



The Chiropractic Health Centres' team:

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

A New Year Quote....

“Destiny is no matter of chance. It is not a thing to be waited for; it is a thing to be achieved.” —*William Jennings Bryan*

And some questions to ask your self whilst setting some goals for 2012



- What would you like to do?
- What do you desire?
- What do you enjoy most?
- What talents do you have?
- How can you best contribute to improving the world?
- How do you want to be remembered?

Remember when you stay true to what matters to you most, your life will be more fulfilling.

Child's wisdom: Why God made Mums.....

1. She is the only one who knows where the sticky tape is.
2. Mostly to clean the house
3. To help us out of there when we are getting born.
4. To kiss it better.



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 - Rejuvanessance
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

January/February 2012



We all wish you

“A Very Happy New Year”

Some questions from your Chiropractors:

1. Is pain keeping you from enjoying your life?
2. Are you tired of taking lots of medication to deal with your symptoms?
3. Is poor mobility a problem?
4. Do you want to feel better?
5. Do you want to improve mobility and function?

If you have answered 'yes' to any of these questions.
Why not make an appointment with one of our team.

We treat the CAUSES of problems, rather than the SYMPTOMS



Remember it's never too late to try to improve your health.

We can help with neck and back problems. With pains in your arms, legs and feet. With headaches, sciatica and other related problems. We can also help you to improve your general physical fitness, health and wellbeing.

Chiropractic care is an important way to achieving long-term health, it enables your body to make the best use of nutrition and exercise. It helps to ensure that the various parts of your body are working together properly. When you achieve long-term health you are able to feel better about yourself and have more energy. This in turn enables you to get the most out of life.

Book an appointment today and start 2012 in a positive way.

Make it the year that you take care of yourself, which in turn will help you to be in a better position to help others.

Start 2012 with a RESOLUTION to Breath your way to Better Health



It just requires ten minutes each day. You don't have to be in danger to be suffering from stress, just your everyday life style can contribute – rushing to meet deadlines, the financial crisis either personal or relating to the country as a whole, family changes and commitments etc. etc. All this contributes to stress hormones accumulating in our system, these can adversely affect our health. It is estimated that stress is a key factor in many illnesses.

One of the easiest ways to deal with stress is to breath properly. Did you know that the average person probably uses less than half of their lung capacity when they breathe? In fact many people breathe shallowly and far too quickly. Quick breathing can actually add to stress!

By training yourself to breathe properly you will reap many benefits including being better able to deal with work issues and your family, being more patient, more creative and most importantly giving yourself a good chance of living a longer and more fulfilled life.

First, try out mindful breathing. Place you hand on your belly and breathe deeply feeling your belly moving in and out with each breath. Concentrate on your breathing and relax. Just a few minutes will help your stress levels.

If you have more time, sit comfortably in a way that you can breathe easily. Relax your body and rest one hand on your naval. Now take five breaths, breathing deep into your lower abdomen and notice the hand on your naval rise. Next take five breaths expanding your ribs on each breath, followed by five breaths into your upper chest. Having done this part of the exercise, breathe once into each area, one area after another – your abdomen, your ribs, your upper chest. Once you have mastered this breathing, try taking a short pause after each inhale and exhale this will allow your body to absorb more oxygen.

Ideally do this 10 minute breathing exercise twice a day, however, just doing this exercise once a day can really help you relieve stress and improve your general wellbeing.

GIFT VOUCHERS ARE AVAILABLE

These vouchers can be used on the therapy of your choice.
Please ask at reception or call us for more information.



What is Chiropractic

- The body has its own innate intelligence and healing powers. Health comes from within.
- The principal regulatory system for the body is the nervous system
- Spinal joint disorders can interfere with the body's ability to regulate and maintain health.
- The core purpose of chiropractic care is to relieve that interference through skilled manual assessment and correction, termed spinal adjustment.
- As chiropractic is a natural healing art, respecting the inherent healing powers of the body, there is no use of drugs or surgery in chiropractic practice.

Taken from The Chiropractic Report – September 2011

NOTE: Our normal clinic 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, chiroprodists, 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.

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

