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# Cottage-Clinic

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## Frequently Asked Questions

### What Does Holistic Mean?

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Holistic, meaning **whole** or **complete** – from the Greek “holos” – refers to the philosophical theory that “the whole is more than the sum of its parts” (Aristotle).

In healing or medicine, it refers to treating the whole person rather than just the symptoms of a disease.

Ancient holistic healers propagated the idea of living in a healthy way in harmony with nature, but as medical science and expertise in individual areas developed, mental and physical health started to be considered and treated separately.

However, medical practitioners are once again recognising that health and well-being is affected by every aspect of our needs – physical, mental, social and spiritual – and treating people holistically.

### 6 Reasons for regular Chiropractic care

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#### 1. Avoid future problems

Many everyday activities can stress your spine. “Wellness care” helps you stay healthy and keep small problems from becoming big ones.

#### 2. Save Money

Regular checks and maintenance treatments can help avoid the expense of having to correct preventable problems.

#### 3. Feel Good

Most patients who enjoy a chiropractic lifestyle report that they have more energy and feel better.

#### 4. Continue your progress

Your body continues to heal after your symptoms are gone. Continuing with wellness chiropractic care encourages more complete healing, even after you feel better, helping to assure lasting recovery.

#### 5. Prevent a relapse

Your body adapts to soft tissue damage caused by improper spinal functions. Rehabilitative care continues to retrain and strengthen your spine, helping to avoid muscles and connective tissue from assuming unhealthy patterns.

#### 6. Continue to learn

Proper spinal maintenance is new for most people, so ask questions and get involved in what is happening to your body. Learn how to become an active partner in your recovery. Make sure you fully understand the role of your spine and nervous system in maintaining your good health – your most valuable possession.