



SECOND EDITION WINTER 2012



Well, that was summer!! Or was it??? We hope you enjoyed the Olympics and at least the weather stayed fine while they were taking place, didn't we do well! We now look forward to short days, long nights and maybe snow! Not all bad though, Christmas is just around the corner! We hope you enjoyed the first edition of our newsletter and thank you for your comments, they were most helpful. We are still eager to hear from you and any comments you may wish to make. *We hope again, you will find the contents interesting and relevant.*

Editor Lindy Waller

SPECIAL OFFERS

Homeopathy

Special Introductory Offer

£10 reduction on the first appointment, for all new patients.

Chiropody

£25 Concession for Senior Citizens

NEW WEB SITE

Please visit our new website www.back2health.biz – we would be pleased to hear from you and any suggestions you may have.



KEEPING YOUR FEET WARM



Remember to keep your feet warm as possible, especially in the winter months, but don't cook them in front of the fire!

Exercise is the best way and warm socks and stockings can help.

Avoid anything too tight which can restrict your circulation or cramp your toes. Wearing fleece-lined boots or shoes or an extra pair of socks will keep you warm but do make sure your shoes are not too tight as a result. Bed socks are a good idea.



IF YOU SUFFER FROM ARTHRITIS – WHY NOT TRY WATER THERAPY?

Aerobic and stretching exercise in warm water can help alleviate arthritis pain.



DAVID MORRIS ON...WARMING UP AND COLD WEATHER

Now that daylight hours are shorter and winter is approaching there is the temptation to rush our exercising regimes or not take proper consideration of the colder weather. So here are a few tips to help you reduce the chances of picking up an injury. The main purpose of warming-up is to prepare the body for the activity it is about to undertake. It works physiologically by raising body temperature and heart rate, psychologically by practicing the movements required, for example in a game of

tennis, and biomechanically in the way tissues respond when put under mechanical strain. The intensity and duration of the warm-up will depend to some extent on the fitness of the person, activity being performed and weather conditions. For example playing football for an hour and a half will require a different warm-up to a 30 minute jog around the park and should be tailored accordingly. Also the less fit the person, the longer the warm-up will take. A general warm-up is done to gradually increase heart rate so that blood flow increases ensuring oxygen and nutrients are passed to the muscles and waste removed. Muscle temperature is elevated and so work more effectively and efficiently, in the same way that a car engine works better when warm. Because the muscles are warm they become more elastic so range of movement increases. This can be followed by more specific activity related exercises.

Exercising in cold weather brings with it some extra considerations. It will take longer for the body's core temperature to increase so warm-up should be longer or more vigorous. Cold muscles and tendons are less elastic and so more prone to injury. Think of an elastic band that's been in the freezer. Once warmed-up it is important not to allow the body to cool down again. Keep covered up. A number of layers are better than one or two thick garments. So if doing stop/start activities such as football or interval training have clothing to put on during breaks. Also be aware of the wind chill factor, particularly if doing activities such as cycling as this can make it feel even colder and cool the body down very quickly. There is no truth that you lose most of your heat through your head. You will lose it from any area that is exposed. There is no point going out for a run when it's freezing cold wearing a sweatshirt, hat, gloves and shorts! Your leg muscles won't work efficiently if cold.

Remember the saying that there is no such thing as bad weather, only the wrong clothing! So reduce the risk of injury this winter – warm-up properly and wear the right clothing.



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

20% Reduction on

- Gym Balls
- Balance Cushion
- Wobble Boards

whilst stocks last

Improve Muscle Recovery

"A protein-rich snack before bed improves overnight muscle recovery and growth"

JENNIE CHEW AN INTRODUCTION TO ACUPUNCTURE AND INFERTILITY



It's a drug free holistic approach to healthcare, without side effects, that stimulates the body's own healing response, helping restore its natural balance. Treatment is specific to each individual client, utilizing a combination of acupuncture (Traditional Chinese Acupuncture & Japanese Acupuncture) acupressure, massage, moxibustion (heat therapy) and aromatherapy. These aim to harmonise, strengthen, balance and invigorate the flow of energy throughout the body & therefore helping the body to heal itself.

Fertility problems affect about 15% of couples in the UK. The National Institute for Health and Clinical Excellence (NICE) states that couples who have not been able to get pregnant after 2 years (of regular unprotected sexual intercourse) are classified as having a fertility problem.

