-Time Posture

- ☐ My pillow suits my sleeping position and comfortably supports my neck (Your Chiropractor can check and fit a pillow for you - just ask!)
- ☐ I'm gradually moving away from stomach sleeping (if it applies to me)
- ☐ When side sleeping, I use a pillow between my knees to keep my pelvis stable and reduce strain when needed
- ☐ My mattress feels supportive, isn't sagging, and is within its recommended lifespan

Why it matters: You spend around a third of your life asleep. Good sleep posture gives your spine several hours each night to properly rest and recover.

8. Signs You're On the Right Track

- ☐ I can maintain good posture with ease - it's not a constant effort
- ☐ I feel minimal postural strain accumulating as the day goes on
- ☐ I can sit, stand, and move freely without stiffness
- ☐ I'm aware of my postures throughout the day
- ☐ I don't rely on slumping or leaning for relief
- ☐ I can consistently keep my head over my shoulders (not forward)

Missing a few? No worries! Pick one or two habits to improve and check back in next month.

Feeling more stiff, slouched or sore lately? That might be your cue to reset a few habits.

Your Posture Score:

30–32 points ● **Outstanding!**

Your posture habits are supporting your spine really well. Keep doing what you're doing and continue checking in every few months.

25–29 points ● **Great job!**

You've built some healthy habits. There are just a few areas that could be fine-tuned to make everyday life even easier on your spine.

18–24 points ● **Room for improvement.**

You're on the right track, but there are a few habits that could be placing extra stress on your spine. Pick one or two areas to focus on over the next few weeks.

10–17 points ● **Time for a reset.**

Life gets busy and healthy habits can slip. Revisit your posture advice and exercises—you'll probably notice a difference sooner than you think.

0–9 points ● **Let's rebuild your foundations.**

Don't stress—this score isn't a pass or fail. It's simply a snapshot of where you're at today and a great place to start making positive changes.

Found a few areas to improve? Great!

Your **Good Posture Guide** walks you through why these habits matter and gives you simple steps to build better posture.

Revisit your Good Posture Guide below.

[Download Good
Posture Guide](#)

THE 5 PILLARS OF HEALTHY LIFESTYLE

Your body has an extraordinary capacity to heal, adapt and self-regulate - but it needs the right environment to do so.

Chiropractic care helps identify and reduce barriers to healthy function related to spinal health and posture. By supporting spinal movement, alignment and postural function, we aim to support healthier movement and function over time.

Your overall health also influences how well your body heals and adapts.

Exercise, nutrition, sleep, stress management and social connection all influence how your body feels, recovers and responds. Together with chiropractic care, these healthy habits help create the foundations for a healthier, more resilient body.

These are the five key pillars we're going to explore:



Exercise



Nutrition



Sleep



Stress Management



Social Connection

You don't need to perfect all five overnight. Start with the area that needs the most attention, make one achievable change and build from there.

Let's dive in.

SLEEP

WHERE HEALING HAPPENS

Sleep is one of your body's most powerful recovery tools. During quality sleep, your body repairs tissue, regulates inflammation and restores physical, cognitive and nervous system function.

Most adults need 7–9 hours of consistent, quality sleep. When sleep suffers, recovery often does too.

Small changes to your evening routine can make a big difference to your sleep quality.

✓ **Keep a Consistent Sleep Schedule** : Going to bed and waking at similar times helps regulate your internal body clock, making it easier to both fall asleep and wake feeling refreshed.

✓ **Create Space Between Eating and Sleep** : Allow roughly 2–3 hours between your final meal and bedtime so your body can focus on recovery rather than digestion.

✓ **Reduce Evening Light Exposure** : Limit screen use in the hour before bed where possible. Artificial light - particularly blue light - can interfere with natural sleep signals.

Blue light-blocking glasses may be helpful for some individuals who regularly use devices at night.

✓ **Optimise Your Sleep Environment**: A cool, dark, and well-ventilated bedroom typically supports deeper sleep.

Think of your bedroom as a recovery space.

✓ **Establish a Wind-Down Routine** : Simple rituals such as gentle stretching, reading, herbal tea, or a warm shower can help signal to your nervous system that it's time to downshift. Consistency matters more than complexity.

✓ **Consider Magnesium** : Magnesium plays a role in many biochemical processes involved in relaxation and sleep regulation. Some people find supplementation helpful when taken in the evening. Speak with your healthcare provider if you are unsure what form may suit you.

NUTRITION

SUPPORTS RECOVERY

What you eat directly influences inflammation, tissue repair, energy levels and your body's ability to heal.

With so many diets and conflicting recommendations, nutrition can quickly feel complicated. It doesn't need to be.

