



## EIGHTH EDITION - WINTER 2014



Welcome to our eighth edition of the Cedars Newsletter, I trust you will find this Christmas edition interesting and informative.

So far we have been very lucky with the weather, its not been too cold, fingers crossed it will stay that way for some time. Let's hope we don't experience heavy rain as last year!

Please stay safe over the Christmas period and don't forget people who are on their own, always good to invite them for a drink or a meal.

As always thank you for the interest you show in our newsletter and I am always ready to accept any ideas you may have for articles etc.

A very merry Christmas to you all. **Lindy Waller, Editor**

## KEEP WARM, KEEP WELL



Unfortunately we've reached that dreaded time of year again – the season of colds and sniffles, and general

strain on our immune system. We are 80% more likely to catch a common cold in winter. The lack of humidity in the air during the winter months combined with lower temperatures means the cold viruses survive better and are easily passed between people during the prolonged periods spent indoors.

On average we catch between two and four colds a year. However, children and the elderly are susceptible to more as they have compromised immune systems. In winter our skin becomes drier and cracked, leaving us more vulnerable to infection entering our bodies. Add into the mix that we are now approaching Christmas, which is a stressful time for many, making us susceptible to winter bugs. And the inevitable indulgence in high fat, sugar rich foods depletes our immune system further.

## KNOW YOUR ONIONS!



Don't throw away onion skins as they are full of nutrients like fibre and the plant compound, quercetin (acts like an

antihistamine & anti-inflammatory) You can add them to stocks or casseroles to add the nutritional benefits. Please remember to fork them out as they are not for eating!!



### A FEW IDEAS TO KEEP YOU, YOUR FAMILY AND THOSE AROUND YOU WARM AND WELL IN EXTREMELY COLD WEATHER.

#### IS ICE AND SNOW ON THE WAY?

Check the weather stations on TV, Radio, newspapers or on-line!

#### To keep warm and well during spells of cold weather:

- Draw your curtains at dusk and keep your doors closed to block out draughts.
- Have regular hot drinks and eat at least one hot meal a day if possible. Eating regularly helps keep energy levels up during winter.
- Wear several light layers of warm clothes (rather than one chunky layer).
- Keep as active in your home as possible.
- Wrap up warm and wear shoes with a good grip if you need to go outside on cold days.
- Keep your bedroom and main living room at 18 and 21°C (65 and 70°F) respectively. If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to sleep.



## ALL WE WANT FOR CHRISTMAS... IS TO AVOID THE SNIFFLES!



We are surrounded by pills and potions that promise to boost our immune systems through the more demanding months, leaving us fighting fit and able to laugh in the face of colds.

But with so many conflicting claims, fancy packaging and varying prices it's difficult to identify which ones are actually worth taking.

According to some here are a few of the top supplements that may help ward off the colds: Vitamin C, Vitamin D & Probiotics.

## Opening Times at Cedars

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

**Tuesday**  
Osteopathy  
Homeopathy  
Reflexology  
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

## PROTECT YOUR HEALTH IN THE COLD!

Make sure you are receiving any benefits you are entitled to such as the Winter Fuel Payment and Cold Weather Payment. You can always go online or ask your local health authority for advice.

## CONCERN OVER MEN'S BONE HEALTH

Alarming new data published by the International osteoporosis Foundation (IOF) show that one-third of all hip fractures worldwide occur in men, with mortality rates as high as 37% in the first year following fracture. This makes men twice as likely to die after a hip fracture. Osteoporosis experts warn that as men often remain undiagnosed and untreated, millions are left vulnerable to early death and disability, irrespective of fracture type.

The report entitled 'Osteoporosis in men: why change needs to happen' was released ahead of World Osteoporosis Day and highlights that the ability of men to live independent pain-free lives into old age is being seriously compromised.

Osteopaths are well placed to spot the risk factors for osteoporosis, which include lifestyle and medical factors that osteopaths should routinely screen for.

To help identify patients at risk of osteoporosis the World Health organisation has developed a simple tool for health practitioners to use. The FRAX questionnaire tool will indicate whether or not a patient should be referred for further investigations, which may include a bone density scan.

