

Back to Health



Welcome to the March 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, Ketosis, Neck & Shoulder Exercises and Practice Member Of The Month. Please read on...

Clinic News

Welcome to Matt Cumming – Sports Therapist & Fiona Green – Chiropractic Assistant

We're thrilled to introduce Matt, our new Sports Therapist. Matt completes our therapy team and will be working closely with Jo, our Senior Sports Therapist. Matt has a background in health, fitness and wellbeing having worked in several Health & Fitness Clubs as a Personal Trainer and Therapist. More recently, Matt has worked alongside Osteopaths and with a team of Therapists supporting racing drivers. Matt will be here throughout the week on Mondays, Wednesdays, Fridays & Saturdays. Save £5 on your first Sports Massage with Matt during March & April.

Fiona has joined our friendly and hardworking Chiropractic Assistant team and will be working in the clinic each Thursday. Fiona is also a patient at Beach House Chiropractic and understands Chiropractic well! Fiona is an active mum to three lovely kids and also helps at a local charity shop.

An Active Bunch!

At Beach House Chiropractic, we're careful not to just 'Talk the Talk' and try hard to make sure we 'Walk the Walk'...or in this case 'Run the Run'! Congratulations to Dr Yulia on completing the Worthing Half Marathon and to Clinic Director Dave for completing the Brighton Half Marathon. Both Yulia and Dave would be the first to admit they're not seasoned runners but entered for the sense of achievement and to start the year on the right foot, as it were!



Would you like to join us in a 10k event? Dr Ali is organising a Beach House Team to run together and support each other at the Angmering Bluebell Trail Run on Sunday 23rd April. This could be your first event or you may already be a regular runner. Simply speak with your Chiropractor, Sports Therapist or go ahead and sign up online at <http://rawenergypursuits.co.uk> All runners will also get a unique Beach House Chiropractic commemorative running top!

A Studious Bunch!

Dr Ali, Dr Georgia and Liz have all attended recent seminars to learn from specialist Chiropractors and health professionals. Did you know that your Chiropractic and Sports Therapists attend conferences and training events throughout the year to make sure you get the very best care? Why not ask us about the new things we've learned recently?

Mindfulness Course

Owing to the popularity of our recent Mindfulness events we're delighted to run another Mindfulness Course and series of Taster Workshops. Mindfulness offers many great benefits to cope with a busy life, accept heartbreak & tragedy and to plot a positive path forwards in life. To see if Mindfulness is an approach that could work for you, choose from one of our Taster Workshops held at Beach House Chiropractic on;

Wednesday 29th March & Wednesday 5th April 6.30pm to 8.00pm

The 6-Week Course starts **Wednesday 26th April 6.30pm**. For details and booking of the Mindfulness events please speak with the team at reception or call (01903) 660094, strictly limited places available.



Thank You For Your Referrals in February

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

Jacqui Minto	Louise Etches	Phoebe Hagan	Simon Moore	Vera Mitchell	Ami Hills
Andy Dallison	Clive Hodgson	Dave Rich	Greg Moore	Jemima Mitchell	Justin Moore
Louisa Green	Louise Bungard	Mark Rixon	Meena Kalakonda	Neil Purdy	Nina Thurman
Pat Strudwick	Steven Page	Sue Delaney	Tania Drage	Neil Holway	

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 £25 in March. This is the best value introduction to Chiropractic care with us. Referral cards are available from reception!**

Ketosis – Is It Really The Superhighway For Healthy Weight Loss?

As the saying goes, you can't out-train a poor diet. However, in our experience we find that many people are unknowingly eating a diet that is balanced in favour of carbohydrates (carbs) and sugars. Sadly, this accounts for difficulty losing body fat, even if you're exercising hard. The body turns carbs into glucose for immediate energy and then stores the excess as glycogen as the first readily available source for future energy needs from activity. The body can only store around 2,000 calories of glycogen and that's why it uses it first. But when there are too many carbs being eaten the body converts them to fat. So, without eating dietary fat the body creates it anyway from excess carbs.

To burn fat, our body needs to get into a state of 'Ketosis'. This is when the breakdown of fatty acids releases ketone bodies into the blood. Our body then uses the ketones as its source of continual fuel rather than rely on carbs.

There are many benefits to burning ketones and there's a great deal of research, much of it ongoing. People who are keen to lose weight healthily, diabetics, people lacking energy levels, sports people and those who have noticed cognitive changes are all known to benefit greatly. However, getting the body into a state of ketosis to burn fat as its primary fuel source is quite difficult with a modern diet.

To help you achieve ketosis yourself, we've introduced a new nutritional product called Keto OS at the clinic. We have trialed Keto OS along with other clinic teams and the results have been impressive. Reduced body fat / Sustained energy / Improved sports performance / reduced carb cravings. We've created a special Facebook page to provide more info about Keto OS with tips and support for a ketogenic lifestyle –

<https://www.facebook.com/realpruviteurope/> let us know what you think!



Neck & Shoulder Exercises

Thanks to Dr Theo & Dr Georgia for producing a range of videos showing neck & shoulder exercises for you to try. Available on our clinic website <http://beachhousechiropractic.co.uk/exercises/> you'll find 12 different exercises to strengthen and mobilise the neck & shoulders. Please speak with your Chiropractor or Sports Therapist for more details.

Practice Members Of The Month

Our Practice Member of The Month for March is a patient of Dr Yulia who has chosen Network Spinal Analysis (NSA) the gentle form of Chiropractic care.

Congratulations to Anne Wood. Although Anne came for physical reasons, like many new patients her Chiropractor recognised that health is a state of both physical and emotional health and that NSA would be a great option. Anne has seen great benefit on both an emotional and physical level from her NSA care. Anne has been very committed to her NSA care and is an absolute pleasure to see in the clinic. In Anne's own words... *"To my astonishment, SRI has turned my life around, physically and mentally. Treatment has involved various breathing techniques and stretches and the discipline to do simple daily breathing exercises and stretches at home. The results are amazing. With Dr Yulia's gentle help and guidance, the neck and shoulder pain has almost gone, the anxiety is receding and the depression gone. My sleep pattern has improved and I have regained my confidence"*.

Well done Anne on becoming Practice Member of The Month for March!