

PARK LANE PRACTICE NEWSLETTER

FEBRUARY 2009 NO.1



Welcome to the first Park Lane Practice newsletter

I am very glad to finally introduce it to you all.

I hope you find it useful and interesting and we would all be glad of any feedback - please email us at:
info@osteopathsinchippenham.co.uk

Carol Plumridge, Osteopath and Director of Park Lane Practice

Spring is coming!

This winter has seemed quite long but also quite 'real' as we have had proper winter weather rather than the usual damp mild times we normally have.

In the winter with the long dark evenings and bad weather we tend to stay closer to home. This is a good time to look around you, both at your environment and your eating/exercise habits.

As spring progresses we start to feel more energetic and then can create some changes.

Decluttering is very therapeutic, gets rid of a load of stuff that has been hanging around and makes more space for something new to come in.

It is also surprising what you find in the process. Useful bits of information,

projects you did not quite get started. You can get some interesting new ideas.

Diet is one of those things that we tend to focus on at this time of year.

Below are some tips from Gisela Norman, one of the acupuncturists at the Practice.

Throw away the diet books!

Eat plenty of vegetables, soups, stews with a little meat and low fat protein. Flavour meats with gentle warming herbs, ginger and spices that enhance the digestion and increase your body's metabolism.

Chinese medicine sees that overweight people need to nourish themselves and gain internal strength, which means eating warm cooked foods. Eat small amounts of raw food but avoid cold food and drink straight from the fridge as this causes a chill inside and slows down the metabolism.

If you are hungry, drink a glass of water, which will help to reduce sugar or hunger cravings; dehydration often mimics these cravings. Always take time to chew your food and enjoy every single mouthful. Leave some food on your plate and stop when you think you may be full.

Hawthorne Berry helps strengthen the heart and increase blood flow. It encourages healthy pressure levels and maintains strong arteries. It is useful for anaemia and circulatory disorders can lower high cholesterol and is often used as a digestive aid.

Quotes of the season

"To me, good health is more than just exercise and diet. It's really a point of view and a mental attitude you have about yourself."

Angela Landsbury

"My will shall shape the future. Whether I fail or succeed shall be no man's doing but my own. I am the force; I can clear any obstacle before me or I can be lost in the maze. My choice; my responsibility; win or lose, only I hold the key to my destiny. "

Elaine Maxwell

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Throw away the diet books!

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Vegetable juices used for cleansing include **garlic, celery, cucumber, lettuce and cabbage**. They can be used to stimulate the kidneys and deal with fluid retention.

Citrus fruits stimulate the salivary glands; with **ginger** they aid the digestive process.

Radishes, beetroot and dandelion increase the flow of bile, activate the liver and improve the digestion of fats.

Carrot and parsley cleanse the skin from the inside outwards.

Green tea is helpful for clearing excess fluids and reducing blood sugar levels.

See Gisela's profile on www.osteopathsinchippenham.co.uk or visit www.gisela-norman.co.uk

Exercise

Part of your New Year's resolutions may have included the E word. Have you started yet?

Five Helpful Starting Points

1. People often say they haven't the time to exercise; more often than not it's about changing a routine, getting up slightly earlier, eating slightly later and fitting some exercise in.
2. It is really important to do exercise that you **LIKE**. You'll be more likely to continue with it to begin with; but research also shows that exercise that you enjoy and that means something to you is more therapeutic. For example, if you decide to train for a swimathon that's raising money for your favourite charity.
3. Tell your friends that you are starting to exercise and ask them to join you! Peer pressure helps and you are more likely to go if you have arranged to meet a friend.
4. Have some realistic goals. Don't expect to be able to climb Mount Everest in a month, but do set some targets for yourself. You'll then have the satisfaction of both achieving your goals and feeling fitter.
5. When you start, in a few days or weeks you will have the satisfaction of feeling so much better physically and mentally. It is hard at first to get going, but remember how good you are going to feel!

And to help you continue:

- Keep track of your goals and celebrate your achievements.
- Aim to exercise three times a week; you really will notice changes in your body and mood.
- Try different types of exercise to stop boredom setting in.
- **Always** stretch after exercising.
- **Enjoy yourself!**

This month's special offers

£10.00 off initial Osteopathic consultation. Offer ends February 28th 2009

£20.00 off initial consultation for Acupuncture with Jason Davies

£10.00 off initial consultation for Acupuncture with Gisela Norman

Recommend a friend to the practice and be entered into our prize draw to win a bottle of Champagne

Come into the Practice and pick up a voucher for a friend.

Book of the Season

The Hearts Code *by Paul Pearsall.*

This book is amazing - I have found it a really inspirational read.

Some heart transplant receivers have the memories of the donor! How? The brain is the centre of consciousness isn't it?

This book postulates that the heart is the centre of consciousness and to follow your heart is a lot healthier than following the head.

It also suggests that there is a co-ordinating energy working in our bodies, which may be generated by the heart.

It is a fascinating read, which may help you, listen to your heart rather than be ruled by your head.

www.osteopathsinchippenham.co.uk

We are really excited about our new website and I would like to thank Pat and John for their help in its creation. If you have any comments please let us know.

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