



March Newsletter



Hello, I hope you are enjoying March.

The season is shifting. Mornings are brighter, birds are returning, and the world is slowly waking again.

I love feeling this change on my morning runs as the air softens and the fields around us begin to stir with new life. Spring always brings a sense of energy and possibility.

It is also a natural moment to pause and check in. How have the first few months of the year really gone? Are you feeling energised and on track with your intentions, or quietly running on empty?

Recently, I have seen the effects of burnout in several patients. Constant busyness, always being available, and saying yes when we mean no can take a toll on our physical and mental health.

Chronic stress can quietly drive elevated cortisol levels. So over the next few newsletters, I will explore simple, practical ways to gently lower cortisol and restore balance.

Small daily steps can make a powerful difference to how we feel, move and live.

Click [here](#) to read the blog and get inspired to put yourself first!

Wishing you a happy, healthy day,

Emily ✨

PS. Could I please ask for a few moments of your time...

Your feedback really helps me understand what is working well and how I can improve your experience. Click [here](#) to complete this short, anonymous questionnaire. Thank you for taking a moment to share your thoughts. It truly helps the practice grow.

(Please note I am not sponsored, endorsed or affiliated by any company or product mentioned in this email).

Did You Know

Did you know that in the adult human, 25% of their bones are in their feet?



March Finds

Cortisol plays an important role in helping your body wake up. However, if you are already stressed, coffee can combine with elevated cortisol and lead to overstimulation, anxiety and the inevitable caffeine crash. Full disclosure, this was me for years. So I decided to remove caffeine and become more aware of my

cortisol. My mornings are now smoother and my mind far calmer. I begin the day with exercise, cacao, and later a gentle decaf [mushroom coffee](#).



Something For You

If you feel like you need a little more calm in your life, I recommend the Headspace app. Meditation can help lower stress, improve focus and support better sleep. Even a few quiet minutes each day can make a noticeable difference to how you feel. Use this link to claim my 30-day Headspace pass and give yourself some space to reset.

[Free 30-day Pass](#).

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*'A superb book for anyone
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CHRIS VAN TULLEKEN

*'GLP-1s, miracle or menace?
Everyone should read
this great book.'*

TIM SPECTOR

FOOD NOISE

How weight loss medications & smart
nutrition can silence your cravings

DR JACK MOSLEY

Foreword by Dr Clare Bailey Mosley

Book Club

This month, I have been reading *Food Noise* by Dr Jack Mosley, a fascinating exploration of weight-loss injections and the constant “food noise” many people experience around eating. The book explains how GLP-1 medications work, their benefits and risks, and why lifestyle changes still matter alongside them. It also looks at how to nourish your body well while using these treatments. You can read my full review and thoughts on the [KOPI blog](#).



Start Here

If you don't know where to start, your body will love this dreamy stretch video, designed for all.

[Seated Spine & Shoulder Stretch](#)

Fancy a challenge? This exercise blends gluteal and shoulder strength plus balance!

[Standing Clam](#)

A Little Inspiration

**“Seasons flow in a cycle. Life, too, passes through difficult winters.
But after any winter, Spring will follow.”**

– Toshikazu Kawaguchi.



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