

Opening hours:
11:00hrs-20:00hrs Monday-
Wednesday 08:00hrs-17:00hrs
Thursday and Friday, 08:00hrs-
12:00hrs Saturday

Beeston Chiropractic Clinic
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Beeston, NG9 2BZ

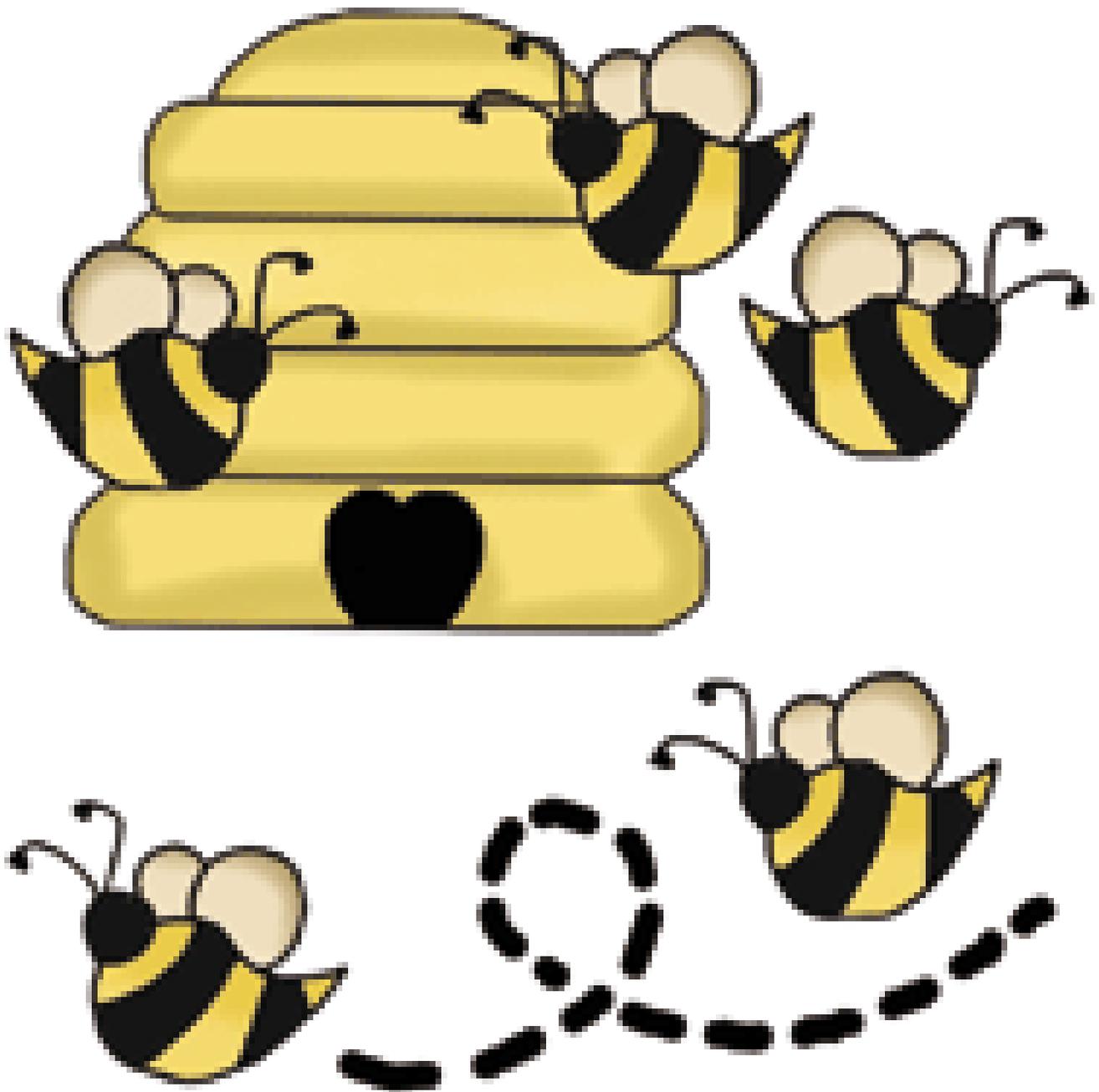
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October 2016

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Autumn is upon us...and with the sweet memory of your support for our Macmillan coffee morning and tombola we are counting the pounds to send a final payment to the worthwhile charity of over £300. Thank you everyone who contributed in every way. October we not only celebrate Back Care Awareness Week (3rd- 8th October) but World Spine Day on Sunday 16th October. The team at Beeston Chiropractic Clinic are offering free postural check-ups for non-patients , so a perfect chance to get your loved ones and friends that check-up that you have been nagging them to have – see below for details.

