



**The Chiropractic Health Centres' team:**

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

**Tommy Cooper jokes:**

A woman told her doctor, 'I've got a bad back. The doctor said, 'It's old age.'

The woman said, 'I want a second opinion' The doctor says, 'OK. you're ugly too'

A man walked into the doctor's, The doctor said 'I haven't seen you in a long time'  
The man replied, 'I know I've been ill'.

A man walked into the doctor's, he said 'I've hurt my arm in several places'.  
The doctor said 'well don't go there any more'.

**Thought for the day:**

Women are Angels  
And when someone breaks our wings....  
We simply continue to fly.....on a broomstick...



*We're flexible like that.....*



**Wishing you happy festive times – two tips:**

'Tension is who you think you should be. Relaxation is who you are'  
A Chinese Proverb

'The time to relax is when you don't have time for it'  
Sydney J. Harris



*"The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other."*

**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.

**Pam Cottey House, Chard Street, Axminster, Devon EX13 5DZ 01297 35844**  
**193 High Street, Honiton, Devon EX14 1LQ 01404 549270**

# Chiropractic Health Centres

193 High Street, Honiton, Devon. EX14 1LQ 01404 549270  
Pam Cottey House, Chard Street, Axminster, Devon. EX13 5DZ 01297 35844



## NEWSLETTER

*November/December 2010*

**Some Chiropractic ideas to help keep you strong at this time.**

We recommend a maintenance appointment before and after the Christmas Holiday period. Chiropractic helps in supporting both the mind and body. The Chiropractor works on the central nervous system and the aim is to heal any problems that exist between the nervous system and the cells, organs and tissues of the patient's body.



Muscle cell



Nervous system



Connective tissue cell

Some Chiropractic techniques manipulate the spine and other Chiropractic techniques use gentle touch that aims to release any tension on the nerves. Regardless of whether the Chiropractor uses specific manual spinal adjustment or gentle touch adjustment, the effect is the same. The adjustments remove interference to the proper functioning of the nervous system. Without interference your nervous system is capable of responding, rejuvenating and adapting to whatever life brings at this busy festive time of year. Making you more able to cope with what life throws at you.



### *Christmas Greetings to all our Patients*

*There is no time better to say Thank You for your support and to wish you a Happy Christmas Holiday and a New Year full of good health, happiness and prosperity*

*With best wishes from everyone at Chiropractic Health Centres.*





### *The Winter Months can be Depressing.*

The winter months, particularly December, January and February can be 'dark' months. Seasonal Affective Disorder (SAD) affects many people in the United Kingdom. The lack of sunlight in the winter is thought to cause a biochemical imbalance in the brain. The part of the brain which is involved is called the hypothalamus, the hypothalamus controls sleep, mood, temperature and appetite. If light is reduced these processes can slow down causing changes in mood and behaviour.



Some symptoms can be: disturbed sleep, lack of energy, extreme mood swings, anxiety, loss of libido, irritable behaviour and depression. Some people only suffer mildly whilst others cannot function properly during the winter without treatment. SAD can happen at any age and if you feel you may be a sufferer you should consult your GP who can help. Therapy includes: Phototherapy (Bright Light Therapy), Counselling, Antidepressants and Herbal Remedies.



Here are some self-help tips:

**Keep warm** – staying warm can reduce winter blues. Have warm drinks food, wrap up well. Keep your home warm.

**Keep active** – a brisk walk will boost your energy levels and strengthen your immune system.

**Go outside** – Get as much natural daylight as possible – try to sit near a window when inside.

**Eat well** – A healthy diet will give you more energy – ensure you are getting enough vitamin D by eating plenty of oily fish. Eggs are also a source.

**Take up a hobby** – Keep your mind active.

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

- Acupuncture - Aromatherapy – Chiroprody – 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



### *Some suggestions to help make your Christmas a good one.*

Did you know that one in five people get stressed over the Christmas holiday? This can mean that their health suffers and frequently so does their relationship with family members. Here are some tips to help make the festive holidays happy.

**When doing Christmas shopping** – Balance heavy bags of shopping evenly in each hand. Take a regular break and keep hydrated. Wear comfortable shoes and remember it's better to do several small shops than one huge shop.

**Keep active** - Encourage the whole family to take a walk in the fresh air each day. Think about giving presents that encourage exercise like balls, skipping ropes, exercise equipment etc.

**Keep things simple** – Have a relaxed atmosphere and let everyone share the tasks. Don't worry if things aren't perfect.

**Eat and drink sensibly** – Drink plenty of water, avoid over-eating and drinking to excess.

**Don't sit still for too long** – Get up and move around occasionally when you are watching TV or playing a computer game. Ensure your chair is providing you with good support for your spine. If using an active Wii game, do some warm up exercises before starting to play as this will help to avoid injury.

**If you have a large turkey** – Remember to lift it carefully using your legs and not your back.



### **ABOUT THIS NEWSLETTER:**

If you would like a copy of our bi-monthly newsletter emailed to you, please give your email address to one of our team and we will be pleased to send it to your mailbox.

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

