



SEVENTH EDITION - AUTUMN 2014



Well, what a wonderful summer, I do hope you all enjoyed the sunshine!! Thank you very much for all of your comments about our previous newsletters, always a pleasure to hear from you and any thoughts on our articles or any suggestions you may have are always very welcome.

Our renovations are completed and we hope that you find the practice environment bright and pleasing to the eye! There has been a lot of interest shown in our photo prints in the reception area, even to the extent about the little girl pushing her pram (resembling a certain receptionist and newsletter editor!!!) the man on a bike (resembling a certain sports masseuse, any thoughts? There is an article about R.I.C.E in this newsletter!!) BUT seriously thank you for the interest you have shown and your amusing comments!

I hope this newsletter, which includes tips on the colder weather and keeping healthy in the Autumn months will be helpful and informative.

Lindy Waller, Editor

Opening Times at Cedars

Monday
Osteopathy
Massage
Podiatry
9.00am-7.00pm

Tuesday
Osteopathy
Homeopathy
Physiotherapy
9.00am-7.00pm

Wednesday
Acupuncture
Osteopathy
9.00am-8.00pm

Thursday
Osteopathy
9.00am-7.00pm

Friday
Osteopathy
Massage
9.00am-9.00pm

Saturday
Physiotherapy
Massage
Osteopathy
9.00am-5.00pm

GETTING OLDER



As we grow older our vitamin and mineral needs change, especially after 50!!

This may be due to poorer absorption, illness, medication and other factors. The key nutrients you may be short of include B vitamins, D vitamins, vitamin C, calcium and iron.

Regular exercise and healthy eating is most helpful. Do not over eat as this could raise the risk of diabetes and other illnesses. Socialising and getting out of the house are also key factors.

STEPS TO PREVENT FLU

The single best way to protect against the flu is to get vaccinated each year in the Autumn. Don't forget to cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often. Stay home if you get sick.



JULIA

RECEPTIONIST / CLINIC ADMINISTRATOR

Julia has worked at the Cedars since 2009 after attending a local school and graduating from St Mary's Twickenham University.

Julia heads administration and reception at the practice and she is responsible for private health and business accounts. If you have any queries Julia will only be to pleased to help. She also manages day to day business at the practice and ad-hoc projects to mention but a few of her many talents.

She lives locally and is married with two lovely children, Ella & Fraser. When she has time she enjoys reading, swimming, film and the most valuable to her, time spent with family and friends. Also Julia spends time helping at her daughter's school and at a local church.

BUT BEWARE, as a child, Julia was only two belts away from black belt in karate!



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CONCESSION
FOR SENIOR
CITIZENS

SLIMMING TRICKS

- Never shop while hungry
- Ban the biscuit barrel
- Don't snack in the car
- Make the work place a food-free zone
- Avoid eating on the move
- Always sit down to eat
- Stick diet goal on the fridge door
- Serve smaller portions – try using a smaller plate
- Eat slowly and chew food thoroughly allowing tummy to fill up naturally



HERE ARE 5 TIPS TO HELP YOU EAT HEALTHY AND LIVE A VIBRANT, HEALTHY LIFE THIS AUTUMN SEASON.



1. Try buying food in season - with the arrival of the new season, now is the time to change your diet! Embrace the yummy foods that Autumn offers. Enjoy fresh pumpkins, parsnips, yams, winter squash, sweet potatoes, turnips, apples, pears, figs, elderberries and even cranberries!

Some of the fresh seasonal dishes are creamy pumpkin soup, roasted root vegetables, cranberry chutney, baked sweet potatoes, caramelized pears and crisp apple pies.

2. Eat your autumn colours! - Autumn is the season of warm, earthy colours; think deep greens, dark yellows and brilliant oranges. When you eat foods that are rich in these colours, one rule of thumb is that the more colourful the fruit, the better it is for your health and your immune system.



3. Boost your immune system - with the changing season, now is the perfect time to boost your immune system. Whenever you feel the need for a boost to your immune system, first look to nature. Some of the favourite natural immune-boosters are: to drink plenty of fresh water, good sources that are high protein, such as eggs, meat, soy, beans, cheese and certain fish such as cod and sardines, probiotics, Vitamins B, C and D, reishi mushroom, zinc and Manuka honey.

Another powerful way to boost your immune system and keep strong is to use the power of gentle exercise.

4. Embrace gentle movements - in summertime, it's so lovely to spend time outside. For many, this sunny weather allows us to move our body naturally, using gentle movements such as walking on the beach. But, don't let cooler temperatures stop you from moving your body! Far too many people stop exercising and spend more time doing sedentary activities indoors.



One way you can keep moving during the cooler season is to bring your activity inside: bounce on a rebounder, do yoga at home, get a yoga swing, swim, go to the gym or find a dancing class!

This Autumn, get yourself organised so that you are well prepared for the coming winter months.

Find an enjoyable way to gently move your body, so that this year you keep yourself fit and healthy. (Think about how next Summer will be even more enjoyable!)

5. Live aligned with the season - as the season shifts also give yourself permission to make different choices and changes in your lifestyle. The shorter days and longer nights are the perfect excuse to take the time to really look after yourself. Use this Autumn as an ideal time to hibernate, giving yourself time for you.



Spend time relaxing at home, wrapped up with a hot water bottle, wearing your favourite pyjamas and enjoying early nights. Watch movies, drink chai tea (black tea with spices and herbs) or start writing that book you've always dreamt about writing!!!



Autumn is a nice time to slow down and enjoy some internal reflection. Allow this season to be a chance to nurture yourself by eating fresh seasonal foods and living healthily. Hopefully these tips may help you to stay strong and healthy!

DAVID MORRIS ON R.I.C.E



Despite the title this is not an article about carbo loading before a marathon or the nutritional benefits of this particular food. It is the abbreviation of the first aid principle that should be applied immediately after a soft tissue injury in order to minimize the damage done and help improve recovery time. It stands for Rest, Ice, Compression

and Elevation. So why is it important? It is generally considered that the treatment administered in the first 24 to 72 hours after injury determines how successful the overall recovery will be. The aim is to prevent further damage, reduce bleeding and limit swelling to the area.

The first principle is **REST**.

The first aim is to stop bleeding and minimize tissue damage to the injured area. As the tissues are torn, bleeding and unstable any further movement may increase the initial bleeding and risk further tissue damage. Stop the activity that caused the injury. Leave the field of play. Allow the injured tissues to rest. This is because the healing process starts immediately the structure is injured and any delay will influence the recovery period.

Secondly **ICE** should be applied.

Applying ice has two main benefits. The first is that it cools the tissues and reduces the bleeding by causing the blood vessels to contract. The second is that it has an analgesic affect thus reducing pain and muscle spasm. It should not be applied directly to the skin as it may cause ice burns. Wrap it in a damp cloth first. There is some debate as to the length of time it should be left on, but 10 - 20 minutes is a good guide depending on the structure injured. It should be applied every 2-3 hours for the first 72 hours.



Next apply **COMPRESSION**.



Compression is probably the single most important technique for controlling initial swelling. It can be produced by firmly wrapping a bandage around the affected part so as to constrict the tissues from further swelling.

Finally **ELEVATE**.

The injured part, particularly if an extremity, should be elevated to assist in controlling the swelling. By doing so the effects of gravity on blood pooling in the extremities is eliminated. Elevation assists venous and lymphatic drainage of blood and other fluids from the injured area back to the central circulatory system. Again this should be done as much as possible within the first 72 hours.

After the initial 72 hours or once the swelling and pain has reduced it would be advisable to seek further advice from a health care professional on the further treatment and management of the injury.