



## HAPPY NEW YEAR 2007!



Welcome to the 2007 newsletter from Kingston & Teddington Osteopathy!

Now that the 2007 has begun many of us try to shed some Christmas pounds and begin to treat our bodies as a system to be pampered and treasured with healthy eating and exercise! Read on to get some top tips in getting healthy and keeping well...

### New Year Thoughts on Osteopathy

With a new year and a fresh approach to your health think of having regular osteopathic treatments every few months as a MOT of your musculoskeletal system.

Often as an osteopath we see patients who have had niggles and aches for months and only seek help when it has become a serious injury. Remember that each time a joint becomes inflamed and a muscle spasms then it is damaged. If this continues then the chances of those joints and muscles healing back to 100% health is diminished and a general area of weakness can develop. Regular massage and manipulation will help prevent muscle tension and joint restriction forming and therefore reduce the chance of injury. A body responds much more easily with a preventative approach.

### Carragh's Top Tips



This is the time of year to go skiing and snowboarding and often time to see your osteopath! Skiing is less likely to cause injury than snowboarding but be careful! Most snowboarders twist as they fall and land on their bottoms and so the impact goes directly to the pelvis (sacroiliac) joints and low back. When skiing the injury is more likely to be to legs and arms after ribs as twisting is often involved in the fall.

Should you injure yourself then immediately apply an ice pack to the injured area for ten minutes every hour. This will reduce inflammation and limit the damage. Keep gently moving if you are not too badly injured. Then text/phone me from the ~~ambulance~~ an appointment for your return - twisting injuries and impact injuries are best treated as soon as possible! Telephone 07957 348 513 .

### Nutrition



For those of you exercising in the new year remember that muscles need magnesium to prevent them from cramping. This can be found in whole grain brown rice, broccoli and pumpkin seeds for example. Try adding pumpkin seeds to salads or grinding them up and adding them to your morning porridge or cereal.



For your 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](mailto: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](mailto:carragh@osteopathuk.co.uk) or call direct on **07957 348 513**. Also have a look at the website [www.osteopathuk.co.uk](http://www.osteopathuk.co.uk) and please do forward this site to any friends who may be interested in osteopathic treatment.