



TWELFTH EDITION - SPRING 2016

Welcome to our Spring Newsletter. As always, thank you for taking the time to peruse our articles, and we look forward to any comments you may have!

Let's hope we enjoy better weather and have a warm dry spring and beautiful summer.

We have included in this edition some of the range of CPD (continued professional development) courses our practitioners participated in as part of our commitment to develop our clinical expertise and skills. If you have any queries please speak to reception who will be able to assist you.

Lindy Waller – Editor

SIMPLE SWITCHES

- Swap bread and toast for; wholegrain sourdough, rye or other seeded bread. Skip white bread, muffins or fruit loafs.



- Swap fried eggs for; poached or boiled. Avoid fried or scrambled.



- Swap cured or preserved meats (bacon, etc) for; white meat or seafood. If you really want bacon, make sure you trim the fat, turkey bacon or quorn are very low in fat, therefore a very good substitute.



- Swap creamy dressings, sauces or gravies for; vinaigrette, olive oil, fresh lemon or lime. If you love your sauces ask for half portion or make sure you only eat half!! You can add a teaspoon of mustard to your sauce it gives a nice kick!!



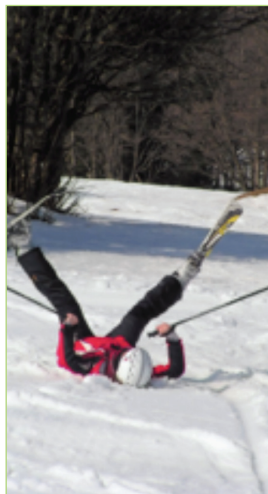
HAPPY KNEES WHILE SKIING BY KATY LOVELL

The ski season has now come to an end – to begin with the snow was not great but I hear that plenty of powder dumped in the end!!



One of the most common injuries I see tends to be in relation to the knee.

For the future, try and work on your knee strength with plenty of muscle toning.



Any accidents that occurred please get checked by specialist. They have the best orthopaedic surgeons near ski resorts.

I have completed an ACL (anterior cruciate ligament) rehabilitation course – this can be a common injury on the slopes.

If you have any pain or injuries, come into the practice for your tailor made diagnosis, treatment and management plan.

Meanwhile, enjoy the snow, stay safe, wrap up warm and make happy memories on your next holiday.

Opening Times at Cedars

Monday
Osteopathy
Massage
Podiatry Services
9.00am-7.00pm

Tuesday
Osteopathy
Homeopathy
Physiotherapy
9.00am-7.00pm

Wednesday
Acupuncture
Osteopathy
9.00am-8.00pm

Thursday
Osteopathy
Massage
9.00am-7.00pm

Friday
Osteopathy
Massage
9.00am-9.00pm

Saturday
Physiotherapy
Massage
Osteopathy
9.00am-5.00pm

At the moment
The Cedars
Practice is
offering one
treatment
(sport /remedial
massage) ½ price
when receiving
your fifth
treatment.

PATIENT RESOURCES

Are you making the most of Patient resources available from the GOC (General Osteopathic Council)?

Considering Osteopathy for the first time? Standards of Osteopathic care describes the highest standards of training, skills and professional behavior that are the hallmarks of an osteopath in the UK.

Go online to www.osteopathy.org.uk For information on all aspects of osteopathic care.



SOME VERY GOOD REASONS FOR EATING BANANAS

Banana lovers are divided in two: those who prefer to nosh on the almost green type and those who don't mind a bit of black speckle. From better health, more energy to even improving the way you look and feel.

Improves digestion

There's a reason bananas are the most consumed fruit in the world, and high in dietary fibre is just one of them. Fibre can help restore normal bowel function and is also a great source of natural laxative if you need to get things moving again.

Low calorie snack

If you want a snack that's going to satisfy without blowing out your daily calorie intake then let it be a banana. Did you know an average banana is about 110 calories? So good.



Energy booster

Loaded with vitamin C, antioxidants, potassium and many of the B group vitamins, bananas help protect and fuel the body, giving you an instant hit of energy when you need it the most. The carbohydrates in bananas also help power-up the muscles, which is why many athletes choose bananas as their go-to pre-workout or mid-break snack.

