



# Newsletter

Issue 6 - May 2014



## SIXTH EDITION - SPRING 2014



Welcome to our Spring Newsletter, hope you find the contents helpful and informative. We hope it will put a spring in your feet!

Spring, not only time for an annual clear out of your house BUT it's a good time of year to spring clean your health and wellbeing too.

The weather seems to be improving all the time and we are gradually drying out after all the rain. Spring is looking good and hopefully summer will be dry and sunny!!

Lindy Waller, Editor

### 3 WAYS FOR HAPPIER JOINTS



1. Regular exercise can play a role in managing joint pain and stiffness. Simple exercise is often best for painful joints and short walks can help boost fitness levels. Activities which stretch and strengthen the muscles, such as yoga and pilates can be beneficial. If you are not used to exercising make sure you pace yourself, if joints become painful and swollen apply an ice pack and start again the next day, gradually increase your exercise time according to how you feel.



2. Glucosamine supplements score high on the popularity charts because it is vital for making certain amino acids which are the building blocks of joint structures such as ligaments, tendons, cartilage and synovial fluid (liquid substance responsible for lubricating joints). Our bodies manufacture glucosamine but it can be a slow process, therefore supplements may help.



3. Being overweight is known both to cause and worsen arthritis. It causes inflammation which fuels joint destruction and can cause extra pressure on your joints. Keep your weight down by following a healthy diet. Eat plenty of fruit and vegetables, whole grains and lean protein. Foods rich in Omega 3 fats can also help protect against joint damage such as oily fish, nuts and seeds. Try to cut down on foods containing saturated fats and sugar which fuel the inflammatory process.



### ANGELA SCHROEDER HOLISTIC PRACTITIONER MBRA

Having worked in the corporate world for over a decade, Angela fully understands the stresses that the modern day working lifestyle can cause.

However, she discovered that after receiving a course of reflexology treatments, many of her symptoms were reduced or disappeared completely and thus began her fascination of alternative therapies, specifically reflexology.

As time passed and her interest into the theory of reflexology increased she made the decision that rather than continue in her corporate career she would train as a Reflexologist in order to help others in the same way that she had been helped herself. This decision led to a year long training course at the "The Bayly School of Reflexology" under the tuition of Nicola Hall.



Following a successful completion of this diploma course, Angela set up "Total Tranquillity" through which she has treated patients of all ages from differing backgrounds with an even greater variety of symptoms.

Angela doesn't just look to treat the symptoms during consultations but works closely with the client in order to help identify the underlying causes.

Her calming, caring, friendly and empathic nature makes Angela an ideal holistic practitioner.

Angela has also introduced Ayurvedic Massage, Indian Head Massage, Hand and Facial Reflexology to her list of specialist treatments. She has found these treatments to be particularly beneficial for easing general stress and muscle fatigue/tension.

She has a true passion for all of these therapies and has been inspired to help others overcome the stresses and strains of modern day living as well as helping alleviate many of the common disorders that clients have simply come to accept as normal. Angela is also very honored to be a Board Member of the British Reflexology Association (B.R.A).

### 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**

# KATY LOVELL ON 5:2 DIET



As we enter the spring those new years resolutions of keeping fit and trimming the waistline have probably fallen by the board. With miserable weather and busy lifestyles it often means we turn to those diets that promise great changes with very little effort. There are many different diets out there and it can often be a mine field as to know what will work best. The diet at the moment which is sweeping the nation is the 5:2 diet. For those of you who are new to this concept - you eat normally (sensibly) for five days and for two days you limit your calorie intake - almost seen as two fasting days. Relatively easy you think! Two days with little food, easy for some but a nightmare for others.

## So what is the research behind this diet? Does it work?

Research states that "fasting increases insulin sensitivity which retards aging and disease. It also decreases the accumulation of oxidative radicals in the cell which prevents cell damage associated with age and disease. Lastly it induces a cellular stress response which increases the capacity to cope with stress and resist disease and aging".