BUZZ...BUZZ...



Buzz Buzz Buzz ... Clinic News

Book a FREE spinal check-up for your loved ones from Monday 17th October – Friday 21st October. Places are limited so will be allocated on a first come first serve basis. Please call reception to secure the appointment QUOTING WORLD SPINE DAY. The appointment is for 15 minutes and will entitle them to a discount voucher off their first appointment at the clinic. See www.beestonchiropractic.co.uk

There are some changes in pricing schedules from 1 November 2016: The infant rate will no longer be available. The child rate of £25 will apply up to the age of 16 years. The Sports Massage therapist fees will increase to: £38 for 1 hour and £19 for ½ hour. We welcome Becky as a permanent member of the team as Clinical Assistant and Reception support. Thank you everyone who has made her feel most welcome here and supported her during her training period.



Twenties Trigger Back Pain Woes for Women

Women in the UK are starting to suffer with back and neck pain at the tender age of 28, according to new research from the British Chiropractic Association released to coincide with BackCare Awareness Week which runs from 3rd-8th October. Women in the UK are starting to suffer with back and neck pain at the tender age of 28, according to new research from the British Chiropractic Association. Over a fifth

(22%) of women who have struggled, or currently struggle with back or neck pain say they do so on a daily basis and a quarter (24%) have suffered for over 10 years. Men fare a little better – first battling back and neck pain from the age of 32. Now, ahead of BackCare Awareness Week (3-8 October), the BCA is urging women to take control and adopt healthier habits to prevent the onset of back pain, by incorporating a few simple steps into their daily routine. The most common back or neck pain triggers for women are*: • Lifting and carrying • Bad posture • Sleeping/ mattress • Housework/ DIY • Exercise/ sport/ physical activities Housework / DIY and sleeping/ mattresses were more common triggers for women; while men were more likely to point to exercise as the cause of their back or neck pain. For both men and women lifting and carrying was the most common trigger. BCA chiropractor Rishi Loatey says: “As a chiropractor, I’m seeing more and more women who believe that back pain is a normal part of daily life. However, this simply isn’t the case – there is no normal amount of back pain and any pain should be treated promptly, before it becomes a long-term problem. “Our research shows that both women and men are suffering from back or neck pain at an increasingly early age. In my experience, people battling pain often aren’t taking proactive measures to combat the effects of modern lifestyles, for example, limiting the amount of time spent sitting down or hunched over a mobile phone or laptop. There’s rarely one big trigger for back or neck pain, and my patients are often surprised at the difference they feel just by making simple changes to their daily routines.” Making just a few simple lifestyle changes can have a big impact on our back and neck health. The BCA has issued the following golden rules for protecting back health and preventing against the key pain triggers. 1) Perfect your lifting and carrying technique: To avoid injury, make sure your legs are at least your hips’ width apart with the knees bent. Keep your head and shoulders directly above your waist and keep the weight you are carrying as close to you as possible – avoid twisting. Avoid bending from the waist, which increases the stress on your lower back. For more information on the perfect lifting and carrying technique, see the BCA website here. 2) Choose your bag wisely: Carrying heavy bags around all day can put strain on your back and contribute to pain. Make sure you regularly empty your bag and only pack the things you actually need. Ideally, opt for bags which can be carried on both shoulders, or across your body to distribute weight more evenly. 3) Take regular breaks: When doing housework or DIY, make sure you vary your activity and try to spend no more than 20-30 minutes on any one thing. If painting, you can still take short breaks without causing a problem. Likewise, if using a ladder move it regularly, rather than leaving the ladder in one place and having to stretch or reach out. It is important to take breaks to avoid being in the same position for too long, and this will help relieve the build-up of tension in your lower back 4) Stop the slouch: Slouching can put you at risk from back and neck pain. Relax when sitting into your seat, making sure you have your bottom against the seat back with your shoulder blades touching the back rest of the chair. Try to ensure that your hips are higher than your knees. 5) Get a good night’s sleep: Recognise the warning signs that it’s time to change your mattress; you wake up feeling stiff or aching, your mattress is misshapen or sagging or you can feel individual springs. If your mattress is over seven years old, you might want to think about buying a new one. 6) Warm up: When exercising or playing sport, it may seem obvious, but make sure your muscles are prepared by gradually increasing the intensity of your warm up, to avoid lack of flexibility and injury. A warm down may also help with those post exercise aches. 7) Promote a good posture: Having and maintaining a good posture can help to keep back pain at bay. To promote a good posture, try incorporating some simple exercises into your daily routine. The BCA has developed - Straighten Up UK - a series of simple exercises designed to improve posture and help prevent back pain by promoting balance, strength and flexibility in the spine.



