A Note From Karen

Spring is a great time of year. It’s full of promise for the year ahead. Nature comes to life and the season brings a brighter, more positive outlook compared with the winter months.

This is the time of year when many of us look forward to being more active and enjoying the great outdoors.

In this edition:

– You’ll learn how to gradually introduce physical activity after your winter break — or hibernation.
– Also, with love in the air for February (this year we have Valentine’s Day and it’s a leap year) read about how to love your bones. They really will love you back.
– All of us experience pain. Should it be ignored? Does it always have a physical cause? We explore what your lower back could be saying to you.

We hope you enjoy this newsletter and find it helpful. Please do share it and remember to visit www.SheffordOsteo.com for more great advice.

Karen

BONES ARE quite literally the support system of the body. So - it’s important to keep them strong and healthy.

Here are our 10 top tips for loving your bones, keeping them as healthy as possible:

1. Know your family history as it is a key indicator of bone health.
2. Boost calcium consumption for the proper development of teeth and bones.
3. Remember your vitamin D. It contributes towards calcium absorption.
4. Your diet should be balanced and nutritious.
5. Exercise daily for 30 minutes. Weight-bearing exercises like running, walking and stair climbing keep bones strongest. Resistance training improves bone health too.
6. Consume less caffeine – it interferes with the body’s ability to absorb calcium.
7. Reduce your alcohol intake - but, like caffeine, there’s no need to quit entirely.
8. Quit smoking. It can prevent the body from efficiently absorbing calcium, decreasing bone mass.
9. Sleep well. We need 7.5 to 9 hours of sleep each night to function at our best.
10. Minimize falling hazards and try balance-building activities like yoga, t’ai chi, and dancing.

Loving your bones is investing in your future health. Search online for ‘nhs healthy bones’ for more good advice.

Testimonial

Laura is a kind and understanding young lady. I felt reassured and welcome as soon as I arrived at the clinic. Everyone was so friendly.

I am nearly 80 years old and struggle with my legs and hips. I had been really stiff walking and hadn’t been able to get around my home very well. Laura spent time on helping me get my, sometimes very stiff hip, mobile again. This helped me enormously.

I have a continued problem with fluid retention on my lower legs. A weekly massage helps with keeping this down.

I was very happy with the professional service she gave me and won’t hesitate to call on her again.”

June of Lower Stondon

Clinic News ...

10 Ways To Love Your Bones

Quote of the Month

A man’s health can be judged by which he takes two at a time – pills or stairs.

– Joan Welsh

Did You Know?

In 2015 we gave 3918 treatments

Clinic Chuckle

“My doctor says I need more fresh air and sunshine. I wonder if there’s an app for that?”

Start To Live Your Life Again By Calling 01462 811006 To Make An Appointment
What Is Your Lower Back Saying?

Pain is part of our life, right? But should it be ignored, or hidden by taking medication, to allow us to continue with our daily lives?

Your body is how you move about. It is how we interact with everything - work, family, the environment etc. The body cannot be separated into physical, mental, emotional and spiritual - it is all of these. An imbalance in these areas can manifest as pain.

Most of us will experience low back pain during our lives. It could be that you have over worked and pulled a muscle or trapped a nerve. But - there are other stresses that shape the back. We need to embrace the body-mind-soul aspect of the pain (metaphysical).

The back represents our support system. Back problems can mean we don’t feel supported. It is also linked with finance, the worry about money or even a fear for our own survival.

The lower back is connected to the ‘having’ in your life (having a home, money, children etc.). You believe you must have it all in order to feel supported, but you don’t want to admit this to yourself or others.

A metaphysical cause of pain is the real reason that your physical body doesn’t heal. It is the emotional and spiritual issue that you have not addressed. Your body keeps hounding you – via pain - until you pay attention.

Our recommended reads to discover more are:

- Your Body Speaks Your Mind by Deb Shapiro
- Heal Your Body by Louise Hay

Whether you subscribe to metaphysics or not, the fact is that you simply must not ignore pain. It is your body’s way of telling you that there is a problem – whether you recognise it or not.

Are You Hibernating?

WINTER IS a time for hibernating – it’s when we rest, recuperate and eat warming and nourishing foods.

As spring comes you’ll feel like doing more. Perhaps you’ll exercise more. Maybe you’ll take on a new, active hobby or you’ll be pottering about in the garden more often.

Here are our top tips for being active after ‘hibernation’:

- Ease yourself in gently, particularly if you have not been doing any kind of regular physical movement.
- Make sure that your walks are circular, so if you start to struggle you are not far from home.
- Start with lower weights and repetitions and build up slowly.
- Plan your activities so that you are using all parts of the body during exercise.
- Make sure that you have regular breaks.
- If you’re outside, make sure that you wrap up warm.

Remember each day is a new day. Listen to your body and be active accordingly.

What’s the best type of pillow to use?

The comfort of a pillow is very subjective. The main principle is to ensure that your neck is held in good alignment with the rest of your spine - not too high or too low.

If you lie on your back you need the minimum of pillows. But - if you are rounded through your upper back and your head is held forward you will need a deeper one.

If you lie on your side, look face on into a mirror. You need a pillow the depth of the distance between your ear and the outer edge of your shoulder.

Feather pillows are good as you can change the height, but beware of allergies. People either love or hate shaped pillows . . . we have Goldilocks pillows at the clinic. They come in five different depths which we measure you for.

Does weight affect pain?

Weight doesn’t cause pain but can make it worse. For example studies have shown that if you suffer with knee pain, losing weight can make a huge difference - 1lb of weight equates to 4lb of stress at the joint.

When should I make an appointment?

A great question. If you are in lots of pain there is a worry that it will be too painful to be treated. If it’s a niggle, ache, stiffness . . . you just get on with it as it’s part of ageing, right?!

Or – you thought it would go away in a few days which becomes weeks or months . . . and it’s still there?

Generally, we find that you will come for treatment when the pain is enough that it affects your life. We also hear a lot of “I wish I had come sooner”.

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