

Back to Health



Welcome to the May 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, Quote Of The Month, Aromatherapy Massage and Practice Member Of The Month. Please read on...

Clinic News



As members of the United Chiropractic Association (UCA), we're pleased to be promoting National Spinal Awareness Week, 15th – 20th May. Each year the UCA focuses on how Chiropractic helps people in different ways and this year is all about children.

Checking Future Adults Today is a theme that we fully support and endorse. After all, children's lifestyles have changed so much over recent years that Chiropractors and other health professionals are deeply concerned about the potential impact of poor posture and emotional stress. Social media, whilst connecting people can also lead to hours with a bent neck staring at a small screen. Road safety is a valid concern so less children are using bikes or playing in the street than in years gone by. Coupled with a testing culture that is now firmly embedded as part of the national curriculum in schools, children today clearly face a multitude of different stresses than in the past.

Chiropractors are very well trained to help assess and treat babies, toddlers and children for all manner of postural and spinal health issues. Parents tell us about many benefits from improved spinal functioning, such as more energy, better concentration at school and a greater sense of ease. At Beach House Chiropractic, we have reduced fees for Children (16 years and under); £20 for examination packages that include a treatment and follow up treatments are just £12.

Please speak with your Chiropractor if you'd like to know more about our approach for children or to arrange an appointment for your child or grandchild. More information about Spinal Awareness Week can be found here <http://www.spinalawarenessweek.co.uk/>

Couch To 10k – They Did It!

Huge congratulations to the Beach House Team of Chiropractors and Paractice Members who took part in the recent Angmering Bluebell Trail Run. It was a perfect day for running and everyone was amazing. For some it was their first 10k, for others it had been years since their last event. We hope this is the start of many more team events where you can proudly show off your fitness and your Beach House Chiropractic Sports Shirt. If you'd like to join us on the next events please speak with your Chiropractor or Sports Therapist who can give you more details.



Thank You For Your Referrals in April

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

A HUGE Thank you to everyone who has recommended us to others for Chiropractic & Sports Massage;
Emily Sanderson Emily Seal Ian Singleton Janice Barham Jemma Baker-Irons
Jennifer McClusky Jenny Davies Kate Williams Michelle Giles Samantha Marshall
Andy Stephens David Westwood Linda Bowler Heather Vaughan Sue Ewens
Michelle Klus

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

Quote Of The Month

“If You Want To Go Fast, Go Alone. If You Want To Go Far, Go Together” *Forbes*

We love this quote. It can apply to so many people in lots of different situations.

New Treatment - Aromatherapy Massage With Jo Sturgess



We're delighted that our Sports Therapist Jo is now qualified to provide aromatherapy treatments. Aromatherapy is a holistic treatment, the aim of which is to produce a physical, spiritual, emotional and mental sense of well-being through inhalation and massage of essential oils. Essential oils are derived from plants and are chosen for their particular therapeutic qualities that are stimulating, refreshing and sedative. Massage is used with the oils to enhance their effectiveness.

It is one of the fastest growing complementary therapies in the world and is recognised as one of the most natural and holistic treatments available today. Its aim is to release feelings of well-being, harmony and improved mental and physical health. Living with stress produces a state of muscular tension - our hearts work harder, valuable energy is burned up unnecessarily, we become fatigued and sometimes depressed. Consequently our resistance to infection and disease is drastically reduced. Aromatherapy helps deal with the effects of stress, specially designed to relax tension, restore vitality, and reduce the workload of the heart, nerves, breathing, to name but a few...

When booking an appointment please let the reception team know what symptoms you would like to be treated. For example, Stress, Insomnia, Stomach complaints, Digestion problems, Depression, Circulation, Colds, PMT & Menstrual problems, Migraine etc. so that oils can be mixed specifically for you beforehand. The aromatherapy massage includes the whole body, however it can be combined with a Sports Massage, just let Jo know when booking. Appointments are £40, please call (01903) 660094 or ask for details when you're next in!

Practice Member of The Month!

Lots of names in the hat for PMOTM for May! Sports achievements, great results with consistent Chiropractic care and people introducing friends and family to the wonderful world of Chiropractic.

However, this month we'd like to recognise Emma Crowter as our Practice Member of The Month. Emma came to see us with a chronic knee problem rather than the more common back, neck or shoulder complaints. Emma followed Dr Yulia's advice closely and has been extremely consistent with her initial intensive care and subsequent maintenance care. We could write more but it's better in Emma's very own words...

“After 7 months of severe pain in my right knee, with x-rays, MRI scans and ultrasounds showing nothing wrong despite obvious swelling, I came for an assessment at Beach House Chiropractic. I was a bit sceptical, as Chiropractors are for backs, right? After a thorough assessment, and having exhausted any other possible avenue to relieve the pain (after 7 months of Tramadol and Paracetamol) I was willing to give it a go, what did I have to lose? Well after 11 sessions with Dr Yulia, the difference is incredible! I have gone from hardly being able to bear weight to walking 3 miles, 3 times a week. I now take no painkillers at all. This is in 5 weeks! I'm not saying it was painless. Believe me the first few sessions were agony, but I am saying it was definitely worth it! Thank you Dr Yulia and all the team at Beach House Chiropractic”.

Congratulations from the whole team on becoming our Practice Member of the month for May.