World Spine Day

There's no better time to start strengthening your spine and improve your posture than now! October 16th is World Spine Day and what better way to celebrate than with some helpful information on how to keep the spine healthy. Throughout life the spine is required to withstand considerable weight bearing stress, purely as a result of the pressures of daily living. As we age, the discs lose fluid, become tougher, and less able to respond to weight bearing loads. This puts greater stress on the vertebrae and joints, which in turn form new bone around their edges to create a larger area to withstand weight. The good news is that attention to a healthy lifestyle from an early age can help reduce the effects of 'wear and tear' on the spine. Follow these simple steps to reduce the effects of ageing and for proper care of the spine: Don't smoke; it affects the nutrition of the discs Avoid excessive alcohol intake; it causes weakened bone because of an interrupted blood supply, and even fractures Take moderate exercise on a regular basis; it is essential to overall health as well as good spinal health Make sure your diet is rich in vitamins and minerals (particularly calcium) from fresh, wholesome foods



Gardening Re-leaf

Steer clear of muscle strain while carrying out garden duties this autumn... Getting out in the fresh air to do some gardening can be a real joy. However, if you're not used to all the extra exercise and physical movement that donning a rake or trowel will bring, you could end up doing your body more harm than good. Digging, mowing and stooping place considerable stress on the ligaments and joints in the lower lumbar spine and cause them to become inflamed and tender. This in turn triggers a protective muscle spasm, which gives rise to the deeper, duller, achy type of pain that occurs over the following few days. Taking extra care of your muscles and joints, especially when undertaking a form of exercise that you are not used to, is very important. Follow these ten top tips for warding off garden aches and pains: Gently stretch your muscles and ligaments for a few minutes before and after gardening; but don't bend down to touch your toes — this can cause damage Wear light, but warm clothes & make sure your lower back is always covered Kneel on one leg rather than bending your back repeatedly Use long handled tools to prune tall plants Use only a small spade/fork for digging and keep your back gently hollowed Do not always work to one side only; ensure that you change your position regularly Don't do the same work for long periods; try and vary your tasks Keep your back straight when carrying Have a warm bath or shower after you're finished Do not sit for too long in your favourite armchair after carrying out work in the garden; instead stand up regularly and walk around for a minute or two.



Nutrition for Bones, Muscles and Joints

Choosing a balanced diet containing the right vitamins and minerals decreases our chances of developing deficiencies later on in life. The body's structure relies on vitamins and minerals to ensure muscle tone (including the heart), healthy functioning of nerves; correct composition of body fluids; and the formation of healthy blood and bones. A Healthy Diet Plan Calcium For bone, muscle and joint health try and include Calcium in your diet, which is essential for optimal nerve and muscle function and blood clotting. Obtained from Dairy products are rich in calcium that is easy to absorb. Non – dairy sources with equally absorbable calcium are green leafy vegetables from the kale family. Spinach, rhubarb, sweet potatoes and dried beans are rich in calcium but from these foods it's not easily absorbed Magnesium Required for efficient muscle contraction and conduction of nerve impulses. Low magnesium levels in the body can affect the body's calcium levels, putting bone health at risk. Obtained from Green leafy vegetables, unrefined grains and nuts. Small amounts are present in meat and milk. Large quantities of fibre in the diet and low protein intake can reduce the amount of magnesium able to be absorbed by the body. Vitamin D Essential for regulating the formation of bone and the absorption of calcium from the intestine. Vitamin D is a fat-soluble vitamin that functions to help control the movement of calcium between bone and blood. Obtained from Primarily from the action of UVB light on the skin. Food sources such as cod liver oil, sardines, salmon, tuna, milk and milk products contain small amounts of Vitamin D. Vitamin C The structure of bones, cartilage, muscles and blood vessels is provided in part and maintained by collagen. The formation of strong efficient collagen requires Vitamin C. Obtained from Citrus fruits, berries, tomatoes, cauliflower, potatoes, green leafy vegetable and peppers. Also important for producing strong collagen and therefore strong bone structure, is Folic acid. Folic acid is found in cereals, beans, green leafy vegetables, orange and orange juice Antioxidants Vitamin C is also a strong antioxidant and is capable of regenerating other antioxidants like vitamin E. The role of antioxidants is to mop up free radicals (the by-products of normal metabolism). Excessive amounts of free radicals cause damage to joint surfaces and muscle cell regeneration. Antioxidants reduce the potential of these free radicals to cause joint damage. Obtained from Antioxidants are vitamins A, C, E and the mineral selenium and are present in fruits and vegetables, the highest quantities are found in the most deeply and brightly coloured. Cartilage that lines the articulating surfaces of all joints is critical to joint health. Cartilage is the shock absorber of joints and is continually rebuilt if a source of raw materials is available.

