

NEWSLETTER

Autumn/Winter 2019/2020



A Giraffe Experience At Chester Zoo Would Lift Anyone's Spirits!

Welcome to our bi-annual newsletter. It is always a bit sad when the nights draw in, but it is also a great time to relax in the evenings and recharge your batteries after a busy summer.

I have enclosed some pictures I took from a recent visit to Chester Zoo, to enjoy the colour and variation of life on this planet! Hopefully they will lift the spirits.

It has been a busy and productive six months at the practice. Our new team members are settling in nicely, Alison on reception, Lauren (CBT), Sally (massage) and Zoe (reflexology). Hopefully, you will all get to meet them at some point.

The rest of the team remains the same and we are looking forward to celebrating 30 years in Bramhall. It seems impossible that it has been so long, but what a wonderful place to have worked and what a great team of people I have been privileged to work with.

We have had some very interesting speakers at our regular practice meetings. Fiona, our acupuncturist, recently did a presentation on acupuncture and specifically on its role in supporting couples as they go through IVF. Acupuncture has had some impressive results at this stressful time.

I have organised many more meetings ahead including one from Mr Tambe about scoliosis which will be fascinating I'm sure.

With this newsletter, several of the practitioners have included articles that may be of interest to you.

A little summary of who is on our team and when they work are as follows:-

Osteopaths - Our team of osteopaths consists of four highly qualified and experienced practitioners. We enjoy treating everyone from babies to 90 year olds and from every walk of life. Each osteopath varies the days they work.

Jo Cheaney	-	Tuesday/Wednesday/Thursday
Liz Halsey	-	Monday a.m./Friday/Saturday a.m.
Jose Fernandez	-	Thursday p.m.
Elizabeth Curphey	-	Wednesday

Justine Jackson, is still providing excellent treatments. She is very experienced in remedial massage, reflexology, aromatherapy, hopi-ear candles and Japanese face massage (Tsubo-ki) She is always preparing wonderful smelling oils, creams and bath salts to suit individual requirements.

Justine works on Thursday afternoons and Friday and Saturday mornings.

Dee Woodcock, our physiotherapist, specializes in women's health problems, particularly linked with incontinence and pelvic floor problems and issues arising in pregnancy. Physiotherapy sessions are 45 minutes.

Dee is also offering one to one Pilates sessions. The initial session being 1¼ - 1½ hours to allow for full assessment of the body to locate weak areas that need addressing. Follow up appointments are then about an hour and will involve a progressive routine. People may then be ready to join a local class. Dee is happy to do the occasional re-assessment along the way.

Dee is available here on a Wednesday afternoon and Saturday mornings.

Fiona Bullock, our acupuncturist, combines both traditional Chinese medicine acupuncture and five elements acupuncture. Fiona treats a whole range of problems and ages of patients, but has a special interest in women's health issues, fertility and pregnancy. Treatment times are 1½-2 hrs initial, 1 hr subsequent.

Fiona is available on Monday mornings.

Suzanne Gaskell, our chiropodist/podiatrist is available on Thursday mornings. Initial treatment times are 45 minutes to allow Suzanne to examine your feet, give self-help advice and do a treatment. After this appointment times will be 30-45 minutes, depending on the amount of work required.

Heather Coppard, practices hypnotherapy and mindfulness to patients. These can be very useful tools to help manage day to day stress or more long-standing issues. Heather is always happy to discuss whether therapy is appropriate for individual needs and is here on Monday mornings.

Lauren Coombs, offers Cognitive Behaviour Therapy and is here on Friday mornings/afternoons. Lauren has worked many years for the NHS at Stepping Hill Hospital she also lectures at Chester University and enjoys working with people.

Sally Triner, is a fully trained massage therapist and offers Lymphatic Drainage Massage, Pregnancy Massage, Tibetan Acupressure Head Massage and Japanese Acupressure Facial massage. Sally works on a Monday afternoon and all treatments are approximately one hour long.