A simple, reliable foundation is to prioritise whole or minimally processed foods. These provide the nutrients your body needs for health and recovery, while limiting ultra-processed foods can help support a healthier inflammatory balance.

You don't need perfection - consistency is what drives results.

Foundational Nutrition Principles

Use these as your baseline rather than chasing the “perfect” diet.

✓ **Prioritise Whole Foods:** Build most meals around fresh, minimally processed ingredients such as vegetables, fruits, quality proteins, and natural fats.

✓ **Anchor Each Meal With Protein:** Protein supports tissue repair, muscle health, and recovery.

As a general guide, aim for roughly 30–50g per meal, adjusting for your body size, activity levels, and goals. Spreading protein evenly across the day tends to support better utilisation.

✓ **Be Selective With Carbohydrates :** Highly refined carbohydrates can rapidly elevate blood sugar without delivering the same nutritional value as whole-food sources.

Choose less refined options where possible and remember - the more physically active you are, the greater your carbohydrate needs may be.

✓ **Support Gut Health With Fibre & Fermented Foods :** Fibre from whole foods supports digestion and metabolic health. Fermented foods such as natural yoghurt, kefir, and sauerkraut can further benefit the gut microbiome.

✓ Include Healthy Fats : Natural fats from foods like avocado, nuts, olive oil, butter, and ghee support cellular health, hormone function, and satiety.

Try to limit trans fats and heavily processed vegetable oils where possible.

✓ Lean Toward Anti-Inflammatory Choices : Foods such as berries, leafy greens, fatty fish, and turmeric are associated with lower inflammatory activity.

At the same time, reducing excess sugar, deep-fried foods, and highly processed products can help create a better internal environment for healing.

Make It Practical

Thoughtfully build meals

Start with protein, add vegetables, include healthy fats, and layer carbohydrates according to your energy demands.

Include protein early in the day

A protein-rich first meal often supports steadier energy and appetite regulation.

Upgrade gradually

Simple swaps - like replacing highly processed snacks with whole-food options - create meaningful change over time.

Hydrate

Adequate water intake supports circulation, tissue health, and recovery. Electrolytes can be helpful for some individuals, particularly those who exercise regularly.

Eat with Awareness

Slow down, minimise distractions, and pay attention. There is a “ritual” to eating that helps you connect with food and optimise digestion.

Consistency - Not Perfection

The 80/20 principle is a helpful guide: when most of your meals are built on whole, minimally processed foods, there is absolutely room to enjoy life's celebrations without guilt.

Occasional indulgences are part of a sustainable lifestyle - and often far less harmful than the stress of trying to eat “perfectly”.

Nutritional Support

Key Supplements to support healing and manage inflammation

Supplements cannot replace a nutrient-rich diet. However, when appropriately selected, they can address nutritional gaps and support tissue repair, healthy inflammation and recovery.

Here's how they may support your health:

1 INFLAMMATION REGULATION

Fish Oils (Omega-3s)

Help modulate inflammatory pathways and support nervous system health.

Vitamin C

Assists in controlling oxidative stress while supporting collagen repair.

2 TISSUE REPAIR & STRUCTURAL INTEGRITY

Vitamin C

Essential for collagen synthesis - critical for discs, ligaments and joint capsules.

Joint Support Formula

Collagen, gelatin and glutathione to support cartilage resilience and connective tissue recovery.

3 NERVOUS SYSTEM & RECOVERY CAPACITY

Magnesium

Supports muscle relaxation, stress modulation and sleep quality. Depleted by stress and training load.

Vitamin D

Supports immune balance, muscle function and bone strength — particularly important with low sun exposure.

We recommend and personally use **Metagenics** due to their rigorous practitioner-grade testing, bioavailability and formulation standards.

If you would like guidance on whether these supplements are appropriate for you, speak with us in clinic.

We keep selected products in stock and can also provide access to online ordering as needed.

EXERCISE

IT'S NOT JUST FITNESS

Regular exercise is one of the most powerful tools for supporting spinal health. It helps regulate inflammation, improve circulation, strengthen muscles and support nervous system function and mental wellbeing.

Consistency matters more than perfection, but how you exercise matters too. Focus on moving well, progress gradually and seek guidance when needed to minimise your risk of injury.

The exercises in this guide provide a baseline for your spinal health, something you can build upon with other forms of exercise over time

Build a Well-Rounded Exercise Routine

For long-term health

For long-term health and well-rounded fitness, your body benefits from a mix of movement styles. Use the checklist below as a guide and aim to include each category in your weekly routine.

