

KINGSTON & TEDDINGTON OSTEOPATHY

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AUTUMN NEWSLETTER



Welcome to the autumn newsletter from Kingston & Teddington Osteopathy!

Now that autumn is here and the days are shortening it is a good time to get into a routine and incorporate some healthy approaches to eating, exercise and our musculoskeletal health.



Autumn Thoughts on Osteopathy

We all get injuries from time to time, be it cutting your finger, spraining your ankle or slipping a disc. It is the body's innate ability to heal itself that is so crucial to our lives. We have a fantastic ability to mend and we can take this for granted. If an injury is serious enough, or has occurred before, then the body may recover but afterwards be more vulnerable in that area. This how chronic injuries can develop.

Osteopaths work to enable the body to heal itself – we massage to increase blood flow, manipulate to release joints

and generally increase the ability of the body to cope with the injury during the healing time. If you do have a chronic injury, stress, headaches or whatever it may be, osteopathy can help prevent injury. So at Kingston & Teddington Osteopathy we sometimes recommend having a “MOT” to keep yourself healthy. The important thing is to become body aware so that we learn how to notice if our body is not functioning at 100% - and then do something about it!

CARRAGH’S TOP TIPS



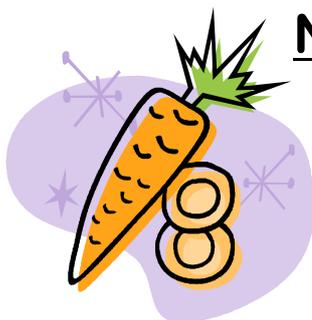
In the autumn there is always a mound of leaves to clear up. Every year I treat somebody who has done their back in sweeping up leaves. This occurs because as we sweep we angle the pelvis to one side and it often locks. Should this occur to you then come for treatment immediately! It is often one of the simplest

problems to put right when treated early.

Should your back react to this autumn job then immediately get some ice (eg: a cold gel pack or bag of frozen peas) and wrap it in a tea towel and then apply to your back for up to 10-15 minutes. Repeat this hourly to reduce the inflammation. Then call me on 07957 348 513!

Ultrasound

Kingston & Teddington Osteopathy now offers ultrasound therapy as part of osteopathic treatment. This is a painless way to reduce inflammation, scar tissue and will help with all injuries eg sports injuries, bad backs, sprained ankles etc. In conjunction with osteopathic massage and manipulation this will increase the rate and level of recovery from an injury.

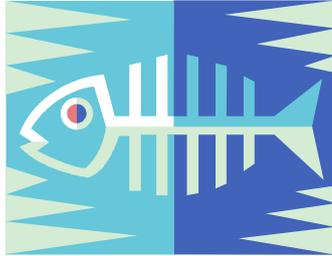


Nutrition

Remember that what you eat becomes what you are. Eating a healthy balanced diet is crucial to a healthy body. I strongly

recommend taking extra time in a supermarket to read labels – it's amazing how many simple foods actually have a lot of additives and E numbers.

For joints and general health I recommend fish oil supplements.



You can get 10% off fish oil capsules at the nutricentre by calling my practitioner order line. Telephone 0207 637 8436 and quote ZZCEM001. Ask for: Biocare Mega EPA 1000mg fish oil Code No: BC29360 for all your omega needs.

Also recommended is:

Biocare Glucosamine Hydrochloride Code No: BC52790
For joint care and to help prevent wear and tear.

Hopefully, you have enjoyed this newsletter and found it useful... Should you wish to make a comment please email me on carragh@osteopathuk.co.uk . Similarly, if you wish NOT to receive any further newsletters please email me.

Take care and remember to look after yourself

Carragh.

For further information on Osteopathy contact Carragh via email on carragh@osteopathuk.co.uk or call direct on 07957 348 513. Also have a look at the website www.osteopathuk.co.uk and please do forward this site to any friends who may be interested in osteopathic treatment.