



The Chiropractic Health Centres' team:

Chiropractors: *Richard Stenning, Louisa Snell, Michael Norris*
Chiropractic Assistants: *Jacky, Carol, Kay, Sarah, Margo & Sue*

Thoughts for the month :

Did you know:



- The length from your wrist to your elbow is the same as the length of your foot.
- Your heart beats 101,000 times a day. During your lifetime it will beat about 3 billion times and pump about 400 million litres (800 million pints) of blood.
- It is impossible to lick your elbow. Well, for almost everyone...but a few can.
- Your mouth produces 1 litre (1.8 pints) of saliva a day.
- On average, you breathe 23,000 times a day.
- Breathing generates about 0.6g of CO2 every minute.
- On average, you speak almost 5,000 words a day – although almost 80% of speaking is self-talk (talking to yourself).



And two quotes....

“Only the gentle are truly strong.” - and -

“Dream as if you'll live forever, live as if you'll die today.” James Dean – 1931-55



Humour

People are always asking couples whose marriages have endured at least a quarter of a century for their secret for success.

A wife's answer: “Actually, it is no secret at all. I am a forgiving woman. Long ago, I forgave my husband for not being Paul Newman!”

PLEASE REMEMBER: We are here to help you.....

This practice can offer you support both for your body and for your mind and spirit. Our Chiropractors and our other therapists including *acupuncturists, counsellors, masseurs, hypnotherapists, reflexologists and aromatherapists* are all here to provide advice and support. Please don't hesitate to ask any of us for guidance or help.

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NEWSLETTER 2010

March/ April

As we step into Spring.....



We thought it would be good to remind ourselves about the benefits of Chiropractic. We hope that you feel that the chiropractic care we have provided has improved your health and that you have felt an improvement in how your body works day to day.

Regular chiropractic care aids good health and wellbeing and enables people to reach their full potential. Remember, our bodies are constantly evolving, changing and healing; chiropractic aids these processes.

Chiropractic is centered on the role of the spine and the central nervous system; it helps to maintain good health and aids the body in the healing process. It looks at the relationship of the spine to the nervous system, identifying and correcting the causes of poor health which can arise when the vertebrae (the small bones of the spine) are slightly out of alignment. This misalignment can disrupt the neurological messages which pass between the brain and the rest of your body through your nervous system. The spine houses and protects the nervous system, which is vital to our lives and controls everything, from how we respond to infection, to how we digest our food.

Your Chiropractor will correct any misalignments using gentle adjustments and manipulations; this then enables your body to heal itself. Our spines can get misaligned for many reasons: through physical stress as a result of an accident, through poor posture, giving birth or even our work, through emotional stress and chemical trauma caused by the misuse of drugs, or poor nutrition. Your Chiropractor will decide on the cause of the problem and then correct the misalignment thus allowing your body to regulate itself, adapt and heal. Regular care is recommended as a way of ensuring health and wellbeing.

The British Chiropractic Association states:

Chiropractic is a primary health-care profession that specialises in the diagnosis, treatment and overall management of conditions that are due to problems with the joints, ligaments, tendons and nerves of the body, particularly those of the spine.

The Chiropractic team all wish you a V E R Y



**Happy
Easter**



More tips on Posture and what we can do to improve it?

Carrying bags: If we carry heavy bags they can affect our posture and can cause damage to our muscles and ligaments, particularly those of the spine.

Back pain is frequently caused by carrying heavy bags. Children can have problems caused by carrying heavy school bags and adults from heavy cases, even laptop cases can cause problems. The best bag to use is a rucksack, but it is important that it is carried using two straps, one positioned over each shoulder. The straps should be adjusted so the bag is close to your back and therefore the weight is distributed evenly. Ideally, don't carry too heavy a weight. Make sure you do not carry things unnecessarily.



Using the telephone: Switch hands frequently when on the phone to stop locking into one position. Do not cradle the receiver between your neck and shoulder and if you have to use the phone a lot consider investing in a lightweight headset.

Wearing the right bra: A badly fitting bra can not only look wrong, it can affect your posture. Research has indicated that many women have never been professionally measured for a bra and many are wearing the wrong size. It is important to check that the band around the bottom of the bra is not riding up, that the straps are not digging in, that the centre front of the bra is lying flat and close to your body and that the back of the bra is not over stretched.

Wearing sensible shoes: Wearing well fitting sensible shoes which don't have too high a heel also helps with your posture and reduces the risks of back pain.



Don't forget that we also have therapists who provide the following treatments:

Acupuncture - Aromatherapy – Chiropody – Personal Life Coaching - Counselling
Homeopathy - Hypnotherapy - Indian Head Massage – Kinesiology -
Metamorphic Massage
Neuro Linguistic Programming [NLP] - Polarity Therapy - Reflexology
Rehabilitation Exercises including Pilates - Rejuvenance - Remedial Massage
SCIO Quantum Healing -Restylane Wrinkle Reduction and Frown Line Treatment



Sunflower Therapy for Children

Your nearest chiropractors can be found at Honiton on 01404 549270 or at Axminster on 01297 35844



Suggestions about how to manage stress.

Here are some simple ways of avoiding unhealthy stress (remember short bouts of stress release adrenalin which the body can cope with) it's long bouts of unhealthy stress that we are trying to avoid.

Some things to avoid or reduce:

- Check how much caffeine you are drinking, as caffeine is a stimulant and a drug which can alter your mood, it can also increase feelings of anxiety. Caffeine is contained in tea as well as coffee, so beware.
- Avoid eating too many sweet things including chocolate as sugary products can produce mood swings. (An exception to this would be if you have a medical condition where the doctor has recommended regular intake of sugar).
- Don't use alcohol to relieve your stress or anxiety, as alcohol is a depressant and can make you feel worse. It may initially relax you, but then you have a low. A very high intake of alcohol can be dangerous and it is recommended that you seek advice.
- Avoid beating yourself up. Remember nobody is perfect, you are a valuable individual.

Some actions to take:



- Remember your body has a limited supply of energy and it needs regular fuel and maintenance.
- Eat regularly and ensure your diet is both nutritious and balanced.
- Take regular breaks throughout the day and take some time each week to really relax and do something you enjoy.
- Plan ahead if you know you are going to have to do something that is stressful. It will help to reduce the stress if you are prepared.
- Take regular exercise, preferably every day.
- Prioritise. Concentrate on doing essential tasks first.

If you are still struggling take some advice, speak to a therapist who can help you gain more control of your life and provide you with some techniques that will help you in the future.



Jan Brand



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