



# 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

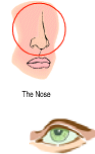
October 2009



### Visit to L'Aquila in Italy

#### Thoughts for the month : Did you know:

- On a Canadian two dollar bill, the flag flying over the Parliament building is an American flag.
- Our eyes are the same size from birth, but our nose and ears never stop growing.
- Peanuts are one of the ingredients of dynamite.
- Rubber bands last longer when refrigerated.
- "Stewardesses" is the longest word, typed with only the left hand and "lollipop" with your right.
- The average person's left hand does 56% of the typing.
- The cruise liner, QE2, moved only six inches for each gallon of diesel that it burnt.
- The microwave was invented after a researcher walked by a radar tube & a chocolate bar melted in his pocket.
- And from the days of learning to type, the sentence, "The quick brown fox jumps over the lazy white dog" uses every letter of the alphabet.



#### And a quote....

**“The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark”**

MICHELANGELO

#### Octoberr Humour



**How did the farmer mend the tear in his jeans?**

**With a cabbage patch!!**

**Doctor, doctor, I think I am a knitting needle.**

**That's a familiar pattern.**



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As you drive off the motorway into L'Aquila everything seems fairly normal, a bit tatty and a standard traffic jam with plenty of horns blaring. It's hard to believe this was the scene of a devastating earthquake in April that left over 70,000 people homeless, that is until you visit the refugee camps and go and see the destruction of the medieval city centre emptied of all inhabitants and businesses.

This has been the scene of a large relief effort, with Red Cross workers and firemen from all over Italy working hard to get some kind of order before the snows come in October. Amongst the volunteers that converged on the area were a small group of chiropractors, who offered to treat the relief workers and firemen. Soon word got round and the chiropractors were inundated with patients queuing up for treatment.

This support work has continued, with volunteer chiropractors from all over Europe joining in. When I visited in August the relief work was still intense as was the demand for our services. During the day we would visit four different camps and set up our benches while a tannoy announced our arrival. Immediately people would appear and there would be a steady flow of patients to be treated and in 30 degrees heat it all got quite warm.

The sense of purpose in the firemen was palpable and moving but the most striking experience for me was the middle-aged lady from the village of Onna who had lost her house and more besides. She had aches and pains everywhere and was very sad and looked so drawn. What she really wanted was to tell her story and as I worked on her she kept on talking. As I only understood about one word in three I didn't interrupt her much but was rewarded with the brightest of smiles as she got up and left. It was though a large weight had been lifted from shoulders.



**Richard Stenning**





### *Treatment for Whiplash.*

An interesting article was published in the Journal of the American Academy of Orthopedic Surgeons in 2007, it was called: **“Chronic Whiplash and Whiplash associated Disorders: An Evidence-Based Approach.”**



The article was written entirely by medical doctors and looked at the cause of neck pain following whiplash accidents. It also looked at the range of treatments that are used to alleviate this problem. The authors found that 15 to 40 percent of patients with acute neck pain following whiplash accidents developed chronic neck pain. This means that up to 40 people out of every 100 injured in a car crash still have pain a year after the injury. Five to ten percent of patients with acute neck pain following whiplash become partially or totally disabled. Another interesting statistic is that people who experience neck pain following a car crash are three times more likely to report chronic neck pain 7-years later. The authors noted that spinal manipulative therapy is a popular form of treatment with evidence supporting slightly better outcomes with spinal manipulative therapy combined with exercise.

It is to be noted that chiropractic treatment provides most of these procedures.

It should be kept in mind that even slow speed accidents, or accidents where the vehicle is hardly damaged can cause whiplash. In fact, a number of whiplash injuries occur when there is no damage to the vehicle!



### *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**

### *Do you know someone who is struggling at present?*



### *It is said that Chiropractic Care may help reduce anxiety..*

Research has suggested that positive changes in mental health function may be associated with subluxation correction which is carried out during chiropractic treatment. A number of cases have been reported where anxiety and its related symptoms have decreased following regular chiropractic treatment. This is an area where we hope there will be further research.



### *Accept help when it is offered to you and actively seek it if you are struggling.*

*Jan Brand*

Many of us believe that we can cope on our own, we only have to pull ourselves together or concentrate. This is a false belief. We all need support at times in our lives.

Whether you are struggling with work related issues, depression, marital problems, or other personal problems. There are people out there who can help. Of course, there are professional therapists, but have you considered your friends or family. Maybe just talking to one of the family and sharing your struggle will help you to see things differently. Or you could consider setting up a support group with some of your more positive friends, enabling you to support each other on a regular basis.



### *We are here to help too....*

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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