



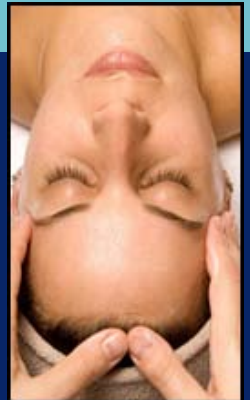
## Welcome to the winter newsletter.....

Well done for surviving the snow snap. It does produce beautiful scenery and fun for the kids (large and small). The aim of this newsletter is to keep you informed of clinic news as well as introducing new snippets of information about treating aches and pains. If you would prefer not to receive this seasonal newsletter, reply with "no thanks" .

## New Treatment...Face & Head Massage

The New Year can often be all about "giving up" life's little pleasures rather than trying something new. Perhaps you can change the trend by trying a face and head massage using jojoba and coconut oil. Winter skin and hair can lack that summer shine from all the wind, rain and central heating. Vanessa's hot and cold stone therapy with specific massage techniques will relax a tight jaw, release tension headaches and neck pain and rejuvenate tired skin and restore circulation to its optimum. The scalp massage will invigorate the sebaceous glands from root to tip bringing a soft sheen to your hair. Love your mind by giving it spaces of silence, and it will serve you tirelessly.

Contact Vanessa on **01491 577480** to book an appointment.



## INSOMNIA

The definition is "habitual sleeplessness", I wonder how many of you are nodding your heads in recognition.

### The Facts

1. Sleep is needed to rest the body and restore energy levels, solve problems, cope with stress and recover from illness.
2. Average amount varies from 16hrs (infant), 9 hours (teenager) , 7-8hrs (adult)
3. Both light sleep, when dreaming occurs=REM (rapid eye movement) and deep sleep when the body repairs and regenerates tissues, builds bone and muscle, and appears to strengthen the immune system =NREM is needed.
4. Too little sleep can cause: Impaired memory and thought processes, depression and decreased immune response.
5. Sleep deprivation magnifies the effects of alcohol on the body, so a fatigued person who drinks will become much more impaired than someone who is well-rested.



## The Solutions

1. Routine, getting up at the same time daily irrespective of poor sleep.
2. Naps only between 2-5pm.
3. No coffee or wine 4 hours before bed.
4. Eat a good meal with carbohydrates (rice, potatoes, pasta) for dinner.
5. Have a bath or shower before bed as your temperature drops to sleep
6. Block out daylight with blinds or heavy curtains.

## Three ways to find inner peace

Ever feel like there is too much going on in your life and never enough time to do everything? Phones going, TV and computer on and never a moment for you. Time to switch off and recharge with these simple steps:

1. Go for a run, walk or bike ride somewhere away from the hustle and bustle of daily life. Focus on your breathing and count to 10 in your head if your mind will not switch off.
2. Light a candle or a fire and lose yourself in the flame to awaken your spiritual side, It is mesmerising and effortless, add some pine cones to the fire for an aroma.
3. Put pen to paper, write about anything for a few minutes, it will take a load off your shoulders if you are worrying about something.



## Nutrition for Muscle Recovery

Four components for muscle recovery:

1. Restoring fluid and electrolytes: lost through exercise through perspiration. This prevents the body temperature from rising during exercise. In a similar way the use of cold stones during a massage after a hot application keeps the core temperature at its optimum. (cunning!). A Sports drink helps but fluid intake has to continue post exercise. Weigh yourself on scales with pounds & ounces pre and post exercise to work out how much fluid has been lost.
2. Replenishing glycogen: primary source of energy for high intensity exercise and is stored in muscles and liver. The other is glucose carried by the blood. Both are products of carbohydrate break down. Carbohydrate during exercise is key for prolonging endurance (marathon runners). Post exercise, the sooner the glycogen is replenished the better as muscle cells are more receptive to insulin (transports glucose in blood to liver & muscles). Sources have to be high on glycaemic scale e.g. bagels, baked potatoes, bread, cornflakes and raisins. Protein combined with carbs is key.
3. Reduce Muscle & Immune System Stress: exercise causes microscopic tears of muscles fibre membranes and protein filaments due to intense muscle contractions which causes inflammation. It also releases the hormone cortisol from the adrenals. Cortisol suppresses the immune system. Carbs and protein consumed during and post exercise combat the negative effects above.
4. Rebuild muscle protein: as it is an important structural element of muscles. Protein is essential for muscle recovery and needs to be consumed like the carbs during and after prolonged exercise at a ratio of 4:1 (carbs: protein).