GPs also use FRAX, so by carrying out the exercise with your practitioner you will have a much better idea if you think you may be at risk of osteoporosis.

## WINTER SKIN CARE TIPS



Avoid hot showers and baths. As tempting and as enjoyable as it is to jump into a hot shower on a cold winter day, don't. Apparently bathing in hot water breaks down the lipid barriers in your skin, which causes a loss in moisture. Instead, why not take a warm shower, not hot, and to avoid staying in the bath for too long.

**Exfoliate** The top layer of skin cells are either dead or old and may make your skin look dull. Exfoliating gets rid of the dead skin cells and reveals newer, healthier-looking skin, but do not over-exfoliate.

**Moisturise** Try using a heavier moisturiser in the winter that is oil-based, not water-based, to nourish skin from the inside and help balance natural oil production. It could help if you use an oil-based moisturizer with SPF, even when the sun isn't out UV rays that cause skin damage are present all year-round, rain or shine.

## TRAVEL CAREFULLY IN ICY WEATHER



Icy pavements and roads can be very slippery. Take extra care if you go out and wear boots or shoes with good grip on the soles. The Met Office advises putting grit or cat litter on paths and driveways to lessen the risk of slipping. It adds

that you should wait until the roads have been gritted if you're travelling by car.

Bear in mind that black ice on pavements or roads might not be clearly visible, and that compacted snow may turn to ice and become slippery.

## LOOK IN ON VULNERABLE NEIGHBOURS AND RELATIVES

Check up on friends, relatives and neighbours who may be more vulnerable to cold weather. Cold weather is especially dangerous for older people or people with serious illnesses, so check up on them if you can.

People with heart or respiratory (breathing) problems may have worse symptoms during a cold spell and for several days after temperatures return to normal.

If you are at all worried please contact your local NHS.

## DID YOU KNOW?

Did you know tuna and cod are good choices to boost selenium (is an essential mineral and micronutrient) intake



## TIPS FOR A SAFE & MERRY CHRISTMAS

Are you getting ready for Christmas? Here are a few tips for a safe and happy time.



**1. Turkey** - Turkey is probably the biggest thing that goes in our oven each year!! Here are some simple ways to make sure it's part of a

meal to remember for the right reasons. Don't wash it before cooking. The majority of us do and that simply risks spreading harmful bacteria over worktops. If using a frozen bird then make sure it is fully defrosted with no ice crystals inside. Cook it properly until none of the meat is pink and the juices run clear.

**2. Tree and lights** - Be careful when dragging your tree (plastic or real) around the house and covering with lights etc make sure you have help if the tree is heavy and if your lights are getting too old, consider purchasing a new set and please remember to turn them off when you go out and go to bed!



**3. Up in smoke** - Remember not to leave lighted candles unattended, they can cause house fires!!!

**4. I couldn't eat another** - Let's face it most of us will eat too much over Christmas. That's not a problem if it's a one-off! The Heart Foundation says Christmas lunch can provide more calories than are needed in an entire day, but tips such as removing skin from turkey and eating slowly. Low fat cream on your pud and mince pies can lower your calorie intake too!



**5. Hic...** - We all know we consume far too many calories over Christmas not only food but in alcoholic beverages too! Try to cut down and never drink and drive no matter how tempting!!!

**6. Unfestive fevers** - There are more hospital admissions for pneumonia in December compared to say August, also cold weather can trigger a rise in asthma problems. Therefore please stay safe and try to minimise some of the risks such as having a flu jab, taking vitamins, staying warm and washing ones hands regularly!



**7. Lonely this Christmas** - There is one thing worse than being surrounded by relatives at Christmas and that is not being surrounded by them!!!

Apparently the Samaritans are very busy over Christmas but the charity says the idea of Christmas being the busiest time of the year is somewhat of a myth!! Research suggest thankfully there is a fall in suicides during the Christmas period!!

Remember if you know someone is spending Christmas alone, whether it be a relative, friend or neighbour, ask them for a drink or meal.

**A VERY MERRY CHRISTMAS & HAPPY NEW YEAR FROM ALL OF OUR PRACTITIONERS!!**

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