



## FIRST EDITION

Welcome to the first edition of The Cedars Newsletter. We aim to publish on a quarterly basis and would welcome any suggestions you would like to read about in forthcoming editions. Please email or call us directly. *We hope you will find the contents interesting and relevant.* **Editor Lindy Waller**



## OSTEOPATHY & THE NHS

Osteopathy is undergoing revolutionary changes. One of which is osteopathy is being included in NHS services and has proven highly effective in reducing waiting lists and costs to the NHS. Around one third of the new commissioning groups which are taking over the old PCTs in England, have opted for inclusion into the government new health initiative. Surrey have chosen not to opt into the scheme as yet.

## HAY FEVER SEASON



One in five of us suffer from this and related allergies at some time in our lives (1). What might seem like a mysterious problem; hay fever is an allergic reaction to various types of pollen. Hay fever happens when the body reacts with these allergens, setting off the release of the body chemical, histamine, which causes the typical symptoms hay fever sufferers feel. Sufferers will be familiar with sneezing, runny nose, itchy eyes and throat and often headache. Symptoms may be mild and for some of us can be very debilitating. Although symptoms are not life threatening, sufferers of hay fever know from personal experience, they can make your life unbearable. According to studies, homeopathic treatment has been shown to improve hay fever symptoms (2) which can be an added benefit to the summer holidays.

(1) NHS 2009 Tackling hay fever (online) Available at: [www.nhsdirect.nhs.uk/news/newsarchive/2009/tacklinghayfever](http://www.nhsdirect.nhs.uk/news/newsarchive/2009/tacklinghayfever) (accessed 10/6/2010)

(2) Reilly DT, Taylor MA, McSharry C, Aitchison, T. Is homeopathy a placebo response? Controlled trial of homeopathic potency, with pollen in hay fever as a model. *Lancet*, 1986;2: 881-6.



## OSTEOPATHS ON HOST NATION MEDICAL TEAM AT LONDON 2012 OLYMPICS

For the first time in Olympic history osteopaths have collaborated with the host nation medical team, working alongside other health professionals providing support and treatment for competing athletes.

## OLYMPIC HOPES

Jo Blair, Sports Masseur, came an impressive fourth when she competed in the women's javelin at the Olympic Trials in Birmingham on 24 July.

**BUPA HEALTH**



The Cedars has become a preferred BUPA provider of Osteopathic Services. If you have private health insurance, which includes cover for osteopathic care, please advise reception who will directly invoice your insurer for treatment.

## Opening Times at Cedars

**Monday**  
Osteopathy  
Massage  
Podiatry  
9.00am-7.00pm

**Tuesday**  
Osteopathy  
Homeopathy  
9.00am-7.00pm

**Wednesday**  
Acupuncture  
Physiotherapy  
Osteopathy  
9.00am-8.00pm

**Thursday**  
Osteopathy  
9.00am-7.00pm

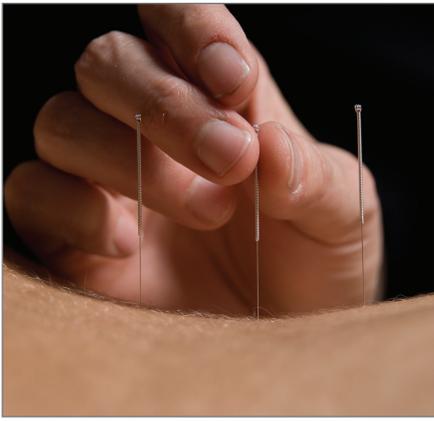
**Friday**  
Osteopathy  
Massage  
9.00am-9.00pm

**Saturday**  
Physiotherapy  
Massage  
Osteopathy  
9.00am-5.00pm



## WELCOME TO KATY LOVELL

We would like to welcome Katy Lovell to our osteopathic team. Katy graduated from the European School of Osteopathy. Katy is proficient treating small children, the elderly and pregnant women whether it be for osteoarthritis or musculoskeletal problems. She uses a variety of techniques tailored to the individual and has a keen interest in sports injuries and geriatrics. Katy is registered with the General Osteopathic Council and is a member of the British Osteopathic Association



## ACUPUNCTURE

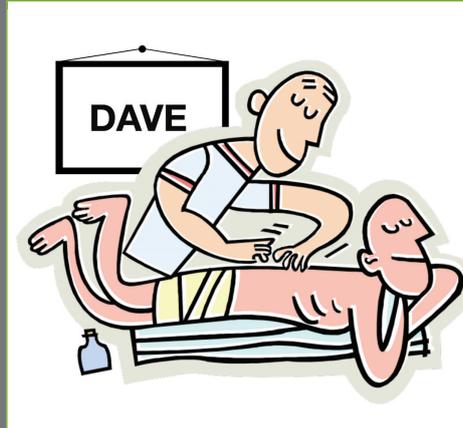
Jennie Chew our acupuncturist has seen great results with her treatments that infuse traditional acupuncture and holistic therapies. Jennie will shortly be introducing facial dermaroller to her oriental medical approach - 'White Lotus Anti Aging'. Also known as micro needling or Collagen induction Therapy; skin needling is a rapidly growing treatment technique that is gaining worldwide recognition for its ability to dramatically increase collagen production and increase transdermal absorption.

**Please speak to Jennie who will explain the treatment in more detail.**



## SPORTS / REMEDIAL MASSAGE & ACUPUNCTURE PRIVILEGE CARD

In response to patient suggestions in our practice questionnaire Cedars has introduced the Privilege Card. New and current patients can receive a 50% reduction on the fifth consultation. You will have a 6 month window to use the card and complete your treatment. There is also the added bonus you can use the privilege card for 1 hour and 1/2 hour appointments. **Please see our information leaflet for further details.**



## BACK CARE WHEN GARDENING

- Remember to warm up before gardening by gently stretching your muscles.
- If it is a cold day, wait until you have completely warmed up or until later in the day.
- Raise flower beds where possible, this will reduce having to bend down.
- Use tools with long handles.
- Use a specially designed low garden stool.



## BABIES, CHILDREN & OSTEOPATHY

Babies and children's bodies are naturally flexible and should not have structural stresses and strains.

However, the birth of a baby is probably one of the most stressful trials in its life! Babies heads have the ability to change and mould in normal pregnancy but sometimes labour may be difficult and the baby may not fully recover from the adverse affect of the birth.



Cranial Osteopathy is a specialised approach providing care for a range of paediatric conditions and maybe helpful for stress related problems of birth.

**For further information talk to one of our specialised osteopaths.**

## A HANDS ON APPROACH TO PARKINSON'S

"Physiotherapy will never be a cure for Parkinson Disease but it does have a role to play in managing the disease and minimizing its impact on everyday life."

## HEALTH FACTS

Did you know sunburn can damage skin cells. Research has found that an average persons skin can take up to 4-6 months to recover from sun burn damage. So please use high plus+ rated sun block! It really does work to protect the skin from harmful UV rays.



## A NEW LOOK FOR THE CEDARS PRACITCE

The Cedars is currently receiving a face lift. A new look logo has been designed for the practice and you will also notice refurbishment has started and to be completed at the end of the year.

**Thank you for your patience.**