



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

November 2009

Thoughts for the month :

Did you know:

- A cat has 32 muscles in each ear.
- A dragonfly has a life span of 24 hours.
- A "jiffy" is an actual unit of time for 1/100th of a second.
- A shark is the only fish that can blink with both eyes.
- A snail can sleep for three years.
- February 1865 is the only month in recorded history, not to have a full moon.
- In the last 4,000 years, no new animals have been domesticated.
- No word in the English language rhymes with month, orange, silver, or purple.



And a quote....

**“Promise me you’ll always remember: You’re braver than you believe,
and stronger than you seem, and smarter than you think.**

Christopher Robin to Pooh - A.A. Milne



November Humour

A young man asked an old rich man how he made his money.
The old man thought and then said, "Well, son, it was 1932. The depth of the Depression. I was down to my last penny."
"I invested that penny in an apple. I spent the entire day polishing the apple and, at the end of the day, I sold the apple for two pence."
"The next morning, I invested those two pennies in two apples. I spent the entire day polishing them and sold them at 5:00pm for four pence. I continued this system for a few weeks, by the end of which I'd accumulated a fortune nearly £10!"
"Then my wife's father died and left us two million pounds."

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

Chiropractic Care and Blood Pressure

Everybody has to have blood pressure. Without it, blood can't circulate through the body and their vital organs can't get the oxygen and food that they need to function properly. So it's important to know about blood pressure. When the heart beats, it pumps blood to the arteries and creates pressure in them. This blood pressure results from two things. The first is the force that is created as blood pumps into the arteries and through the circulatory system. The second force is created as the arteries resist the blood flow.

If you're healthy, your arteries are muscular and elastic. Normally, your heart beats about 60 to 80 times a minute. Blood pressure increases with each heartbeat and decreases when your heart relaxes between beats. Your blood pressure can change, depending on your posture, exercise or if you are sleeping. **It should normally be less than 120/80 mm for an adult.**



What do blood pressure numbers indicate? The higher number represents the pressure when the heart is beating. The lower number represents the pressure when the heart is resting between beats.

High blood pressure adds to the workload for your heart and arteries. Your heart must pump harder, and the arteries carry blood that's moving under greater pressure. If high blood pressure continues for a long time, your heart and arteries may not work as well as they should and your other organs may also be affected. There is increased risk of stroke, heart failure, kidney failure and heart attack. When high blood pressure exists alongside obesity, smoking, high cholesterol or diabetes, the risk of heart attack or stroke increases.

Within limits, the lower your blood pressure reading is, the better. In most people, it isn't too low until it produces symptoms like lightheadedness or fainting. However, if you have unusually low blood pressure it is best that it is checked by your GP.



How Chiropractic Care can help - It is well known that the brain communicates with the other organs in our bodies. In order to control our blood pressure it communicates with our heart and our arteries by using our sensory nerves which are located in the heart and arteries to carry information to the brain and back again. These nerves run through the spine, however, if there is a misalignment of the vertebrae which protect the very fragile nerves it can often cause a change in those vital nerves and the information received can be affected.

Chiropractic adjustment can correct and restore this communication system thus reducing blood pressure which in turn can prevent the need for prescription drugs.



Frozen Shoulders and how Chiropractic can help.

This condition can be called Frozen Shoulder or Adhesive Capsulitis. Adhesive Capsulitis can affect almost any joint in the body. Most joints of the body are surrounded by a watertight bag or sack called a capsule that protects the joint with fluid. Inflammation of the capsule can lead to a condition called “capsulitis”. Long-term inflammation of the capsule can cause scar-tissue in and around the joint. This scarring is called Adhesive Capsulitis and in the case of the shoulder joint it causes a condition where the shoulder becomes very stiff and limited in its movement. Frozen Shoulder is often quite serious and recovery can take a long period of time.



Problems with the shoulder can be caused by many things:- a fall onto an outstretched arm, a severe pulling of the arm, weightlifting, repetitive throwing and even swimming. They can also be caused by working with a computer and driving.

Helping to return the shoulder to full movement in order for it to function correctly requires work on the joint and on the muscles. Joints are best corrected with chiropractic adjustments. The muscles need therapy that will reduce the scar-tissue within the joint and surrounding capsule.



Chiropractic Adjustment provides carefully directed and controlled pressure to restore joints to their normal motion and position. It also helps to reduce the strain on the surrounding muscles which have been compensating for the joint that hasn't been working properly. Physiotherapy following Chiropractic Adjustment can also be beneficial – ask your Chiropractor whether it would be appropriate in your case, as he/she will be happy to refer you to a physiotherapist.

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
- also
Sunflower Therapy for Children

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

Athletes can benefit from Chiropractic care.

Many professional and top amateur athletes use Chiropractors regularly and have them as part of their support team. Top athletes don't wait until there is a problem, they look after their bodies and have regular maintenance checks from their Chiropractors.

A recent American study found that athletes who underwent regular chiropractic care enjoyed a 10 percent improvement in their overall performance time and results compared to athletes who were not under chiropractic care. *“You obviously can't compete at your fullest if you're not in alignment. Chiropractic is essential for me and my training routine,”* said World and Olympic Decathlon Champion, Dan O'Brien.



“Bodybuilders and fitness people have been using chiropractors very extensively in order to stay healthy and fit. I found it was better to go to a chiropractor before you get injured. We are a perfect team – the world of fitness and the world of chiropractors” Arnold Schwarzenegger.

Have you booked your next maintenance appointment?



Don't worry about making mistakes.

Jan Brand



Many of us worry about making mistakes, however, we should remember that very successful people make mistakes too. In fact, it is likely that really successful people make more mistakes than the rest of us! However, they don't beat themselves up about their errors, they learn from them. If we worry that we are going to fail, we frequently hold back and don't try things – that way we can't make a mistake – but it also means that we don't give ourselves the opportunity to succeed!

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.



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