



Chiropractic Health Centres

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



The Chiropractic Health Centres' team:

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

Some questions: (Answers below)

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. Name the only vegetable that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
3. Name 9 things that you can wear on your feet beginning with the letter 'S'.



Tommy Cooper jokes:

I went to the doctors the other day and I said, 'have you got anything for wind?'
So he gave me a kite.

I went to the Doctors the other day, and he said, 'Go to Bournemouth, it's great for 'flu. So I went, and I got it.'

I cleaned the attic with the wife the other day. Now I can't get the cobwebs out of her hair.

Unwritten Laws:

1. **Law of Repair** - After your hands have become coated with grease, your nose will itch and you will need the toilet.
2. **Law of Gravity** - When you drop any tool, nut, bolt, or screw it will roll into the least accessible place.



Answers:

1. Boxing
2. Lettuce
3. Slippers, skis, skates, snowshoes, stockings, stilt shoes, socks, sandals.

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, chiropodists, 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

January/February 2011

HAPPY NEW YEAR

How to make your New Year resolutions really work.



Focus on realistic goals and break the process down into small manageable steps, eg. don't try to lose too much weight in a week, just try to lose a pound or two each week. *See the other article on weight loss inside this newsletter.* Don't make any goal too large or you may feel defeated before you start. Ensure that your goal has real meaning, choose something that you really want to achieve, not something that other people want you to do.

Some tips on keeping warm and well in winter weather

- o Keep your curtains drawn and doors closed to stop draughts
- o Have regular hot drinks and at least one hot meal a day, eating regularly helps to keep your energy level up.
- o Wear several light layers of warm clothing rather than one thick layer.
- o Keep as active as possible and wrap up warmly when you go outside

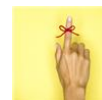
Keep safe - Icy pavements and roads can be dangerous, ensure you wear boots or shoes with a good grip on their soles. Put grit or cat litter on paths and driveways. Remember that black ice may not be visible and that compacted snow can turn to ice. Check up on people who may be vulnerable in cold weather. The cold is especially dangerous for older people and those with serious illnesses.

If you are out after dark keep to well-lit areas and wear bright and reflective clothing.

Keep well - You are 80% more likely to catch a cold in the winter so keep your immune system in good condition. Milk and dairy products are good sources of Vitamins A and B12. Eat more fruit and vegetables in these months. Have a good breakfast, a warm bowl of porridge in the morning is excellent, it boosts your intake of starch and fibre which gives you energy and keeps you feeling fuller for longer.

Finally, come in and see your Chiropractor for a **maintenance appointment** to ensure that your body is properly aligned and you are as fit as you possibly can be to deal with whatever the winter throws at you.

PLEASE REMEMBER



If you introduce a new Chiropractic patient to the practice you will be entitled to **£15 discount** at your next treatment session.



Losing those extra pounds/kilograms whilst taking care of yourself

According to research losing 5-10% of excess body weight can improve your health as it lowers cholesterol and reduces the risk of diabetes. Lose weight slowly say 1 or 2 pounds each week as research tells us that the weight is then easier to keep off.

Choose a diet that is low in fat and moderate in sugar. Eat smaller meals throughout the day instead of one or two big ones and watch the portion size. Allow yourself some favourite foods but keep the amount very small, eat it slowly whilst savouring every mouthful and then you won't feel so deprived. Drink at least 8 glasses of water each day as drinking lots of fluid makes the stomach feel fuller which decreases the tendency to overeat.



Avoid 'fad' diets as a quick fix is not the answer to long-term weight loss. Avoid sending yourself negative messages, instead be positive say 'I can and I will lose this weight'. Don't comfort eat as instead of resolving the problem you will just give yourself a different problem. Remember food is for nourishment not for comfort.

Make time to exercise, don't make excuses, choose an activity that you enjoy and get stuck in. Make the exercise fun, do it with a friend or if you exercise at home do it whilst watching TV or listening to the radio.



COMPETITION – Find the spelling mistake in this newsletter and win a **£10 voucher** off your next treatment. Send, give or email your answer to the practice with your name and address and if your answer is correct your name will be put into a draw for the prize.

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
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

NEW YEARS RESOLUTION to STOP SMOKING

Well it is 2011 and it is time to send out positive vibes for this coming New Year. I often start the year with good thoughts about changes I will make, but can easily become distracted with, as I am sure you will all understand, the pressures of life!

My thought for this month is to allow people to understand that **ACUPUNCTURE** can help many problems.

Acupuncture treatment for stopping smoking can take away the craving sensation therefore allowing the non smoker to remain positive. **IT CAN BE HELPED WITH ONLY ONE TREATMENT** but you must be in a positive frame of mind and really want to be a non smoker. If you would like help to stop smoking please ring Hilary on 01297 560639 or call into the clinic for further information.



Acupuncture can assist in treating many other problems eg. headache, backpain, menstrual pain, children's ailments, asthma, RSI etc.



Please ring for a free 20 min chat

Hilary Sharp MBAC. Lic Ac.
www.hilarysharp.co.uk



NEW PATIENT DISCOUNT VOUCHER

This voucher entitles a new patient to a £10 discount at their first full CHIROPRACTIC consultation.

Please present this voucher at reception

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