

Beach House News



Clinic News

Summer's Here!

The sun has been shining for weeks and summer has officially started. **Woo Hoo** we hear you shout and naturally this means more outdoor fun, holidays and vitality! Let the team at Beach House Chiropractic improve your summer by helping you function at your active best. Keep your joints strong and flexible for active holidays as well as long lazy walks on the promenade and cycling through the South Downs. Not to mention keeping up with those pesky children / grandchildren throughout the school holidays!

Dr Georgia Update



Positive news at last. We have finally been granted a certificate of sponsorship from UK immigration. Georgia has applied for a work visa using this certificate and should hear back on Friday 27th July. We're keeping everything crossed for a confirmation that she will be back in clinic for 6th August. We will update all Georgia's past patients as soon as we have any further news to share.

Beach House in the Community

We were thrilled to attend a recent Women's Institute meeting in Broadwater to help educate and advise members on their spinal health and well-being. Our Chiropractors Yulia and Ali provided a short workshop along with specific exercises to improve spinal mobility and strength. The feedback was great and both Yulia and Ali really enjoyed the evening. We've also recently been along to chat with members and trainers at David Lloyds in Romany road, Worthing where we held a Spinal Screening event.

If you are interested in having our Chiropractors or Sports Therapists attend a community group meeting, workplace health day or perhaps a sports club training session then we're all ears! Simply let your Chiropractor or Sports Therapist know or contact David directly on

david@beachhousechiropractic.com

Focused Acupuncture Treatment



Did you know that we offer acupuncture here at Beach House Chiropractic? Jo, our Lead Sports Therapist is specifically trained in Western & Eastern Acupuncture and regularly uses these techniques to great effect. Acupuncture needles are designed to clear blockages and dysfunction that lead to pain, particularly in and around troublesome joints and injuries. Conditions like Plantar Fasciitis, Carpal Tunnel, RSI and Shin Splints often respond well. From 1st July we will be providing specific treatment appointments for Focused Acupuncture Treatment, concentrating on one area at a time. The appointments last for 30 minutes and cost £25. As a special introduction you can save £5 on each treatment throughout July and August, so that's a 30-minute appointment for £20. We

advise booking well in advance. Simply speak with reception, your Chiropractor or therapist about booking an appointment, available until 4pm weekdays.

Thank You For Your Referrals

Thank you to everyone who referred Family, Friends and Work Colleagues to us during May and June. Your confidence in us is greatly appreciated.

Andrea Giles, Gemma Daniels, Ian Singleton, John Goatcher, Mike Flannery, Ness Bush, Peter Grice & Rick Pooley, Phillip Mills, Richelle Newman, Rita Pestell, Susan Hockley, Caroline Stubbs, Clare Fraser, Dan Aguilera, David Petts, Emily Sutton, Fran Coe, Guy Smith, Jason McAlister, Jessica Hallett, Justin Taylor, Karen Alderman, Lorraine Morgan, Louise Elliot, Natalie Goad, Simon Moore, Stephen Hart, Steven Grice and Tracey Cotson.

Your recommendation is the greatest compliment you can give. We're pleased to offer you 50% off your a treatment visit. Do you know someone we can help? A friend, loved one or colleague can receive a full introduction to Chiropractic, including a first treatment, for just £35, saving £41. Please ask for a voucher from reception.

Quote Of The Month

'If you can see it in your mind, you will hold it in your hand – thoughts become things!' Bob Proctor

The High Fat / Low Carb Conversation



When it comes to nutritional advice it can sometimes be confusing and deciphering what's a myth and what's a fact is difficult. For years there has been conflicting advice on the effectiveness and safety of a high fat / low carb diet with supporters on both sides of the argument. Here is an excerpt and link to the complete article on this very subject that you might find interesting...

'An international team of sports scientists has demonstrated that replacing carbohydrates with fat does not impair high-intensity exercise performance.

The researchers found that [restricting daily carbohydrate](#) intake to less than 50 grams, and replacing the majority of those reduced calories with fat, did not reduce the ability to perform [high-intensity interval training](#)(HIIT) compared to a control group whose members consumed a typical high-carbohydrate diet. While previous studies have demonstrated impaired performance when consuming inadequate carbohydrate, the new study allowed participants time to adapt their metabolisms to the [very low-carbohydrate diet](#) over a four-week period'.

Full details here <https://philmaffetone.com/big-fat-surprise/>

Practice Member Of The Month



Congratulations to Gemma Alderman for becoming our Practice Member of The Month for July. Gemma has been very consistent with her care since Mum Karen sought the advice of Yulia. Gemma is doing great at her school sports and moving without aches or pains. It's been commented how calm and relaxed Gemma is again and it's a joy to have her in the practice. Well Done Gemma!