Cardiovascular Training

Supports heart health, circulation, metabolic function, and helps regulate inflammation.

Aim for activities that elevate your heart rate and make you breathe deeper.

Examples:

- walking briskly
- jogging
- cycling
- swimming
- boxing
- team sports
- circuit-style training.

Clinical note:

Higher-intensity sessions (such as interval training) can be very effective - just ensure your body is prepared for the demand.

✓ Resistance Training :

Strength training improves muscle function, joint stability, bone health, and neuromuscular coordination - all essential for protecting the spine.

Start at a level you can comfortably manage and progress over time.

Options include:

- Bodyweight training (including yoga or Pilates)
- Resistance bands (beginner difficulty)
- Water-based training (great for older spines)
- Weight lifting (non negotiable)
- Group strength classes

You don't need maximal loads to benefit. Choose resistance that challenges you while still allowing good control and technique.

✓ Flexibility & Mobility :

Maintaining joint range of motion supports smoother movement, aids recovery, and helps reduce injury risk.

Strength through a full range of motion is particularly valuable for long-term resilience.

Consider integrating:

- Daily mobility work
- Stretching
- Yoga
- Pilates

Set Yourself Up for Success

Find movement you enjoy : You are far more likely to stay consistent when you're exercising in ways that feels rewarding to you.

Start smaller than you think you need to : Building momentum safely is far more valuable than pushing too hard early.

Create a rhythm : Schedule exercise into your week so it becomes automatic - not something you negotiate with yourself about.

Train with others when possible: Community adds accountability and makes movement more engaging.

Unsure where to begin?

Speak with your chiropractor for guidance tailored to your body and your goals.

CALMING YOUR NERVOUS SYSTEM

Stress is one of the most overlooked drivers of inflammation in the body. When your system stays in a heightened state, muscles remain guarded, recovery slows, and pain can linger longer than it should.

The goal isn't to eliminate stress - that's unrealistic. It's to regulate it.

Don't try to overhaul everything at once. Choose two strategies that feel most relevant to you and make them part of your daily rhythm before layering in more.

Quick check-in:

On a scale of 1–10, how well are you currently managing stress?

Regulating Stress Practical and Easy things you can do

□ **Start Your Morning Calmly**

Begin your day with something grounding — deep breathing, gentle stretching, or a few quiet minutes before the day gets busy. Try to avoid jumping straight onto emails or social media.

□ **Use Your Breath Throughout the Day**

Slow, mindful breathing with deep inhales and longer exhales can quickly help settle your nervous system, especially during stressful moments.

□ **Move Regularly**

Your brain and body thrive on movement. Step away from your desk every 30–60 minutes, stretch, go for a short walk, or get outside if you can. Even brief movement helps reduce physical tension.

□ **Stay Organised**

Having a clear plan for your day reduces mental load. Use a planner or digital calendar to keep track of tasks and commitments so they don't constantly occupy your thoughts.

□ **Support Your Body with Good Nutrition and Hydration**

Eating mostly whole foods and staying well hydrated helps stabilise energy, mood, and inflammatory responses within the body.

□ **Protect Your Time and Energy**

Set boundaries where needed and learn to say no. Protecting your energy is an important part of protecting your health.

□ **Make Time for Things That Recharge You**

Whether it's a hobby, time in nature, reading, or connecting with people you enjoy - schedule it in. It's not selfish or unproductive.

□ **Limit Screen Time, Especially at Night**

Artificial light and high-intensity social media stimulation can overstimulate your nervous system.

Reducing unnecessary screen time and artificial light exposure - particularly before bed - helps downregulate your system and supports sleep.

SOCIAL CONNECTION SUPPORTS HEALING

Humans are wired for connection, it plays a meaningful role in both physical and mental wellbeing. Yet modern life is often fast-paced and constantly “busy,” making it easy to overlook opportunities for genuine interaction.

Strong social connection has been shown to help regulate stress, support emotional health, and reduce the body’s inflammatory response - all important factors when your body is trying to heal.

Connection is also a skill. It requires you to step away from distractions, quiet the mental “noise,” and be fully present.

This doesn’t have to mean large social plans. Often, it’s the small everyday interactions that matter most - sharing a coffee, spending uninterrupted time with your partner or family, catching up with a friend, or simply having a meaningful conversation.

When we prioritise connection, we often feel more supported, more regulated, and better equipped to handle the physical demands of daily life.

Simple Ways to Prioritise Connection

- Put technology aside during conversations
- Slow down and give people your full attention
- Schedule time with the people who matter to you
- Choose to be present over being distracted

Strong relationships help create a calmer nervous system and a calmer nervous system supports healing.