



# 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*

## NEWSLETTER

August 2009

### Thoughts for the month :

### Did you know:

- Babies are born without knee caps. They don't appear until the child is between 2-6 years of age.
- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- The average person falls asleep in seven minutes (*I don't believe it!*).
- Elephants are the only land animals that can't jump.



### August Humour: Golfing with an older man



A young man who was also a keen golfer found himself with a few hours to spare one afternoon. He figured if he hurried and played very fast, he could get in nine holes before he had to head home. Just as he was about to tee off an old gentleman shuffled onto the tee and asked if he could accompany the young man as he was golfing alone.

To his surprise the old man played fairly quickly. He didn't hit the ball far, but plodded along consistently and didn't waste much time. Finally, they reached the 9th fairway and the young man found himself with a tough shot. There was a large pine tree right in front of his ball - and directly between his ball and the green.

After several minutes of debating how to hit the shot the old man finally said, "You know, when I was your age I'd hit the ball right over that tree." With that challenge placed before him, the youngster swung hard, hit the ball up, right smack into the top of the tree trunk and it thudded back on the ground not a foot from where it originally lay.

The old man offered one more comment, "Of course, when I was your age that pine tree was only three feet tall."

### 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 - 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

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

### Some Travel Advice for this holiday period



Travel can be hard on your body. Even though you are off on a well earned holiday, the travel to get to your destination can mean long hours in a car or an airplane. There can also be delays and problems which leave you feeling stressed, tired and uncomfortable.

Prolonged sitting can build up pressure in the blood vessels in your lower legs. To help prevent this, contract and relax the muscles in your legs, this will help your blood to flow properly. Whenever possible get up and move around, stretch your whole body. When you get to a break or the end of your journey try to have a short brisk walk.

If you are travelling by car make sure your seat position is as comfortable as possible. Try using a back support. Do not hold the steering wheel too tightly and move your hand positions between position one - 3 o'clock and 7 o'clock and position two - 10 o'clock and 5 o'clock. Remember to take regular breaks in order to avoid the consequences of fatigue.



If travelling by plane, take care lifting your bags into the overhead lockers and do not twist your head and neck whilst put the bags in place. Whilst in your seat try put your feet on a book or bag to change position a little. Massage your calves and move your legs up and down. Try rolling up a sweater and placing it behind your neck or into the small of your back to provide better support.

Remember that you may have to carry or pull your cases for quite long distances, you may also have to lift them onto or off conveyor belts etc. So check you can manage their weight and that they are not too awkward for you to manage.



Hopefully having taken some precautions you will have a wonderful holiday. It is so much better to avoid problems, however, if they do arise please remember that Chiropractic Care can help and we are here to help and advise you.

~~~~~

\*\*\* Last month The National Institute for Health and Clinical Excellence (NICE) \*\*\*

advised GP's to offer chiropractic for treating back pain.



### ***If you have an Injury – do you apply heat or do you apply ice?***

Heat pads and ice packs are readily available and many people are confused when to use heat and when to use ice. Some general guidelines are as follows:

#### **Ice**

Ice should be used on an recent onset injury, for example an ankle or knee strain following a trip or fall. This type of injury usually results in redness, tenderness to touch, swelling and pain. Most professionals recommend the use of ice for these injuries as it restricts blood flow to the area and helps to reduce swelling and pain. The best type of pack is one that can mold itself to the injured area, for example, a gel pack, a plastic bag filled with ice or a bag for frozen peas or other small vegetables.



A rough guide is to apply the ice pack for around 15 minutes, on a number of occasions during the first couple of days following the injury. Do not leave the ice on too long on each occasion as it can cause frostbite so allow the skin to return to it's normal temperature between each application.

#### **Heat**

Heat should be applied on longstanding (chronic) injuries. Heat causes increased blood flow to the area and relaxes tense muscles and muscle spasms. Heat can be applied by sitting in a warm/hot bath, or taking a hot shower. A hot water bottle wrapped in a cover or in a towel can also be used, but care should be taken that the bottle is not too hot as skin can be burnt.



#### **Warning**



Do not apply heat if there is swelling or redness and please check with your Chiropractor before applying heat to your spine as spinal nerve roots are sensitive and increasing the blood flow may make the problem worse.

### ***Meet our admin team:***

Back row from the left:

***Sue, Sali, Jacky and Kay***

Front row:

***Sarah, Margo and Carol***



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

### ***Stress and how it can affect your body***

***Jan Brand***



Not all stress is harmful. There is a type of stress that is exciting and good for us, the type that we experience when skiing, doing an extreme sport or racing to meet an exciting deadline. Acute short-term stress can also be good for us, but can be distressing, this can come when our skiing goes wrong or when somebody is angry and confronts us. Some people seem to make that type of stress their way of life.

More harmful stress is often called Chronic Stress, this type seems to go on for ever and we cannot seem to escape from it. It frequently occurs at work or in our home lives. Chronic stress can cause physical symptoms like headaches and reduced immunity to infections. If allowed to continue it can cause more serious problems like: depression, hair loss, heart disease, obesity, anxiety, sexual problems, ulcers and sleeplessness.



In order to cope with stress we need to look after our bodies and our minds. Social support can be a great stress reliever and studies have shown that those who have strong support tend to be healthier, happier and less stressed.

Many of us forget to take care of ourselves; a massage, a long relaxing bath, a healthy diet and exercise can all help prevent chronic stress. Having a well-cared-for body can make you feel good about yourself and your life; it also conveys to others that you value yourself. Remember, people who neglect themselves are at danger of unhappiness and low self-esteem. Sometimes people who spend their time taking care of others can be at risk of burn out. Taking time to care for yourself can make you a better carer for others. Remember to take time to smell the flowers.....



### ***We are here to help***

This practice can offer you support both for your body and for your mind and spirit. Our Chiropractors and our other therapists including *acupuncturists, 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.

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

