

Hello, I hope you are enjoying April

We have been treated to some beautiful days.

I am writing this on a sunny afternoon, with birdsong in the background and my cats stretched out, enjoying the warmth after a long winter.

Watching them reminds me how simple happiness can be. It does not have to be complicated or expensive. It is something we can tap into at any time. My NLP practice reminds me of this every day.

In my [research into lowering cortisol](#), one thing keeps coming up: consistency. Regular routines around sleep, movement and daily habits help stabilise the body's stress response and reduce ongoing strain.

This does not mean removing spontaneity.

In fact, when the foundations are in place, it becomes much easier to relax and enjoy the moment.

Wishing you a happy, healthy day,

Emily ✨

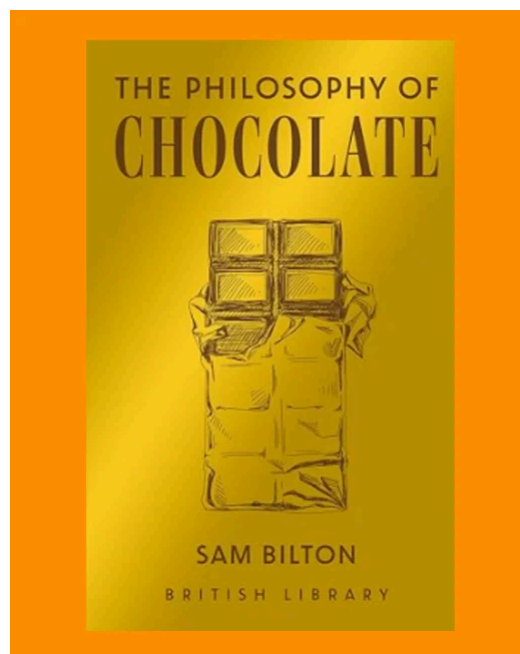
PS. Could I please ask for a few moments of your time...

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 the smallest bone in your body is in your ear?



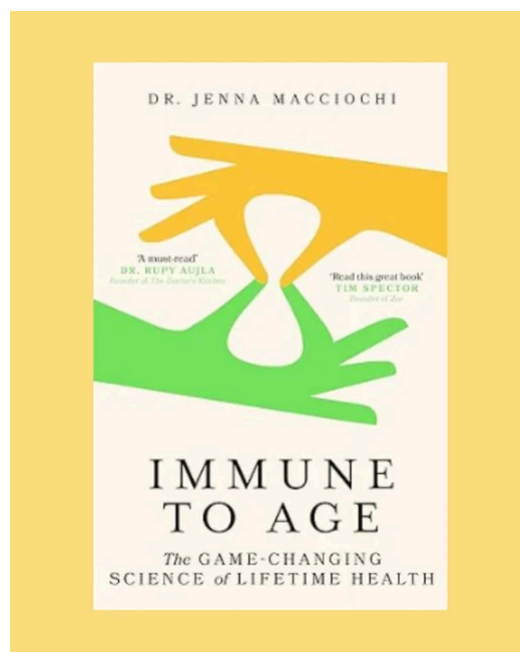
April Finds

I am really enjoying a 100% hot chocolate from Hotel Chocolat at the moment. It is no secret that I love chocolate, but I am selective. Even when it is a treat, I like there to be some nutritional benefit. Dark chocolate, 70% or more, is rich in antioxidants and anti-inflammatory properties. The [Philosophy of Chocolate](#) by Sam Bilton is a lovely companion read.



Something For You

I have recently discovered a great [FREE app](#) called *My Breast Friend*. It gently reminds you each month to check your breasts and offers simple guidance on what to look for. Created by breast cancer survivor Gemma and endorsed by Amy Dowden, it is a really important tool for awareness. Definitely one to download and share with others.



Book Club

This month, I read two very different books. [Immune to Age](#) by Dr Jenna Macciochi explores how our immune system changes over time and how we can support it at every stage of life. I also read [Frequently Happy](#) by David Larbi, a joyful mix of

poems and reflections with 52 gentle prompts. It is uplifting, thought-provoking and would make a beautiful gift.



Start Here

Giving your physical body a gentle introduction to the new day is a nice thing to do, especially if a few structures need some notice that the day is about to start. This is particularly true for load-bearing joints (hips, knees and ankles) – and [this routine](#) does just the job. Enjoy!

A Little Inspiration

“To know even one life has breathed easier because you have lived. This is to have succeeded”

– Ralph Waldo Emerson

- At KOPI, I live this ethos daily, creating heart-centred change.

From supporting charities to caring for you, small acts matter.

In a heavy world, simple kindness and joy make all the difference.-



Kibworth Osteopaths Ltd., Unit 17 , The Manor, Main Street, Tur Langton, Leicestershire LE8 0PJ, United Kingdom, 07761664325

[Unsubscribe](#) [Manage preferences](#)

Send free email today

HubSpot