



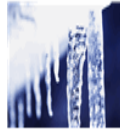
The Chiropractic Health Centres' team:

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

Thoughts for the month :

Did you know:

- The winter of 1932 was so cold, that Niagara Falls froze completely solid.
- The words 'racecar,' 'kayak' & 'level' are the same left to right or right to left (palindromes).
- There are more chickens than people in the world.
- Only 4 words in the English language end in "dous": tremendous, horrendous, stupendous, & hazardous.



And a quote....

My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?"

~ *Bob Hope, American film actor and comedian.*

December Humour



What's the most popular wine at Christmas?
"Do I have to eat my Brussel sprouts?"

What did Jack Frost say to Frosty the Snowman?
Have an ice day!



What do you call a gigantic polar bear?
Nothing, you just run away!

What do you have in December that you don't have in any other month ?
The letter "D" !

Who delivers the cat's Christmas presents ?
Santa Paws !



Pam Cottey House, Chard Street, Axminster, Devon EX13 5DZ 01297 35844
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NEWSLETTER

December 2009

Christmas is coming.



You will probably all be busy at this time of year preparing for the holiday season. Please remember to take care of your health too. It's so easy to get carried away with all the preparations for Christmas and New Year, the planning, the shopping, the cooking, writing cards, wrapping presents and putting up decorations. There is so much to do that it is easy for us to forget to look after ourselves and then our health suffers. It is amazing how many people go down with a cold or another ailment over the winter holiday period. It is important to take time to rest, to have some quiet time and to try not to become too stressed. When we are stressed we are more likely to succumb to infections.

Take care when rushing around the shops not to trip and fall and take great care when putting up Christmas decorations. Please don't stand on the kitchen chair or stool, please use a proper ladder and don't reach too far in order to put up that final card. It is much better to go down the ladder and move it nearer to the spot when you want to place the card, rather than risk falling and either breaking a bone or pulling muscles.

The festive season is a time for families and friends, not a time to be nursing an injury or to be ill. So please, do take care of yourselves during this month of December.

A message from the Chiropractic Health Centres Team.

Richard Stenning, Louisa Snell, Michael Norris, the Chiropractic Assistants and the Therapists thank you all for choosing us to help you with your health and wellbeing. We really enjoy taking care of you and thank you for your friendship and for supporting our centres.

We wish you a very happy Christmas and a peaceful and healthy New Year.





Winter is upon us.

Eating healthily is important during the winter period. A healthy diet includes fresh fruit and vegetables, these will provide vitamins which will help your immune system and they are also rich in anti-oxidants. Try to eat a variety of different fruit and vegetables each day, try to ensure you eat different coloured fruit and vegetables. Whilst fresh is probably best, tinned, frozen and dried options are full of goodness too.

Try home-made vegetable soup, or make yourself a smoothie by blending fruit with milk or a banana. Snacks of a raw carrot or dried fruit and nuts are good too.



Remember to wrap up warmly when going out. It is better to wear several thin layers rather than one thick jumper. Wear a hat too, as this prevents heat escaping from your body – a waterproof one will also keep out the rain!

There is nothing better than a walk in the country on a brisk winter's day or working in the garden for an hour or so. However, remember when your muscles are cold, they are tight and you are more likely to hurt yourself. So it's always best to warm up for a few minutes before you do any strenuous activity. Warm up by a short brisk walk and a few stretches for your lower back and your hamstrings. If the weather is very cold and it is icy under foot, please ensure you wear footwear that has ridges on the base to provide you with the maximum amount of grip. We are here to help, but would much rather you didn't get injured in the first place!



If you are unable to go out, please ensure you exercise by stretching or jogging on the spot. Alternatively, try yoga, pilates or dancing to your favourite music. By keeping active and eating healthily you will provide yourself with best chance of keeping fit and well this winter.



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

- Acupuncture - Aromatherapy – Chiroprody – Personal Life Coaching - Counselling
- Homeopathy - Hypnotherapy - Indian Head Massage – Kinesiology - Metamorphic Massage
- Neuro Linguistic Programming [NLP] - Polarity Therapy - Reflexology
- Rehabilitation Exercises including Pilates - Rejuvenessance - Remedial Massage
- SCIO Quantum Healing -Restylane Wrinkle Reduction and Frown Line Treatment



Sunflower Therapy for Children

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

Tips on Standing and Sitting Properly

Standing - Stand with your head level, not dropped to one side or the other. If you have to stand still for a long time unlock your knees. You can try putting one foot on a step or small stool as this will reduce pressure on your spine. Do not wear high heels for long periods of time, they are not good for your feet or your back when worn for long periods.



Sitting – Your chair should be firm enough to support you and remember 'don't slouch'. Keep your feet flat on the floor or on a low footstool. Sit firmly against the back of the chair. Avoid crossing your legs as this can effect circulation and put strain on existing back conditions. Try a wedge cushion which helps keep your spine upright.

Another Christmas thought.....



To your enemy, forgiveness.
To an opponent, tolerance.
To a friend, your heart.
To a customer, service.
To all, charity.
To every child,
a good example.
To yourself, respect.



Oren Arnold – freelance writer - born in Texas in 1900.

Wishing you all good health and happiness



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.



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