

Back to Health



Welcome to the October edition of **Back to Health**, the newsletter from the team at **Beach House Chiropractic**. This month's articles include; **Clinic news, Thank you for Your Referrals, Quote Of The Month, 5 Foods In Season and Do More For Your Core!** Please read on...

Clinic News

Chiropractors Are Up To The Challenge!

Dr's Theo, Georgia and Yulia have all recently embarked on super-human challenges to climb mountains, row across lakes and endure long distance running and cycling. Yulia trekked and climbed the Atlas Mountains whilst Theo and Georgia took on the Rat Race, a coast to coast charity event in Scotland. Not content, Theo then took on the 3 Peak Challenge, climbing Ben Nevis, Scafell Pike and Snowdon in just 24 hours. Thank you to everyone who supported Theo and Georgia, helping them raise over £500 for charity. For more details please see our latest blog post at <http://beachhousechiropractic.co.uk/blog/chiropractors-take-up-the-challenge/>



Personal Training & Spinal Conditioning Classes

We're excited to announce that Matt, from our Sports Therapy Team, will be introducing Personal training and Spinal Conditioning classes from 1st November. Matt is a highly experienced Personal Trainer, working closely with clients for over 10 years. Whether you are looking for specific rehabilitation exercises, strength gain, weight loss or body conditioning, Personal Training can play a sizeable role in helping you achieve your goals. Is Personal Training for you? The first step to see how Personal Training can help is to speak with Matt on 07841 506403 to arrange a no-obligation free PT Consultation. Alternatively, speak with your Chiropractor on your next visit.

Would you like extra support or guidance with your Spinal Exercises? Spinal Conditioning Classes will take place every other Saturday at Beach House Chiropractic, starting Saturday 4th November. The classes are designed for up to 4 people and will help with the specific exercises that your Chiropractor has prescribed for you. Matt our resident Personal Trainer will guide you through the exercises, explaining how to perform them correctly and answer any questions that you have. The class takes place at 1pm, lasts for one hour and costs just £9. Due to the small class number, pre-booking at reception is essential to reserve your place.

Food Sensitivity Testing



As an integral part of our approach to providing support for your long-term health and wellbeing, we have recently introduced **IgG Food Sensitivity Profile Testing**. This simple test is done inside the clinic with no need for a referral to a specialist centre. The IgG test lets you see what foods you currently react to. The test compares the blood reaction to a variety of different food items to give you a highly personalised result and arising from it, specific recommendations. Conditions that are often linked to food reactions include Migraine, IBS, Arthritis and Eczema. To book a Food Test or discuss its suitability for you, please speak with your Chiropractor who can advise you appropriately.

Thank You For Your Referrals

We're delighted that so many of our wonderful Practice Members referred their Family, Friends and Work Colleagues to us during the last few months. Your confidence in us is greatly appreciated. A HUGE Thank you to everyone who has recommended us to others for Chiropractic & Sports Massage;

Ana Woollard	Andre Napier-Brown	Becky Arter	Catherine O'Connor	Charlotte Ogilvie	
Denise Pashley	John Northeast	Grant Moorish	Heather Johnston	Hillary Spicer	
Richard Hitchcock	John Pope	Jill Fone	Jo Harrison	Karen Rea	Karl Edwards
Laura Collins	Michelle Ware	Nathan Keogh	Paul Brownlee	Phil Seal	Ray Heffer (Jnr)
Russell Knight	Samantha Battes	Sandy Easterbrook		Sarah Brayfield	Tony Lamb
Solene Le Cornec	Sophie Brooker	Stevie McTear	Tony Grisdale	Trish Allen	Trish Vince
Tristan Lamb	Jane Law	Alicia Moore	Andrea Giles	Andrew Nicklin	Angela Cozens
Barry Linfield	Carly McGukin	Carole Sugget	Dan Gamble	Danielle Barham	Daryl Parsons
David Westwood	Debasish Das	Dee Mason	Diane Burgess	Elaine Moss	Emelia Finn
Freya Hacker	Ian Tooth	Janice Ashton	Jemima Mitchell	Jenny Brooks	Justine Moore
Lee Smyth	Leigh Tingley	Linda Schopp	Louise Elliot	Mark Ridley	Marlene Butler
Michelle Hope	Nicola Rixon	Paul Purdie	Paula Mott	Phoebe Hagan	Rachel Sullivan
Ray Heffer	Richard Murphy	Sam Karacochi	Sarah Haswell	Sari Leppiluto	Sharon Waller
Simon Willard	Siobhan Roberts	Sophie Bowley	Steve Marks	Sue Gillespie	Tony Hammond

Do you know someone we can help? **A Chiropractic Introduction Package that includes a Top to Toe Examination, Report of Findings and First Chiropractic Adjustment for your friends and family is still just £25 in October. This is the best value introduction to Chiropractic care with us. Referral cards are available from the clinic!**

Quote Of The Month

“What the mind can conceive and believe the mind can achieve” . Napoleon Hill

5 British Foods In Season This Month

Staying true to seasonal food can help you enjoy produce at its tastiest and best this month. In addition to the many fruits and great vegetables that Autumn yields, it's game season. This could be the perfect time to experiment with cooking something a little different than normal. Seabass, Pollock and Whiting are also at their best this time of year.



Wild Mushrooms / Fungi
Wild game inc. Pheasant & Partridge
Swiss Chard
Kale
Seabass



Do you have a great seasonal recipe to share, why not tell us about it so we can feature it in the clinic?

Do More For Your Core!

Sitting is quite possibly the largest single contributing factor to weakened core muscles. Research recommends sitting for just 10 minutes before 'breaking the pattern'. This could be simply standing from a seated position for a second or two, fidgeting in your seat and bouncing 'cheek to cheek' (clenching the left and right side of your bum simultaneously). However, there is no substitute for a few exercises to strengthen the important core muscles (those muscles that connect the stomach, back, hips and legs). Try these and you'll soon notice the difference. One easy, one intermediate and one advanced. **Exercise without pain, ask your Chiropractor if you have any concerns or questions.**

1. **Core Brace (Easy).** Begin standing with both hands pressing on both sides of the lower abdominals. Engage core by contracting abdominals. Feel the contraction of the abdominals with your fingers. Hold for 5 seconds & repeat 5-10 times.
2. **Walk Out Plank (Intermediate).** Begin in a high plank position with hands flat on floor. Holding abdominal contraction, walk hands forward one at a time, as far as you can without losing straight line plank position. Return to start position. Repeat 3 to 5 times each side, building up repetitions over time.
3. **Single Leg Prone Plank (Advanced).** Begin in a prone plank position so that forearms are supporting body weight. Maintain a straight plank-like position from ankles through shoulders. Once plank position is attained, extend one leg and hold (6" to 10" off the floor). Maintain core contraction. There should be no movement once this position is attained. Hold for 3 to 5 seconds. Repeat 5 times each side, building up reps over time.