

KINGSTON & TEDDINGTON OSTEOPATHY

Hampton Wick Surgery, 1 Upper Teddington Road, Hampton Wick,
Kingston-Upon-Thames KT1 4DL

Tel: 07957 348 513 Email: carragh@osteopathuk.co.uk

Web: www.osteopathuk.co.uk

SPRING NEWSLETTER



Welcome to the first newsletter from Kingston & Teddington Osteopathy!

This newsletter aims to be informative for all of us to maintain a healthier approach to our lives and to enjoy ourselves!

With a better knowledge of our bodies and how they work we can achieve a greater awareness of ourselves. This enables us to go out into the world and be more efficient in our actions and confident in our abilities.

KINGSTON & TEDDINGTON OSTEOPTHY WEBSITE

Finally, the website is done and you can all go and browse around the site and let me know what you think. Go to www.osteopathuk.co.uk and please do forward this site to any friends who may be interested in osteopathy. The testimonials were kindly given by patients and may give those who are unsure about osteopathy a greater insight into what I do!

CLINIC OPENING HOURS

With the practice growing and demand for appointment slots increasing, I am pleased to let all you early birds know that from now on appointments will be available from 8.00 am. This hopefully will let those who work in the city have time to get in before the boss! The practice will therefore be open Monday to Friday from 8.00 am until last

appointment at 5.30 pm. On Wednesdays the clinic will close from 4.00 pm to enable me to get some paper work done!

To book an appointment call: 07957 348 513

CARRAGH'S TOP TIPS



With spring fast approaching and all that gardening to do here are some Top Tips to avoid back pain.....

1. Do some gentle stretches before gardening to allow your muscles to warm up, especially if it is a cold day
2. Avoid moving heavy plant containers on your own. The bending and twisting involved causes a lot of back problems.
3. Work in the garden for short periods of time eg: 20 minutes and then take a breather. Do some gentle stretching before continuing gardening.
4. If you have a hover lawn mower then do avoid swinging the mower from side to side. Mow the lawn in straight lines to avoid damaging your back.

NUTRITION

To have a healthy body you must eat healthy food. To help your joints in the long term essential fatty acids and omega 3 are vital. Research has shown that fish oil really helps. A good quality fish oil supplement will help to provide the body with omega 3.

Eg: Biocare Mega EPA 1000mg

This can be found in most health food shops. It's not cheap but I have set up an account with Nutricentre so that my patients can get 10% off. Telephone 0207 637 8436 and quote ZZCEM001.

If this is still all too expensive then go to the chemist and search for a good quality fish oil. Remember that

with supplements you get what you pay for. The cheap ones will probably only have a low amount of fish oil in them..... read the labels!

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.