

Newsletter

Welcome to the Autumn/*Winter* edition

from the Practitioners @ The Blackdown Healthy Living & Activity Centre



BLACKDOWN
HEALTHY LIVING &
ACTIVITY CENTRE

Chiropractor

BPPV benign paroxysmal positional vertigo

One of the most common causes of dizziness, effecting 50% of people and is increasingly common with age. It is caused by crystals within the semicircular canals of the inner ear, causing a spinning sensation on head movement.

The Hallpike test is used to diagnose, involving laying down from sitting quickly whilst turning the head. If crystals are present the patient will

become dizzy and frequently a nystagmus or rapid eye movement will occur.

Treatment consists of asking the patient to move their head in particular positions, moving the crystal, called the Epley manoeuvre or a modification of it. In a lot of cases this may only require one visit but sometimes it may take a few.

Sue Moore BSc(Hons)chiro, RGN Tel 07534222031



Massage

Our Wonderful Hip Flexors

Sitting and driving can cause our hip flexors, primarily our Psoas muscle, to be chronically shortened and tight. Because of where the Psoas attaches, dysfunction can cause

lumbar back pain and restriction in the front of our hips.

If you find yourself sitting or driving for extended periods of time, take some time out to stretch your hip flexors. Opening this area also increases blood flow and lymph, we have many lymph nodes in the groin area.

Step one leg behind into a lunge, bend the front knee and raise the same arm as the extended leg up above, to open up the front of the hips – a good releasing and energising stretch!

Ruth Bell, Massage & Bodywork Practitioner (MTI & APNT) Tel 07892 896895



Alexander Technique

Walking consciously

Everyone knows that walking is good for your health, but are you aware of how you walk? To walk with less compression in your body is as helpful as walking itself. Take your time rather than rushing to “do” your walk.

Notice if you are looking down at the ground. Instead, look out at your surroundings. Keep your step light by thinking “up” and imagine your head floating on top of your spine. Shorten your stride so that your centre of gravity is more above you than behind you.

Think of releasing the back of your legs to let your knees move freely. Let your arms hang and swing freely. Enjoy the experience of better balance and ease of movement.

Jane Julier. Alexander Technique. S.T.A.T Tel 01884 799263 janejulier@gmail.com

Reflexology

Feeling Overwhelmed?

Modern life is busy... for example, people expect emails to be answered today; maybe you are expected to work overtime; with so much choice in our lives, so many responsibilities and expectations from ourselves and others, life can feel heavy, overwhelming and dark. **You are not alone.**

Be kind to yourself - life is hard enough. Nothing lasts forever, trust the depression will pass. Reflect on your achievements rather than what still needs doing.

Tip: Connect with your deep belly breathing, long slow exhalations help release built up tension in the body. Share your troubles with someone. Drink some water, it will help everything flow.

Emma Finch IIR MAR Meaningful Soles Reflexology Tel 07957 161748 www.meaningfulsoles.co.uk

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Aromatherapy

Winter is coming



As the cooler weather approaches and you pack away your summer wardrobe for another year, there are a number of essential oils that are especially helpful in keeping you healthy throughout the season. Lavender Oil is definitely one of the most popular essential oils and the most versatile with its antibacterial, antidepressant and anti-inflammatory effects.

5 drops of lavender essential oil in a warm bath will help to relax you and can help to clear congestion.

Alternatively, put a few drops in your humidifier or on your pillow, and the calming aroma will help you sleep soundly during the night.

Alice Ringrose

Aromatherapist MIFA, AromaCare Tutor Qigong Ti Chi Instructor
07535 440774 alicer@alicerose.com www.alicerose.com

Herbal Medicine

Winter remedy

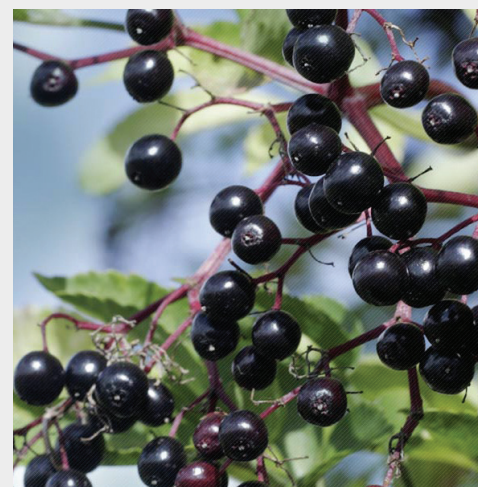
With the change in season from autumn to winter now is the time to think about natural ways to boost your immunity to avoid the 'winter sniffles'.

Elderberry is a traditional cold and flu remedy and has been shown to have very strong antiviral properties. Often taken as a preventative or at the early stages of a cold or flu, it has also been shown to be effective when taken during a cold or flu episode.

Elderberries can be made into a syrup, ice lollies, throat sweets or why not try elderberry gin instead of sloe gin.

Helen Kearney, Medical Herbalist, Tel: 07419 190787

Email: clinic@betonica.co.uk



Hypnotherapy

Mindfulness



It's a wonderful time of year, harvest, crisp mornings, leaves going brown and red, sure signs that autumn and winter are coming. Children are starting new school years and students are going back to university. Hopefully you look back on the summer with fond memories.

But this period can also bring its own stress. The desire to ensure that children are happy in school or that Christmas and New Year are just 'perfect' can lead to worry and anxiety.

If this is a problem try mindfulness or self-hypnosis to regain some perspective by thinking about what you can, and more importantly cannot control and to alleviate the symptoms of stress.

Roland Bullivant, Hypnotherapist. PDCHyp Tel 07900 340257