Supplements such as glucosamine sulphate can be added to a healthy diet to assist joints that maybe showing signs of wear and tear. Essential fatty acids (EFA's) also reduce the degenerative changes in tissues and cells. EFA's are unsaturated fatty acids such as Omega 3. They aid in decreasing the inflammatory response and help relieve pain and discomfort in joints and muscles. Obtained from EFA's can be found in oily fish (sardines, fresh tuna, mackerel), flax seed and linseed. Foods to avoid... There are certain foods and substances that adversely effect the body's use of minerals and vitamins. High saturated/animal fats, refined foods, white flour, white sugar, white rice, chocolate, carbonated drinks and fruit juices with high sugar concentration should be kept to a minimum if not weaned from the diet completely. Meat and dairy products should be kept within a recommended weekly amount. Dairy products as calcium sources should be varied with other non-dairy sources.



Autumn Triggers Seasonal Affective Disorder

Autumn has arrived, bringing shorter days and less light. This change in the amount of light is a signal to animals, plants and, before the light bulb, people, that seasons are changing. While those most dramatically affected are those in the higher latitudes, many people in the UK are negatively affected by this shift. Seasonal Affective Disorder (SAD), also known as 'winter depression' is a type of a type of depression that comes and goes in a seasonal pattern, with symptoms more severe between September and April. The NHS estimates that SAD affects approximately one in 15 people in the UK during the darker months. Symptoms of SAD include: Lethargy, lack of energy, inability to carry out a normal routine Sleep problems, difficulty staying awake during the day, but having disturbed nights sleeps Loss

of libido, disinterest in physical contact Anxiety, inability to cope Social problems, irritability, disinterest in seeing people Depression, feelings of gloom and despondency for no apparent reason Craving for carbohydrates and sweet foods, leading to weight gain Many people in the UK suffer with SAD, so it's important to remember that you are not alone. While light therapy is a popular treatment for SAD, lifestyle factors play a large role too. Getting as much natural sunlight as possible is particularly important, as is managing your stress levels. Exercise is also integral to the treatment of SAD. It has long been known that regular exercise is good for our physical health, but studies also show exercise to be of benefit to our mental wellbeing. Exercise gives you control of your body and is a known mood booster. Your chiropractor can give you a general check to make sure that your bones, joints and muscles are functioning properly and advise on the best exercise solution for you.

We treat all conditions that affect any muscle or joint in your body, from your head to your little toe! One of the most common complaints that we treat is back pain and Chiropractic is recommended by the government authority, the National Institute for Clinical Excellence (NICE) for acute and chronic back pain. Some of the other conditions that we treat are: neck and head ache, shoulder pain, leg and hip pain, knee and foot pain, sciatica and arthritis. Our registered Chiropractors all have at least five years training. Treatment costs can be covered through most health insurers. If you are in any doubt, we are always very happy to talk with you on the phone to see if your condition will respond well to Chiropractic treatment or offer you a free advice session to discuss your condition in person. Call the clinic now to arrange an appointment time that works for you. 0115 9225085 If you would like to opt out of receiving these newsletters please follow the unsubscribe link below, email alex@beestonchiropractic.co.uk or let us know at your next appointment.