



It's June, And Summer Is Here!

Summer is my favourite season. I love feeling the warmth of the sun, enjoying long evening walks with my dog, Lola, and seeing nature at its most vibrant and welcoming. It brings me a real sense of happiness and calm.

Summer is also a season of fun in Casa Coombes. We spend our weekends exploring nature, paddleboarding, cycling and enjoying BBQs with friends. I love how summer encourages us to get outside, move more, connect with others and slow down enough to truly appreciate the moment.

This summer, try putting your phone away a little more often. Make memories that no one else knows about. Create moments that are just yours.

Staying hydrated is especially important during warmer weather, particularly if you are exercising. We lose both water and essential salts through sweat, so replenishing both is key. You'll find my favourite summer cooler below, and there is a link to my blog if you'd like more advice on exercising in the heat.

Enjoy these beautiful summer days.

Emily

P.S. The air conditioning in my treatment room is working a treat!

P.P.s. You will find a short feedback [questionnaire](#). It's quick, completely anonymous and incredibly helpful. Your thoughts really do shape how I continue to support you. Thank you for taking the time to complete it. It genuinely 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 internal surface area of human lungs is roughly the same size as a tennis court?



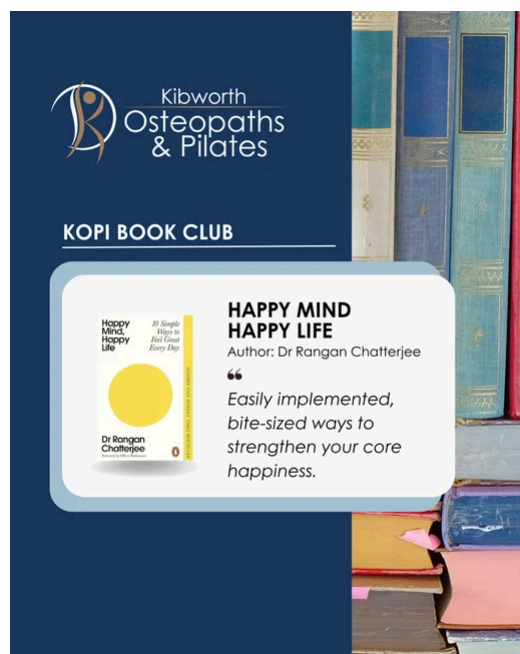
May Favourites

My two favourite ways to cool down in summer are wonderfully simple. Firstly, a tall glass of ice-cold water with fresh mint leaves and cucumber slices – refreshing, hydrating, and delicious. Secondly, this [easy homemade "ice cream" from Deliciously Ella](#). Made with just four ingredients, it's a healthier alternative to many shop-bought options and makes a perfect cooling treat on a warm summer's day.



Something For You

Anyone who knows me knows I'm a big admirer of Fearne Cotton and her work. If you haven't listened to her [Happy Place podcast](#), I highly recommend it. She interviews fascinating people on a wide range of topics. Damien often walks in while I'm listening, says, "Yes, Fearne!" and wanders off again. I'm also enjoying her latest book, *Likeable*, which I plan to re-read this summer.



Book Club

This month, I read and [reviewed Happy Mind, Happy Life: 10 Simple Ways to Feel Great Every Day by Dr Rangan Chatterjee](#). This inspiring book reminds us that happiness is not a result of success but a daily practice we can all cultivate. Built

around the pillars of alignment, control and contentment, it is packed with practical, easy-to-implement ideas. A thoughtful, uplifting read, I highly recommend.



Start Here

This great little exercise works shoulder mobility, spinal mobility and leg strength.

Giving your physical body a gentle new challenge is always a nice thing to do. [You can find the video here.](#)

A Little Inspiration

“Live in the sunshine. Swim in the sea. Drink in the wild air.”

– Ralph Wardo Emeerson



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