

Chiropractic Health Centres

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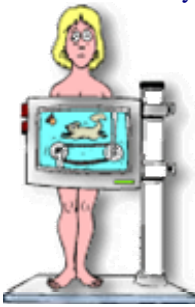


NEWSLETTER

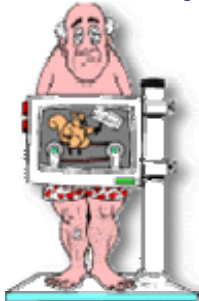
MARCH 2009

We Can't Afford to Get Sick!

The recession is affecting us all. People are trying to get their financial affairs in order, they are cutting back on the 'extras' in their lives. We regularly hear the words "I can't afford it" as people try to make sense of the adjustments they are being forced to make. There is one thing that we cannot afford in this country today – we



cannot afford to get sick!!



This is a time when we need to do our utmost to look after ourselves and our families, do all we can to ensure that our minds and our bodies can cope with the stress that many of us are experiencing. Studies have shown that strong social relationships are essential for a healthy mind and body. They reduce some of the bad effects of stress and can help to speed recovery from illness. These relationships help us to live longer and healthier lives, they sustain us. It is important to us all to establish the support we need.

Support can come from friends and family, it also comes from the professional people in our lives, be it our GP, Chiropractor, Acupuncturist, Physiotherapist, Legal Advisors or the other support networks we have built up over the years.

Our wellbeing also relies on how well we look after our bodies. Just as a car needs regular fuel and servicing, we need to fuel our bodies with as healthy a diet as possible.

Whilst your body has an amazing ability to heal and maintain itself, it needs the right building blocks to carry out its work. Most people would benefit from increased intake of green, leafy



vegetables, decreased consumption of processed foods and an increased intake of water.

We also need to maintain/service our bodies by taking regular exercise and ensuring we don't leave minor aches and pains until they become a serious problem. Let's face it, we take note when our car starts to become unreliable, we need to take similar note when our bodies start to protest and struggle to keep going.



By looking after ourselves, we will ensure we have the very best chance of coming through this difficult and stressful period and we will be ready for what the future will bring.

Chiropractic maintenance is an excellent way of helping to support your wellbeing now and in the future. If you would like further information please contact us and we would be happy to provide it.



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



The Latest News from our Centres – Homeopathy is now available in Axminster & Honiton

We are really pleased to announce that Susan Harwood, Homeopath, has recently joined our team of Therapists and she will be available to see patients by appointment on Fridays in our Axminster Centre. She is also available by appointment in Honiton. Susan qualified in 2007 and also practices in Exmouth and Plympton.

Homeopathy is an effective system of medicine that works with our natural healing processes and has been successfully used for over 200 years. It is a gentle, holistic system of healing, suitable for everyone, young and old. It focuses on the individual, concentrating on treating specific physical and emotional symptoms, to give long lasting benefits. It can be used alongside conventional medicine, treating the whole family from infants and pregnant women to the elderly.

Please call **01297 35844** to arrange an appointment with Susan, or call her direct on 01395 271789.

WHY NOT ENTER OUR COMPETITION

AND WIN A FREE CHIROPRACTIC TREATMENT

Jan and the team would like to invite you to write an appropriate caption for this photograph of Richard which was taken during our open day. Please hand your caption, together with your name and address to one of the Chiropractic Assistants in reception. Richard will choose the winning caption during the first week in April. The photo together with the winning caption will then be displayed in the both the Axminster and Honiton reception areas.



Caption.....

Your name and telephone number.....

***The Chiropractic Health Centres' team: Chiropractors: Richard Stenning, Louisa Snell, Michael Norris
Practice Manager: Jan Brand, Chiropractic Assistants: Jacky, Carol, Kay, Sarah, Margo, Sue & Sally***

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