



Chiropractic Health Centres

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NEWSLETTER

September/October 2010

The Chiropractic Health Centres' team:

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



A Tommy Cooper joke: *I'm on a whisky diet, I've lost three days already.*

And a quote: "There is a very important reason the world is round. So you can never see too far ahead." - Unknown

Sometimes that is exactly what happens when things don't turn out the way they should. You just need to trust that every outcome is always to your advantage. You just might not know it until some time later...

Oooo
 Some people ()
 come into our lives) /
 and quickly go.. (/
 oooO
 () Some people
 \ (become friends
 \) and stay awhile...
 leaving beautiful Oooo
 footprints on our ()
 hearts...) /
 (/
 oooO
 () and we are
 \ (never
 \) quite the same
 because we have
 made a good
 friend!!



Yesterday is history.
Tomorrow a mystery.
Today is a gift.
That's why it's called the present!

Live and savor every moment... This is not a dress rehearsal! *Sent by a friend*

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A British Study Showed the Benefits of Chiropractic

A past study released by the British, "Medical Research Council" (MRC) showed that Chiropractic and exercise was effective for patients suffering from lower back pain. The study used the term "spinal manipulation", (more usually termed "adjustments"), which they noted is the primary form of care performed by Chiropractors. The study, published in the British Medical Journal, stated that when combined with an exercise programme, these two offer an effective treatment for those suffering from back pain.



The trial study recruited more than 1,300 patients, from across the UK, whose back pain had not improved after receiving what they termed the "best care" in general medical practice. These patients were then compared and assessed to judge the effectiveness of three different types of care.

The three types of care were: A class-based physical exercise programme, spinal manipulation and a combined package of spinal manipulation followed by a programme of exercise

The results showed that to varying degrees all patients in the treatment groups reported improved back function and reduced pain over time. They noted that patients assigned to exercise classes in addition to care provided by their Doctor's surgery reported a small benefit at three months but not at one year. Those given spinal manipulation in addition to general practice care reported a small to moderate benefit at three months and a small, on average, benefit at one year. However, the greatest improvement was found in the patients assigned to combined manipulation and exercise in addition to care from their local medical practice.



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.



A New Mattress may reduce your back pain and stiffness in the morning.



Sleeping on a new mattress may significantly reduce stiffness and back pain. A few years ago a study was conducted at Oklahoma State University and it was the first of its kind. The published report noted that lack of sleep interfered with daytime activity, social life, mood and it caused loss of productive work. In this study researchers looked at a control group of 59 healthy participants (30 women and 29 men) who slept on their own five-plus year-old mattresses for four weeks and then slept on a new bed for the same time period. They then analysed the difference in lower back discomfort, spine stiffness, sleep quality, comfort and efficiency.

The results showed that the volunteers reported immediate and sustained benefits in all areas of measurement after sleeping on a new mattress, regardless of their age or weight. This was especially true of participants who entered the study with back pain and back problems, this group reported a 63 per cent improvement in back discomfort with a new mattress.



A new mattress is a really sensible step in the treatment of back pain and discomfort. On average we spend more than 2,000 hours each year sleeping on our mattresses and the mattress is one of the most used pieces of furniture in the house. It is an extremely important purchase and we recommend that you try to research the best mattress for you, aiming for good support for your whole body.

ABOUT THIS NEWSLETTER:

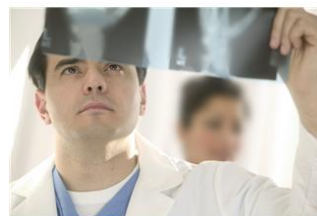
If you would like a copy of our bi-monthly newsletter emailed to you, please give your email address to one of our team and we will be pleased to send it to your mailbox.

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



What is Osteoporosis?

Osteoporosis is a condition in which the bones become less dense. They become more fragile and are then at increased risk of breaking/fracture. It has been estimated that three million people in the UK (1 in 20) are affected by osteoporosis.

Unfortunately, it is not easy to detect, it is known as the 'silent disease'. People are unable to know whether their bones are becoming less dense. The disease affects both women and men, however, more women than men are at risk. One in every two women and one in five men over the age of 50 will at some time have a broken bone caused by osteoporosis. Often the broken bone is the first warning of the disease.

There are many factors which put people at risk of osteoporosis, these include:

- A family history of the disease.
- Low levels of testosterone in men
- Early menopause, hysterectomy or irregular/infrequent periods in women.
- Heavy smoking and/or drinking of alcohol
- Some prescription drugs including steroids.
- Lack of weight bearing exercise
- Being underweight and/or having an eating disorder
- Having a low calcium diet
- Some medications used for epilepsy
- Crohn's or Coeliac disease.



If you are at risk of osteoporosis it would be sensible to have your bone density measured. The test is called a DEXA scan. The National Osteoporosis Society considers DEXA scanning to be the most accurate means of assessing bone density and strength. It is a painless procedure and takes only a few minutes.



The treatment of this disease includes regular low impact weight-bearing exercises, there are also many drugs that can be prescribed by your GP which can increase bone density and/or prevent further bone loss. There are also a number of supplements which can help, your GP and your Chiropractor can advise you on this.



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