



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



**Thoughts.....**

"There is no use trying," said Alice; "one can't believe impossible things."

"I dare say you haven't had much practice," said the Queen. "When I was your age, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast." - *Lewis Carroll*



I never came upon any of my discoveries through the process of rational thinking. - *Albert Einstein*

**And some Christmas thoughts.....**

"Christmas is not a date. It is a state of mind"-- **Mary Ellen Chase**



"Unless we make Christmas an occasion to share our blessings, all the snow in Alaska won't make it 'white'." -- **Bing Crosby**

"It is Christmas in the heart that puts Christmas in the air."-- **W. T. Ellis**

"Christmas isn't a season. It's a feeling."-- **Edna Ferber**

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

**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.**

**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*

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



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**NEWSLETTER**

**November/December 2011**



**Festive Greetings from all at the Chiropractic Health Centres**

**Some of the benefits of Chiropractic Maintenance**

- > Not to be in chronic or constant pain
- > To have more energy
- > To have a more positive mental outlook
- > To be able to handle stress better
- > To be more relaxed
- > To be less stiff
- > To sleep better
- > To generally feel better and happier
- > To be able to do more things
- > A prevention of pain starting again

People come to us for chiropractic treatment for many different reasons. Some come because of a specific problem or pain, but many others come on a regular / periodic basis for chiropractic maintenance. They find that they feel better both physically and mentally following regular adjustments. They have more energy, sleep better and are not so stressed. Their bodies feel more balanced and relaxed. By come for maintenance they can prevent the re-occurrence of severe pain. We recommend patients coming in for maintenance every one to three months depending on their age and the condition they are suffering with.

If you feel under the weather, tired, stiff or have aches and pains why not make an appointment for an adjustment before it turns those aches and pains turn into something more debilitating. Making an appointment is the first step to feeling better.



## Time Management – help for the festive season and for the future.

This is a busy time of year and there are even more pressures on our time now than at other times in the year. Many people feel they don't have enough time to do the things they want in life or in their spare time. This can be for a couple of reasons:



### Poor organisation

If you struggle to get everything done or regularly feel under pressure, you may find the following helpful: ☞ Keep a diary and plan your daily chores ☞ Keep space in your diary to catch up on routine tasks ☞ Keep some time free for relaxation and leisure. ☞ Make a list of the tasks you have to do, rate them in order of importance and concentrate on getting the most important done first. ☞ Consider setting aside different parts of your day or your week for specific tasks. ☞ Allocate time for each task. ☞ Reward yourself when you achieve tasks that you have set yourself. ☞ If you are struggling to carry out all the tasks you

feel you are supposed to do ask somebody for help.

### Taking on too much

This is about your self belief, your belief about how you should act or how others see you. This makes you work long hours even at the risk of your health and happiness. Consider your health and wellbeing. Don't take on more than you can handle, many things can wait till the next day or next week. Remember this important word..... **"PRIORITISE"** and a final thought.....

**"A wise man ought to realise that health is his most valuable possession."**  
-Hippocrates



### Should you have problems over the festive season, please note:

One of our Chiropractors will be available during the Holiday period. Please leave a message on our answer machine which will be checked for new messages regularly and we will call you back as soon as we can.

Our normal working hours are as follows:

Axminster: Mon/Thurs 8.30 -5.30, Tue 2-5.30, Wed/Fri 9-1, Sat (alternate) 9-1

Honiton: Mon 2-6, Tues/Fri 8.30-5.30, Thurs 8-1



### 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.



## THE RELEVANCE OF MASSAGE TODAY

Massage may have a recorded history going as far back as the Ancient Egyptians but it is as relevant today as it was then. It is beneficial for men, women and children.



Having been in practise over twenty years I have personally experienced and given thousands of massages and seen the results.

I mostly use deep tissue massage though I am happy to give a gentle massage. I practise from my home in Honiton and at The Chiropractic Clinic in Axminster. A massage takes an hour and on a first visit I will take a case history.

Many clients tell me that they did not realise how stiff and painful their body was until I worked on them. In this day and age where the pace of life is so fast and demanding, it is easy to lose contact with our bodies. When muscles are worked on, using the usual massage strokes, relaxation and sound sleep are a great benefit.

For some, having an hour devoted to themselves with no outside demands, reduces stress and creates well being and is much valued, for instance, by the busy Mum who is the mainstay of the family.

Those with neck and shoulder problems, as experienced by busy farmers, hairdressers, teachers, computer and office workers, for instance, will find massage smoothes the aches and knots out of the muscles allowing the body to relax and stress head-aches to diminish.

Most of us have suffered with back pain of some sort and massage helps to stretch the nerves and loosen muscles to ease pain. Having a massage before a chiropractic treatment is a really good idea as it will relax and stretch the muscles making adjustments easier for the chiropractor.

Massage is also beneficial for different conditions such as cancer, arthritis, Parkinson's, swollen ankles, fluid retention and tight tendons.

*Vanessa Smith*

## 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**

