



Welcome to the Autumn Newsletter.....

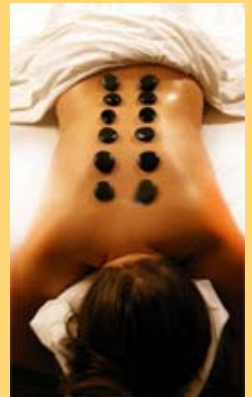
The joys of this season are the colours reds, oranges and gold. A feast for the senses! The aim of this newsletter is to keep you informed of clinic news (new offers etc) as well as introducing new snippets of information about treating aches and pains. If you would prefer not to receive this seasonal newsletter, reply with "no thanks" .

Embrace all four seasons in one treatment!

Simply ask for a Remedial Stone Therapy or Stone Medicine Treatment

The yin and yang of these stones creates balance and warmth, the ideal environment for healing in the body to take place. The hot dark basalt stones alone create too much heat which stresses out the body as it tries to cool down. Add cold water to a steamy hot bath that you have been wallowing in for half an hour and your headache vanishes.

The heat from these stones represent summer (perhaps not an English one but a Mediterranean one!). After a little heat is lost on the body, they become autumn. In contrast the cold marble stones represent winter and through careful application create a warmer sensation than their partners, the basalt. They surprise the body into pumping lots of blood to the area they have been added, so creating a place for reducing any inflammation in the body and healing any distressed tissues. Spring time comes to the body after a few moments of cold on the body. [Click for more](#)



Can a hot bath beat a cuppa ?

All my clients know by now how much I warm to the subject of temperature! Pardon the pun. According to research, a hot bath is the original psychotherapy....as heat is relaxing and dominates your senses so you stop worrying. Hurrah!

The key is making the most of the bath:

1. Not too hot means you will sleep better as hot is over stimulating (obviously pregnant mums keep it luke warm, sorry!)
2. Avoid headaches by adding a touch of cold or a cool flannel around your neck.
3. Pop a tennis ball behind your neck/between your shoulder blades and ease out any knots. Breathe deeply!
4. Stretching is easier when muscles are warm so no excuses.
5. Drink plenty of water afterwards as you do sweat - more so than when exercising surprisingly.
6. Good for back pain as long as it is muscular and not mechanical (strain).



SPECIAL OFFERS



EXISTING CLIENTS: 50% OFF YOUR TREATMENT PRICE
(When you introduce a friend)

NEW CLIENTS: Pay for 3 treatments, 4th ABSOLUTELY FREE!!!



Is stretching a waste of time and who is rejoicing now??

Now I am a huge fan of stretching. The reason being it stops me having achy limbs after a long hike on a Sunday. I never stretch before I walk but I do after a hill when my muscles are warm. This is why I am so intrigued by the research on the net.

The fallacies about stretching:

1. Warms up muscles, heat is generated by metabolic activity which involves working up a sweat (or sitting in a hot bath!).
2. Prevents injury and enhances performance, a proper warm up does help prevent over use injuries but not stretching alone.
3. Prevents delayed-onset muscle soreness (DOMS).

Dont rule stretching out completely as it has its benefits and feels great after exercise!



The Perks of Exercise during Pregnancy? ???!

(according to the Royal College of Obstetricians & Gynaecologists)

- 1.Reduces fatigue, and swelling in.
- 2.Reduces insomnia, stress, anxiety and depression.
- 3.Weight-bearing exercise (i.e. on your feet) can reduce the length of labour and decrease delivery complications.(Wow!)
- 4.It helps improve glycaemic control in women with gestational diabetes.
- 5.It helps protect against coronary heart disease, osteoporosis, and hypertension.
- 6.It reduces body fat & potential back pain.

For a more detailed assessment of Sport for Mums Pre/Post Natally and how to stay in shape & prevent back pain, visit... <http://vanessamansergh.blogspot.com/> >> MORE



