



The Chiropractic Health Centres' team:
 Chiropractors: *Richard Stenning, Louisa Wootton, Michael Norris*
 Chiropractic Assistants: *Jacky, Kay, Sarah, Margo, Sue & Gillian*

Chiropractic Health Centres

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



Do you know.....

1. Money isn't made out of paper; it's made out of cotton.
2. The American Declaration of Independence was written on hemp (marijuana) paper.
3. The dot over the letter 'i' is called a "tittle".
4. A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.
5. The 'spot' on 7UP comes from its inventor, who had red eyes. He was an albino.
6. Warren Beatty and Shirley MacLaine are brother and sister.
7. Chocolate affects a dog's heart and nervous system; a few ounces will kill a small sized dog.
8. Most lipstick contains fish scales (yuk)
9. Donald Duck comics were banned from Finland because he doesn't wear trousers.
10. Ketchup was sold in the 1830's as medicine.
11. Upper and lower case letters are named 'upper' and 'lower' because in the time when all original print had to be set in individual letters, the upper case' letters were stored in the case on top of the case that stored the smaller, 'lower case' letters.
12. Leonardo DaVinci could write with one hand and draw with the other at the same time.
13. Because metal was scarce, the Oscars given out during World War II were made of wood.
14. There are no clocks in Las Vegas gambling casinos.
15. The name Wendy was made up for the book Peter Pan; there was never a recorded Wendy before!
16. There are no words in the dictionary that rhyme with: orange, purple and silver!
17. Leonardo DaVinci invented scissors.



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
 And Sunflower Therapy for Children*



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NEWSLETTER

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This 15 minute free test could help you stop getting Alzheimer's



Recent research from Oxford University shows that you can prevent age-related memory loss and brain shrinkage associated with Alzheimer's disease. It has been discovered that a toxic protein called homocysteine both predicts risk and causes the brain damage that is known as Alzheimer's disease. If you need to, you can lower your homocysteine level with a simple Vitamin B supplement.

The educational charity, foodforthebrain.org has created the first free, online Cognitive Function Test, validated for anyone over 50. It takes about 15 minutes to complete. Just go to the website www.yorktest.com and follow the link to the **Alzheimer's Prevention Project**.

If your Cognitive Function Test is below par it both gives you clear instructions on how to protect your memory and concentration, and generates an optional letter for your GP suggesting homocysteine testing.

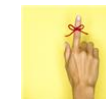
Applied Kinesiology (AK) - What is it....?



AK developed out of chiropractic in the 1950s. It was noticed that when something happens to you, whether it is physical (eg put your back out), chemical (eg tummy upset), or emotional (eg being scared) your body reacts in predictable ways. One of these ways is that specific muscles will not work as well as they should. This is the essence of AK.

So an AK practitioner measures how your muscles are working, or not, and in this way can build up a picture of what is really going on in your body, of what is the real cause of your problem, and how best to fix it. Richard Stenning is an AK practitioner.

PLEASE REMEMBER



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



Do you need to forgive somebody?

Forgiving can change your view of life and can give you peace and contentment.

Everyone has been hurt by somebody sometime in their lives. When you have been hurt, what have you done, have you carried the hurt around for years? Have you carried the anger with you, cursed that person and told everyone about what they have done to you. Where did all that get you? When you carry hurt and anger around with you, you are carrying poison which can hurt you mentally and physically. Forgiveness changes that.

Sometimes it is us that has done the hurting, and then we carry the guilt around with us, again this is poison and we need to forgive ourselves. Not forgiving yourself is as damaging as not forgiving someone else.

Forgiveness reduces:

- Feeling of depression
- Anxiety and stress
- Anger and aggression
- Blood pressure
- Risk of drug or alcohol abuse



Forgiveness also helps your relationships with others, prevents the control that the other person has over your thoughts and it can improve your psychological health.

Forgiveness can be verbal, in your thoughts and through the written word (even if you burn or shred the letter and don't send it).



Remember, as Alexander Pope said "To err is human; to forgive, divine". Forgiving someone can change your outlook on life, giving you peace, removing bitterness, anger, resentment and pain. You can then move forward free from those restrictions.



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.



Some interesting facts about your body.

Did you know?

Your body contains nine pints of blood that travel along 62,000 miles of blood vessels (they could go around the equator 2.5 times). The nerves from your spine control the size of many of the blood vessels that go to your internal organs. A dysfunction of your vertebrae that irritates your nerves can affect your blood vessels and cause internal organ malfunction – another reason to see your chiropractor.

A dysfunction is a misalignment of the vertebrae which can interfere with your spinal cord and nerves, which in turn can affect your health and prevent your body from performing as well as it might.

Your body has 650 muscles. A dysfunction may cause pain, muscle spasm, contraction, muscle weakness and muscular un-coordination (as in you just can't seem to get a good golf swing).



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

