

PARK LANE PRACTICE NEWSLETTER

MARCH 2009 NO.2



Welcome to the spring edition of the Park Lane Practice newsletter

I hope you enjoy our second newsletter, we would love to hear your views and comments,

- please email us at: info@osteopathsinchippenham.co.uk

Spring is here!

Can you feel the energy of the spring? Are you starting to feel revitalised and ready to move? The garden is bursting with new growth and a similar energy runs through all of us.

Do you feel like decorating, rearranging the furniture or starting a new career? Have you started exercising or changed your diet? Follow how you feel and believe that change will happen and also that change is good. To change and grow is human, to stretch ourselves, be the best we can.

Listen to the voice inside that knows what you want, dare to dream and see if you can take steps towards making your dream a reality. Think about where you would like to be this time next year, plan carefully and see what you can achieve.

Are you feeling stressed?

Don't let the credit crunch affect your health.

Stress can severely affect health and well being, making us more prone to illness. Stress prompts the body to increase the hormones adrenaline and cortisol, causing changes in blood pressure, heart rate and metabolism - necessary in the short term, but over long periods this can lead to headaches, indigestion, diarrhoea, insomnia, general tiredness, palpitations, anxiety and depression.

Homeopathic treatment with a fully qualified and registered RSHom practitioner can help individuals cope better with the effects of stress. A carefully chosen homeopathic medicine matched to the individual patient can help with the mental, emotional and physical symptoms of stress by triggering the bodies natural healing systems.

Jessica Wilks RSHom explains: "In homoeopathic medicine the approach is holistic, recognising that there is a connection between mind and body, with each prescription based on the individual patients experience of their symptoms. When our hearts and minds are not easy the body becomes stressed and the physical symptoms are the end result of our feelings and thoughts. The emotional and mental state is a really important factor in choosing the right remedy. It is also why people with the same physical complaint are given different remedies. A truly individual way of prescribing".

Quotes of the season

"Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older."

Louise L Hay

Make time to relax, be still and enjoy your solitude, indulge in much needed self care.

Doreen Virtue PhD

Be confident and modest about your own merits and understand your limitations.

.../continued



Some useful homeopathic remedies.

Some useful homeopathic remedies for the first signs of stress:

Nux Vomica: Symptoms include: waking at 3 or 4 am, heartburn or indigestion. Suits people who burn the candle at both ends, overwork themselves and are irritable. Keep themselves going with coffee.

Arsenicum: Symptoms include: Diarrhoea from anxiety, wakes midnight-1 am, burning in stomach with desire to sip water. Suits people who are fearful worriers, need to plan and feel the cold.

Sulphur: Symptoms include: offensive diarrhoea which drives from the bed in the morning, excessive sweating, waking after three or four hours. Suits people who need praise, worry about their health and crave sugar.

If you recognise yourself in any of these cases you may benefit from taking a dose of the remedy, so get in touch and find out which plant, animal or mineral based substance could be the one for you.

Making change happen

Five Helpful Starting Points

1. Have a clear idea of what you want to achieve.
2. Give yourself planning time, write down what you want put in lots of detail, don't put yourself off with criticism.
3. Put pictures up where you will see them daily, the shape you would like to be, the kind of job you want, how you would like your garden to look.
4. Break the change into stages, just look at the next step. Keep in mind what you want but make each piece manageable.
5. Tell your friends about your plans.

And to help you continue:

- Keep track of your goals and celebrate your achievements.
- Don't get discouraged if you have a long way to go to achieve what you want. Keep looking back at how far you have come.
- Keep an achievement diary and look at it and give yourself a pat on the back!
- Be prepared to modify your goals, you may discover on the journey that you want something different.
- Enjoy, enjoy enjoy.

Remember that a journey of a thousand miles begins with the first step!

This month's special offers

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

£20.00 off initial consultation for Acupuncture with Jason Davies

Come into the Practice and pick up a voucher .

Book of the Season

Sick and Tired by Dr Nick Read.

People in Western society are living longer than ever before. Disease that used to be incurable have declined dramatically. But why are we not healthier? Between 30-40% of people who seek healthcare are suffering from illnesses with no clear cause. People in the west are more prosperous and healthy than ever before and yet we visit the doctor more often. Why? What is the problem?

This is a really interesting read by a GP with a lot of experience in the field.

www.osteopathsinchippenham.co.uk

Visit our website for more information about the Practice and what we can offer you to optimise your health. If you have any comments please email us.

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