



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 Snell, Michael Norris*

Chiropractic Assistants: *Jacky, Carol, Kay, Sarah, Margo, Sue & Sally* PR: *Jan Brand,*

NEWSLETTER

April 2009

Thought for the month: *"I can think of no better way of redeeming this tragic world today than love and laughter. Too many of the young have forgotten how to laugh and too many of the elders have forgotten how to love. Would not our lives be lightened if only we could all learn to laugh more easily and to love one another?" - Theodore Hesburgh.*



April Humour: Some Real Signs

In a public toilet - TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW
In a London department store – BARGAIN BASEMENT UPSTAIRS
In an office – WOULD THE PERSON WHO TOOK THE STEP LADDER
YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN.



Don't forget that we also have therapists who provide the following treatments:

Acupuncture - Aromatherapy - Chiropody – Homeopathy Hypnotherapy - Indian Head
Massage - Kinesiology Metamorphic Massage - 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

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Increased Activity can Lower the Risk of Death

Research published in the July, 2006 Journal of the American Medical Association showed that daily activity can improve life expectancy in older adults. The study looked at a group of 302 people ranging from 70 to 82 years, for a period of approximately 6 years. The participants were divided into 3 groups. It found that the group with the highest level of activity had a 12.1% risk of death, the middle group had a 17.6% risk and the group with the lowest activity level had a 24.7% risk of death. Statistically, this means that those with the highest level of activity had a 69% better chance of survival than those with the lowest level.



Remember exercise can be taken in many forms, why not talk to your Chiropractor and get some advice.

Friends make life longer and Pets have a similar effect

Researchers at Australia's Flinders University interviewed about 1500 people aged 70+ asking about their family, friends, home and lifestyles. The team then tracked the participants over the next 10 years and found that people with a strong network of friends and family had a much better chance of survival over the 10 years than individuals who had few friends. It was even found that the 'friendship effect' remained despite the loss of a spouse, or friends moving away. It may be that friends have a significant impact on peoples' mood, self-esteem and coping mechanisms.

It has also been found that pet owners have fewer visits to the doctor, shorter hospital stays and take less medication than those who don't own pets. In one study dog owners were 8 times more likely to survive for a year after a heart attack than those who didn't have dogs. A pet can help reduce high blood pressure. Alzheimer's patients are more positive and alert when animals are present....a study of nursing homes found that when pets were part of the programme, mortality rates were lower than in homes that didn't allow pets.





Headaches - Treatment the Chiropractic Way

If you suffer from any of the following headaches please talk to your Chiropractor to see if we can help you:

Tension Headaches are common, usually sufferers have a steady ache with a feeling of pressure or tightness, sometimes with sensitivity to light and noise. They can last for minutes or days and affect both sides of the head.



Migraine Headaches are more severe than tension headaches and less common. They can last between 4 and 72 hours and usually are a throbbing pain on one side of the head, they are made worse by physical activity and are frequently accompanied by nausea and vomiting, with sensitivity to light and sound. Some people also experience (an aura) disturbance in their vision and see brightly coloured/blinking lights. Migraines can be triggered by stress and certain foods including: Cheese, Chocolate, Caffeine, Citric Acid and Red Wine. **Rebound Headaches** often occur among people who suffer from tension headaches or migraines, they appear to be the result of taking too many painkillers and occur as each dose wears off, causing the sufferer to take yet more pills. **Cluster Headaches**, these are quite rare and most sufferers are male. They come in groups and can last for weeks. The pain is severe and is around one eye which is frequently red and watery, but they last only an hour or two. **Cervicogenic Headaches** are caused by problems with the neck. Often by abnormal neck movement or positioning and can be accompanied by restricted movement in the neck and shoulder. There can also be pain in the arm. These headaches are common after a car accident or blow to the head, they can also be caused by poor posture.



Studies show that Chiropractic is a viable treatment option for headaches, which does not produce the side effects of many conventional painkiller treatments. It is particularly effective for cervicogenic and migraine headaches.



If you are a new Patient, welcome to our Health Centres, we are here to help you and your family.

Chiropractic is believed to be the world's most popular natural, drug-free healthcare.

Millions of people from all over the world visit their local Chiropractor. More and more people are realising that health doesn't come in a bottle, but from their body working properly and without interference to their nervous system. Chiropractic's speciality is to get rid of nerve interference.

Good health without the use of medicine is possible.



Increasingly people are looking to natural ways of getting healthy and staying healthy.



If you are a patient at this centre, are you bringing your family for spinal checkups so their bodies will work better?

Help more people to lead drug-free lives and ask us about the care we can offer the whole family.

The Latest News from our Centres

We are pleased to announce that Louisa Snell will very shortly be running extra clinics on Mondays in our Honiton centre, followed by alternate Saturday morning clinics in a few weeks time.

Our Homeopath, Susan Harwood who runs clinics in our Axminster centre, is now also available to see clients in Honiton.

Please contact us on 01404 549270 to arrange an appointment with either Susan or Louisa.

NEWSFLASH: NICE recommends manipulation for back pain

NICE guidelines for treating back pain recommend the use of manipulation, as used by chiropractors, as safe and effective treatment. NICE - the National Institute for Clinical Excellence – is the government body that decides whether there is good evidence to recommend particular treatments for use in the NHS.

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

