



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

January/February 2010

Thoughts for the month :

Did you know:



- Tigers have striped skin, not just striped fur.
- There are 2 words in the English language that have all five vowels in order: "abstemious" & "facetious."
- TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.
- Winston Churchill was born in a ladies' room during a dance.
- Women blink nearly twice as much as men.
- Your stomach has to produce a new layer of mucus every two weeks; otherwise it will digest itself.



And a quote.... Abraham Lincoln said:

And in the end, it's not the years in your life that count. It's the life in your years.

Humour for January and February

Unusual Text Message — A man had a text from a friend the other day it said: 'I've just been arrested and charged with being the ugliest man in Britain - please come down to the police station and prove them wrong'

Panda Joke - A panda walks into a restaurant, sits down and orders a sandwich. He eats the sandwich, pulls out a gun and shoots the waiter dead. As the panda stands up to go, the manager shouts, "Hey! Where are you going? You just shot my waiter and you didn't pay for your sandwich!" The panda yells back at the manager, "Hey man, I m a PANDA! Look it up!" The manager opens his dictionary and sees the following definition for panda: "A tree dwelling marsupial of Asian origin, characterized by distinct black and white coloring. Eats shoots and leaves."



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The Celebrations are now over.....



We hope you had a really good time, however, you may have added some extra weight and you may be feeling lethargic and not looking forward to the next few 'colder' months. January and February can be very depressing months and we can be tempted to stay inside eating comfort food and exercising less. How about making a resolution for 2010, why not make a difference to your life and decide to become fitter and healthier? By becoming more active, and in turn fitter, you can also relieve any stress or depression that you may be suffering – so there will be many benefits to your New Year Resolution.



Go for it..... Change to a healthier diet and join an exercise class, or get out walking in our beautiful countryside.

Then..... When you come to the end of an active, healthy day ensure that you rest well. Avoid sleeping on a mattress that is too soft, don't use the arm of the settee as a pillow and make sure your neck is well supported whether watching TV downstairs or upstairs in bed. Ideally, you should sleep on your side with your knees bent or on your back with a pillow under your knees. It is best to use a single pillow that will support your neck, try not to use two pillows. Finally, try to get plenty of sleep as this is when your body has a chance to rest and recover from the stresses and strains of the past day.



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 healthy and a happy 2010



Posture and what we can do to improve it?

Posture is the way we stand, sit, walk and kneel. Basically, it is controlled by the structure of our body and can be affected by genetics and our emotions. Poor posture can have an effect on much of the body and can put us at risk of injury.

A good exercise to improve your posture and to prevent some of the pain that it can cause is to stand with your feet parallel and hip width apart whilst ensuring that your weight is evenly balanced throughout the base of your foot (imagine that there is a triangle on the base of each foot, one point in the pad below your big toe, one point in the pad below your little toe and one in your heel – ensure the weight is evenly distributed throughout this triangle). Then ensure that your muscles are engaged in your legs not too tight but comfortably tense. Stand tall with your



head held high (imagine there is a fine cord stretching from the crown of your head to the ceiling). Roll your shoulders up and back and gently push your hands and arms down parallel with your sides and let your shoulders relax. Now you are standing tall and straight. Take a deep breath in through your nose and whilst slowly exhaling through your mouth, pull the muscles in the pelvic region up and in. This in turn will pull your tummy muscles in and help to strengthen what are called your 'core' muscles. Hold this position for a few seconds, then repeat.

This exercise should be done regularly and with practice it can be done whilst queuing for a bus, at work, cooking or doing the washing up. Strong core muscles will improve your posture and in turn that will strengthen and support your spine. Another added benefit of strong core muscles is that they hold your tummy in and will help to make you look slimmer!



This exercise is part of a Pilates regime. Pilates is an excellent way to improve your posture and to keep fit and well. We offer Pilates training in our centres, please ask at reception for more information.

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

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



Two Thoughts for 2010

No. 1 - Take advice from the brave.

When we are in need of advice about an important decision or stage in our lives we tend to ask our friends and family, they, whilst they have the very best intentions for us, can often pass on their own fears. Instead, we should look for a 'brave' person whether close to us or not. A brave person who practices what they preach. The best advice comes from somebody who thinks carefully, doesn't take unnecessary risks and then acts with confidence.

No. 2 - Live today to the full because tomorrow is not promised.

I received this message from a close friend and thought I would pass it on.

Jan Brand

“One day a woman's husband died, and on that clear, cold morning, in the warmth of their bedroom, the wife was struck with the pain of learning that sometimes there isn't any “more.”

No more hugs, no more special moments to celebrate together, no more phone calls just to chat, no more "just one minute.”

Sometimes, what we care about the most goes away, never to return before we can say good-bye or say "I love you.”

So while we have it, it's best we love it, care for it, fix it when it's broken and heal it when it's sick.

This is true for marriage ... and old cars, and children with bad school reports, and dogs with bad hips, family, aging parents and grandparents.

We keep them because they are worth it because we are worth it.

There are other things we keep -- like a best friend who moved away or a sister-in-law after divorce.

There are just some things that make us happy, no matter what.

Life is important and we only have one.

We only have one Mum, one Dad, one unique brother or sister or friend.

Let every one of your friends and family know you love them. Even if you think they don't love you in return, you would be amazed at what those three little words and a smile can do.”

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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