

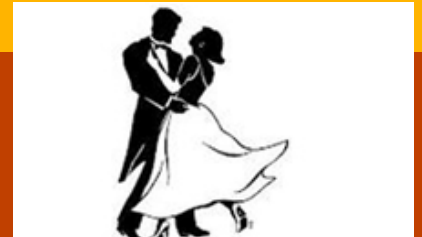


Welcome to the Autumn Newsletter.....

That nip in the air has arrived and the leaves have turned! 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" .

STRICTLY DANCING FEVER!

This is for those of you who enjoy watching the odd tango and salsa by celebrities who shine or shock on a Saturday evening. I was reading an interview with Anton du Beke, the lucky professional who always ends up with the more "mature" ladies on the show! Common Complaints & Cures:



- Muscle cramps from tight muscle, fatigue or an imbalance of fluid, salts, or potassium from sweating. Stretching before dancing and afterwards helps.
- Lower back muscle strain. Flexibility is key.
- Shin splints from improper landing, jumping on hard surfaces and inflexibility. Stretching again
- Plantar fasciitis, pain and inflammation of the foot, especially the heel
- Stress fracture, shins and balls of the feet

Most of the complaints above probably sound familiar to you AVID RUNNERS. Anton maintains his fitness and performance with none other than a regular sports massage.

Try Nordic Walking for an all round work out

I am a big fan of putting the hiking boots on and walking. It is kind to your joints, keeps you fit and nothing beats exercising out in the fresh air.

Other Benefits:

- Cheap



- Aerobic, burns 20% more calories than normal walking
- Kind to joints, ideal for anyone with hip/knee/ankle joint problems
- Mobilises thoracic spine which gets stiff from static desk work & driving
- Helps those with balance issues as it uses poles
- Ideal for training for serious treks

There is a specific technique so it is advisable to have a one-to-one first and then join a group.

To find an instructor, go to www.nordicwalking.co.uk

Vanessa's Recommended Products

VEGEPA

Unfortunately these days our diets are not providing us with all the vitamins and minerals it used to before intensive farming methods and high levels of pollution, so some supplementation is useful.

I am sure most of you have heard about the benefits of omega 3 fish oil. It is used for:

- Depression & bipolar disorder
- ME/CFS
- ADHD
- Arthritis, eczema & psoriasis
- Cardiovascular disease
- Fibromyalgia



This product is completely natural and is omega 3 in its purest form. www.vegepa.com There is a vegetarian option and one that supports sports nutrition.

OLIGOTHERAPY TRACE ELEMENTS

I am a big advocate of these products as a means of supporting my immune system and body during times of stress. Other conditions they support are:

- Anaemia
- Allergies
- Rheumatism
- Constipation
- Cardiovascular disease
- Adrenal fatigue & other endocrine disorders
- Digestive disorders
- Menopause
- High cholesterol



For the science and clinical trials behind the product, please visit <http://www.oligotherapy.co.uk/uniqueproduct.php>

I am happy to answer questions related to the oligotherapy products.