

Back to Health



Welcome to the October edition of **Back to Health**, the monthly newsletter from the team at **Beach House Chiropractic**. This month's articles include; Clinic news, Thank you for your referrals, Foods to Boost Brain Power, Body Conditioning With Kung Fu and Practice Member Of The Month. Please read on...

Clinic News

Back Care Awareness

The national charity BackCare was set up in 1968 to provide support and information for people in the UK who suffer ongoing back pain. Each year BackCare raises awareness of back pain and the £15bn cost to the UK economy through sickness absenteeism with its National Back Care Week (3rd to 8th October). In support of Back Care Awareness, this month we will be providing a greatly reduced fee for your family, friends and colleagues who would benefit from Chiropractic. **Our complete introduction package of Examination, Report of Findings and 1st Treatment will cost just £19 during October, a saving of £61.** More information about BackCare can be found at www.backcare.org

Yoga

Following a series of meetings we are delighted to let you know that we have appointed a new Yoga Teacher. Jane Stirzaker has been teaching Yoga in Worthing for a number of years and has been a student of Yoga for over 35 years. With a background in sports and a great understanding of spinal health we're delighted to welcome Jane to our team. A full profile can be found on our website.



A regular class will start in January on a Monday evening and 1x1 / 1x2 options will also be available. A series of taster classes for you to try Yoga with Jane will also be available in December. More details will be announced in the clinic, on our website and our Facebook page. See you there!

Reflexology

Did you know that we now offer Reflexology treatments at Beach House? Taster sessions, costing just £10 are available throughout October. Please speak with your Chiropractor or the front desk team for more details.

Traditional Acupuncture

Our resident Sports Therapist Jo now offers Acupuncture appointments. Acupuncture is well-known for helping various chronic and short term problems and we're delighted to introduce this therapy at Beach House. Speak to your Chiropractor or Jo about how Acupuncture could support your current Chiropractic care and simply book at reception.

Thank You For Your Referrals in September

We're thrilled that so many of our wonderful Practice Members referred their Family, Friends and Work Colleagues to us during September. Your confidence in us is greatly appreciated. A BIG BIG Thank you to;

Alex Jones	Ben Coe	Caroline Warner	Crystal Ellis-Catterall	David Statham	
Frances Ramsden	Gary Franklin	Hayley Ellis	Lee Dore	Leigh Tingley	
Leo West	Rob Browne	Rosie Vierod	Jaqueline Barleycorn	Jakki James	Linda Green
Matthew Mitchell	Michelle Hope	Roy Barclay	Sonia Latham	Steve Hart	Micheline Williams

Do you know someone we can help? **A Chiropractic Introduction Package that includes an examination, report of findings and a first adjustment for your friends and family is just £19 in October.**

Foods to Boost Brain Power

When it comes to food choices for better health, most of us tend to focus on weight control...counting calories, reducing refined sugar and watching the amount of red meat we eat. However, the development and health of the brain as well as the body should be a top consideration when planning meals. Here are 7 foods that can help boost your natural brain power;

1. Turmeric
2. Wild Salmon
3. Broccoli
4. Walnuts
5. Celery
6. Coconut Oil
7. Blueberries



Whilst these foods have been shown to benefit brain cell health, there are also certain foods to avoid. These include high sugary foods and simple carbohydrates. Research from the Mayo Clinic shows that people with a high sugar diet have an 89% higher risk of developing dementia whilst those with a high intake of healthy fats have a 44% lower risk. More information and research about which foods Boost Brain Power can be found at Dr Joseph Mercola's website www.mercola.com

Body Conditioning With Kung Fu



Did you see the recent BBC 1 documentary 'The Doctor that gave up drugs'? Well its caused quite a stir in the media. Its well worth a watch on catch up TV if you've not had chance to see it yet. During the documentary, Dr Van Tuleken introduces a chronic pain patient to a Kung Fu class to help encourage controlled spinal movement and strengthening to reduce an increasing reliance on medication. After several weeks the changes to this lady's life are incredibly positive.

Martial arts have long been known to improve the health and conditioning of the body and mind. Great for all round fitness and self confidence but importantly for physical self awareness too. Increased awareness of the body allows for more fluid movement, helping overcome many aches and pains and risks of further injury. A strong body can help spinal health immensely, stabilising the core muscles and the spinal joints.

This month we've teamed up with local Kung Fu School Temple Dragon Warriors, based in Worthing. Kung Fu Teacher Dean Evans has been a Practice Member here at Beach House Chiropractic for some years and has first hand experience of the tremendous combined benefits of Chiropractic, Sports Massage and Kung Fu. Dean's Kung Fu school is extremely welcoming to all ages and most new members are complete novices!

You can try Kung Fu for yourself at Temple Dragon Warriors. The first two sessions are free to Beach House Chiropractic Practice Members, simply call Dean on 07834666715 or visit the website www.templedragonwarriors.co.uk for details and to arrange your taster session.

Practice Member Of The Month

This month we have chosen Roxanna Costin as our Practice Member of the Month for October. Roxanna has been enjoying Chiropractic care with Dr Yulia for 2 years and has made many positive lifestyle changes.

Roxanna has become a big fan of Chiropractic, consistently attending the clinic for her maintenance care adjustments. Coming in once each month allows Dr Yulia check Roxanna's spinal health thoroughly and help prevent imbalances and stresses from manifesting, becoming subluxations and causing pain or problems.

Roxanna is now a keen exerciser and health is a definite priority. Roxanna is full of vitality and it's always a pleasure to see Roxanna in the clinic with her big smile and positive outlook. Well done Roxanna!

