

wellbeingdevon.co.uk

September/October 2011

Contents:



Your Spine: Have you had any of the following in the past few months?.

- • Low back pain or back tension
- • Balance problems
- • Tension in the neck, or across your shoulders
- • Pain between your shoulder blades or in your shoulder
- • Numbness - tingling in arms, hands, legs or feet
- • Weakness in your arms or legs
- • Sciatic pain
- • Headaches
- • Pain in your elbow, wrist or hand
- • Knee, hip, ankle or foot pain

All of these symptoms and more can be caused by misalignments of the spine. If you have had any of these problems ask somebody to check whether your head is held level, your shoulders and/or shoulder blades are at the same level and whether your hips are level. If you find that one side is higher than the other, it means that your spine is not completely straight. If your spine is out of alignment it can cause disc and nerve problems.

We recommend that you have a chiropractic assessment and treatment to ensure that the above problems do not occur, or recur, as all the above symptoms can often be resolved by proper chiropractic care.

Chiropractic care helps your nervous system function properly; it restores normal mobility to the spinal column and improves your nervous system. This means that your body functions effectively and has the energy that it needs. Everybody needs energy. Cells, tissues and organs need to do their jobs properly. New supplies of energy need to be made and waste needs to be removed. All of these processes are controlled by the nervous system. Remember, your Chiropractor can ensure that your nervous system is functioning as well as it possibly can.



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.



Autumn activities can be fun and healthy too.

But before you start raking this autumn, think about the possible consequences of straining your back, your neck and your shoulders. Here are some tips to help



ensure you don't hurt yourself whilst clearing up your garden.

1. Do some light exercise to warm up your body before you start your work.
2. Avoid twisting your body whilst raking by using your legs rather than twisting your back.
3. Stand as straight as possible, and keep your head up as you rake.
4. When raking stand right foot forward and left foot back for a while and then change putting your left foot forward and right foot back. Continue to alternate.
5. Use the right size rake for your size.
6. Bend at the knees instead of the waist when picking things up.
7. Wear gloves.
8. Try to change jobs regularly, or at least vary your movement to avoid over using the same muscles.
9. Wear sturdy shoes or boots with a good grip to protect your feet and avoid slipping.
10. Drink plenty of fluids to avoid dehydration just as you would if you had been doing exercise at the gym.
11. Don't do too much all in one session, take frequent breaks.
12. When you finish, doing some gentle stretches can release tension from your muscles and a hot bath is very relaxing too.

Now the fun bit . . .



Why not make sweeping up leaves fun. Get your children to suggest different ways to pick up leaves (bending, leaning, stretching, balancing on one foot or squatting down) sing or dance while the work is being done. Have a competition. You could join in too! Children need to be active for a minimum of one hour a day.

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 are all here to provide advice and support. Please don't hesitate to ask any of us for guidance or help.

Clinical Hypnosis - utilising the power of the mind!
From March 2012 Tina Friis, one of the therapists at the centre in Honiton, will be offering Clinical Hypnosis.

A clinical hypnosis treatment aims to focus your attention and awareness towards a specific issue of your choice. It is very similar to the focused attention we experience when daydreaming or meditating. For 10 years, scientists have been studying what happens in the brain when we focus our attention. The research points to a very interesting ability of the brain to change and optimise the neural networks to our benefit.



Prominent buddhists have volunteered to have their brains scanned enabling scientists to study how the brain reorganises during meditation. Quiet meditation reorganises the brain in a way which allows us to relax into a state of subconscious

tranquility and quieten the part of our brain that worries. So, in quiet meditation a part of our brain is kept inactive, and many do indeed find quiet meditation difficult. The reason is that our brain becomes bored and simply starts to think out of boredom

The research interestingly shows though that we can do so much more than "just" quieten the mind. With our amazing mind, we are able to simultaneously relax into a state of subconscious tranquility and keep the brain active with a purpose, for instance, dealing with an issue we wish to solve. Now that is beneficial multitasking, - and also a very good description of clinical hypnosis.

Please contact Tina Friis for information about clinical hypnosis and meditation / visualisation sessions and workshops.



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



Sunflower Therapy For Children.

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

Some thoughts about Sadness and Depression

- Remember sadness is always temporary. This too, shall pass – Chuck T. Falcon
- Trials give you strength, sorrows give understanding and wisdom – C. T. Falcon
- Hope is grief's best music – Anonymous
- Fall seven times, stand up eight – Japanese Proverb
- Concern should drive us into action, not depression – Karen Horney
- Make peace with your past, then it won't spoil the present - Unknown

And some thoughts about Health & Wellbeing . . .



- When in doubt just take the next small step –
- Get rid of anything that isn't useful, beautiful or joyful - Anonymous
- The greatest wealth is health –
- A good laugh and a long sleep - the best cures in the doctor's book –
- Health and cheerfulness naturally beget each other –
- Health is not valued till sickness comes –
- One of the most sublime experiences we can ever have is to wake up feeling healthy after we have been sick -
- One must eat to live and not live to eat –
- Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon! –

Now a short history of medicine:



Patient:

Physician:..

2000 B.C. – .

1000 A.D. – "That root is heathen, say this prayer."

1850 A.D. – .

1940 A.D. – "That potion is snake oil, swallow this pill".

1985 A.D. – "That pill is ineffective, take this antibiotic".

2000 A.D. – "That antibiotic is artificial. Here, eat this root".

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

Original URL:

<http://www.wellbeingdevon.co.uk/webDocs/newsLetter.html>