Lifts mood

Yes, this yellow fruit also has the ability to boost mood too. They're a great source of the amino acid tryptophan, which your body converts into serotonin (the mood-elevating neurotransmitter). As well as pulling you out of the dumps, serotonin can also reduce stress, regulate good sleep and can generally just make you feel happier.

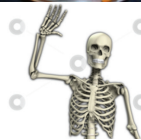
Good for the heart

Potassium is one the most vital nutrients for keeping your heart healthy. It's a mineral needed for muscle contraction, triggering the heart to squeeze blood throughout the body. The daily recommended amount of potassium is about 2,300mg and a medium banana has about 422mg.



Fights heartburn and stomach ulcers

Bananas help neutralise acidity in the stomach and help to coat the lining and reduce irritation, especially after having a spicy meal such as curry!



Good for strong bones

To keep your bones in tip top shape, manganese is an important nutrient. Bananas are a good source of manganese, with one medium banana containing about 0.3mg.



Helps eyes

While carrots are known for being the golden vegetable for sight, bananas should be also taking a share in the praise. They contain vitamin A, which is essential for protecting your eyes, maintaining normal vision, but also for helping you see better at night.

Treatment for muscle cramps

Twitches, spasms and cramps can all come down to low levels of potassium. So with bananas having a significant amount of potassium, this can be a great source for alleviating these symptoms.

Nourishes your skin

Yep, bananas also offer many beauty benefits for your skin. Rich in powerful antioxidants, nutrients and phytochemicals, eating a banana daily can nourish and revitalise dry skin, as well as protect against free radicals that cause premature ageing. Bananas are also good for acne prone skin. Vitamin A can help to fade scars and dark spots, while the zinc and lectin properties can fight against acne causing bacteria.

CONTINUED PROFESSIONAL DEVELOPMENT (CPD)

Our practitioners are committed to a minimum of 30 hours in developing their knowledge and expertise. Some of the courses which were attended by our practitioners in 2015 were; The pivotal role of the pelvis and lower back dysfunction, Anterior Cruciate – rehab of the knee, Osteopathic Paediatrics, Diagnostic Ultrasound, Manual Lymphatic Drainage (MLD) Applied Kinesiology, Medical Acupuncture, Spinal Symposium - neural and orthopaedic conditions of the spine.

EATING OUT – YOU CAN STILL EAT HEALTHILY AND STICK TO A DIET!

We all tend to eat far more when we dine, consider these tips to help on cutting down or eating healthily.



Talk to Your Waiter

Ask them to explain the menu and cooking processes to you. If you hear the words deep-fried, battered, buttery, sautéed, glazed, crispy or creamy, it's likely these dishes have a lot of hidden kilojoules. Listen out for baked, poached, steamed, stir-fried, grilled or seared. Don't be afraid to ask for small modifications. Good manners and an expression of gratitude will go a long way here.

2. Be Prepared

Most places have their menu online. If you're heading to a new spot, Google them to see what's on offer. If you don't get a chance to do this, take the time to read the entire menu before you order. Too often we just scan until something jumps out at us, instead of considering all possibilities and then making our choice.

3. Sharing



A study published in the journal Public Health Nutrition found that participants consumed about 836 additional kilojoules when dining out compared to eating at home.

For those of you playing along, that's about nine squares of Cadbury Dairy Milk chocolate or three slices of white bread on top of what you'd normally consume. Just because you're at a restaurant doesn't mean you need to order more than one course. If you do, consider sharing a starter or dessert to make sure you don't over indulge.

4. Use Your Common Sense – cut out certain foods



We've all heard the standard tricks – skip the breadbasket, choose the salad over chips, ask for the sauce or dressing on the side, go for meat and veg options.

5. Choose Your Moment

Eating out has become part of our cultural norm, so it's no longer OK to use the "I don't have this (insert your fatty meal of choice here) very often" line. That being said, there's nothing wrong with the occasional indulgence. Just choose the moment in which you do (eg, the fancy restaurant you've been waiting to get into for three months as opposed to the local burger joint).