What is crucial is to look at your diet now - if you calculate your calorie intake and some days you are not eating lots as you are working all day then really the 5:2 may not give you the results you would like. If you are exceeding your recommended daily allowances then this should work, and for even better results throw in a bit of exercise too!



Our diet has changed so much over the years with the multi million empire of supermarkets who thrive as we want all foods all year round. Mass produced products with longer shelf lives and full of only knows what. We struggle to stick to clean foods and often escape the reality of what constitutes as a healthy, balanced diet. We all know that refined carbohydrates, sugar and sweets are bad for us but we still fall into the pitfall as its tempting, a little pick me up or just those buy one get one free offers.

The key to understanding diets is to know what food sources are. Our bodies are energy houses that need a variety in order to perform to optimum. Carbohydrates are the fuel source, proteins are for growth and maintenance, and fats absorb nutrients and maintains core temperature.

## Below is what each food converts to in the body:

**Carbs** - glucose / sugar

**Proteins** - amino acid

**Fats** - triglycerides

**Sugar** - fat

No amount of fad diets promising quick results will give you long term satisfaction.

The key is to eat healthy for the majority and do not deprive yourself from the bad stuff every so often. Exercise is crucial to burn off those calories, keep your body functioning to optimal and maintaining a harmonious system of health.

If you are going to jump on the band wagon be realistic in goals that you wish to achieve. Do not look at it as a diet but a lifestyle change for better health. Do a little research and understand the basic principles of why and how these diets started and are they going to work for you.

So give up the "I will start Monday" and make today the new start - look forward to flaunting the results in the up and coming summer...If we get one that is! Good luck readers.

## VITAMIN D



We all know that as we grow older our bones become more fragile and tests in America have shown that this bone-aging process can be significantly accelerated through deficiency of vitamin D. Vitamin D deficiency can also reduce bone quality.

Vitamin D levels should be checked and kept on well-balanced levels to maintain the structural integrity of bones and avoid mineralisation defects and aging issues that can lead to a risk of fractures.

## 5 TIPS TO SPRING CLEAN YOUR BODY



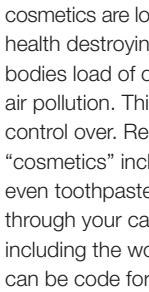
Now that we're into the Spring season, why not clean your body as well as your home? This is the perfect time of year to give your health a boost, and prepare for Summer. Here are 5 tips to help spring you into a higher level of health for Spring. It takes 21 days to make or break a habit, so try these tips for three weeks, and go longer if you can!

### 1. Add a Hot Water with Lemon Habit



- Start your day with warm water and lemon to help alkalize your body and cleanse toxins. This ancient beauty secret is a simple way to cleanse your body and add hydration.

### 2. Drop Toxic Body Products



- Many of today's cosmetics are loaded with carcinogens and other health destroying ingredients, adding to your bodies load of other more unavoidable toxins like air pollution. This is one department you have control over. Remember that beauty products, or "cosmetics" include anything you use on your body, even toothpaste and deodorant. For starters, go through your cabinets and toss out anything including the word "fragrance", because that alone can be code for over 26 different toxic chemicals!

### 3. Replace Animal Products with Plant Based Alternatives

- Meat and dairy products create an acidic environment in the body, which leaves the door open for disease. Give your body a break from the acid, and choose alkalinizing plant based foods like leafy greens, cucumber, and avocados. If you're looking for plant based protein sources, try lentils, hemp seeds or chia seeds! Consume as many of these foods as close to raw as possible, for an even healthier and more vibrant body! You might even lose a few pounds!



**4. Sweat it Out** - Go to a hot spa or a hot yoga class. Our skin is our largest organ, and sweating can be an effective method of detox.



**5. Add Vegetable Juice** - A daily dose of fresh (never bottled!) organic vegetable juice will add needed nutrients to your diet, and work as a cleanser for your body too.

Focus on leafy greens, the darker the better, and add lemon, ginger and even garlic for extra cleansing power. Beets (include the beet greens!) are known by some as the "special forces" of cleansing, so try adding those every few days as well.