According to HFEA Facts & Figures 2006 – Fertility Problems and Treatment (2008).5, IVF is about 30% successful. Studies have shown that acupuncture increases success rates by 46% if combined with embryo transfer. (Paulus, W., Zhang, M. et al (2002). *Influence of Acupuncture on the pregnancy rate in patients who undergo assisted reproduction therapy, Fertility and Sterility*, 77(4), 721-724).

There has been a significant decline in sperm density in the average male from 1938 to 1990. In 30% of the cases of infertility, the pathology is the man alone. In a study published in *Fertility and Sterility* in 2005, found that acupuncture is associated with fewer structural defects in sperm and an increase in the number of normal sperm. It shows that acupuncture can significantly improve the quality and health of sperm.

Couples who have not prepared for the emotional roller coaster of hope and despair in IVF including the anxiety, mood swings and frustration caused by the effect of the hormonal medication that the woman is taking.

Traditional Chinese Medicine treats the body, mind and spirit, not just the physical symptoms. Treatment is also aimed at keeping the woman relaxed. Assisting the body to cope with these ups and downs.

Results on acupuncture and fertility is ongoing and preliminary research has shown a few of the possible benefits of acupuncture :

- Improved pregnancy rates during IVF treatment cycles especially when acupuncture takes place on the day of embryo transfer.
- Increased blood flow to the uterus, leading to an improved endometrial lining.
- Reduced stress and anxiety levels.
- Possible improvement in ovulation for women with PCOS (Poly Cystic Ovary Syndrome).
- Possible improvement in sperm count and quality in men with infertility.
- Possible regulation of gonadotropin-releasing hormone a reproductive chemical, which in turn could help regulate ovulation.



For an introductory 15 minute consultation with Jennie please call the practice.



HEADACHE PILLS - AN UPDATE!

Experts say, over one million people are suffering from crippling headaches and are in constant pain, because they are taking too many painkillers!

NICE (The National Institute for Health and Excellence) says that if people take pain killers on a regular basis, such as half the days in a month the tablets are more than likely causing the problem they are intended to cure! So what are the alternatives to continually popping pills?

Tension-type and neck related headaches are the most common form of headache. If you suffer from tension type headache, then regular gentle exercise will almost certainly help - such as yoga, pilates, swimming and walking. Some people find it hard to relax and probably don't realise how tense they are. If someone suffers from headaches it may also be neck related due to stiffness or restrictions of the neck which is where treatment such as osteopathy, physiotherapy, sports massage and acupuncture can be very helpful. These types of therapies are designed to identify the causes of tension or stiffness and relieve the symptoms by helping the body achieve more mobility and flexibility.

FOOT HEALTH CARE PROFESSIONALS TREAT PEOPLE OF ALL AGES AND FROM ALL WALKS OF LIFE:



Children sometimes have pains in their legs or feet as they grow or have problems walking.

Sports men & women often suffer from injuries to their legs and feet.

Dancers with long hours rehearsing and performing put stress through their feet that can cause injury.

People wanting advice - some people do not need treatment but just want advice about foot wear or foot health. And don't forget the older we are the more we need to care for our feet.



HOW DIABETES AFFECTS FEET

One of the first ways in which diabetes may affect your feet is through loss of sensation with your feet, often starting at the toes. This is why foot health care professional checks are

paramount. Your Foot Health Care Professional will routinely screen your feet for poor blood flow.

Visiting a Foot Health Care Professional can also help prevent problems developing by checking for damage to the feet, including ulcers & foot infections.

Julie Strover
Foot Health Care Professional

OSTEOPATHY ON TV

The British Osteopathic Association has been involved in the filming of a half hour programme called 'Back to Health in the NHS' it will be broadcast eight times from 17 November on SKY TV Channel 212 and BBC / ITV digital Freesat 402.

COULD BISCUITS MAKE YOU ANGRY?!

After a stressful day a cup of tea plus a biscuit might not help. While the cup of tea may help and has several benefits the biscuit is likely to counteract them if they contain trans fats.

A new study at the University of California established a link between those clogging industrial fats, known commonly as 'hydrogenated vegetable oils' and aggression! So much for the traditional pick-me-up!