Zoé Oughton, is a fully registered reflexologist. She is very experienced in Aromaflex, Fertility Reflexology, Maternity Reflexology, Reflexology Lymph Drainage, Hot Stone Reflexology and Luxury Reflexology. Zoe works all day on a Tuesday.



As always, thank you to all our patients who have been so supportive to the practice. It is lovely to receive recommendations/referrals and get to meet people's friends and families.

Please feel free to ask our reception team for any help with enquiries or for anything to make your visit here more comfortable.

Enjoy the cosy winter nights!

Jo Cheaney



Do you diffuse essential oils?

Are you confused by what you read and not sure which of the huge selection of essential oils to choose from?

Diffusing essential oils is one of the easiest first steps to experiencing the benefits of aromatherapy at home and is also one of the safest delivery methods.

Autumn is here and Brrrr ...temperatures are dropping! You might find yourself wanting to snuggle up on the sofa and wrap your hands around a mug of your favourite hot drink.

However, it's also the time when a new school term brings the sniffles, coughs and colds into our homes and the flu season is upon us.



When we watch nature, we can see that 'She' provides just what we need at the perfect time. Many of the seasonal plants and spices of Autumn are excellent germ killers and are the immune boosters we need right now.

Diffusing some of these warming, immune supporting, and antibacterial essential oils can help us to stay healthy and prevent seasonal ailments. Cinnamon (*cinnamomum zeylanicum*) - can kill airborne pathogens.



Ginger (*zingiber officinale*) - eases congestion and is a warming aroma.

Add a squeeze of citrus - Citrus essential oils of Sweet Orange (*citrus sinensis*) and Bergamot (*citrus bergamia*) are packed with monoterpenes that make them effective antimicrobials. They are also uplifting and help against seasonal anxiety and melancholy



The Eucalyptus oils have expectorant and decongestant properties, for children and those with a sensitive respiratory system - Eucalyptus Radiata is gentle and very effective. Black Spruce (*picea mariana*) and Silver Fir (*abies alba*) are light, cleansing oils and can really help to clear the room with their antibacterial properties.

Using 3 essential oils in a blend can be very beneficial, so practice blending starting with 1 or 2 drops of each oil and using your sense of smell to help you find an aroma you love. The art of aromatherapy is amazing as you can experiment with so many different aromas and have fun with it.

So, Diffusion Do's and Don'ts!

- Use a blend of essential oils as the synergy is more powerful than a single oil and blend up to 10 drops
- A diffusion time of 30-60 minutes with an ultrasonic diffuser (with water) is ideal. You can repeat every 2-3 hours, while making sure your room is properly ventilated.
- Over-diffusing can lead to irritation of the airways and adverse effects on the nervous system (irritability, migraine, nausea...). Be mindful of the diffusing time, don't leave your diffuser on overnight.
- Remember with essential oils less is more
- When diffusing around young children and pregnant women, use half of the amount of essential oils for half the time and diffuse oils safe for them.
- When diffusing around pets, keep a window open for ventilation and allow them to leave the room if they feel uncomfortable. Do not diffuse essential oils in close proximity to birds.
- Prior to diffusing in a shared space, like an office make sure those around you are happy too. Aromatic preferences are personal
- Remember that placing a few drops of your blend on a tissue or using an aromastick are other ways to keep it personal but enjoy the benefits of aromatherapy.

If you need any advice, please do get in touch.

Take care.

Justine Jackson

Clinical Aromatherapist

Acupuncture is More Effective than Hormone Drug Therapy for the Treatment of Endometriosis

Endometriosis is a very painful condition affecting an estimated 1 in 10 women between the ages of 15 and 49. It's a disorder in which tissue similar to the tissue that forms the lining of the uterus grows outside of the uterus and typically causes irritation, scar formation and adhesions (in which tissue binds the pelvic organs together). Sufferers often also report severe period pain and fertility problems. It's usually treated with painkillers, hormone treatment or contraceptives, surgery to remove the affected tissue or, in the worst case, a hysterectomy.

The good news is that endometriosis responds really well to acupuncture treatment. I regularly use acupuncture to treat patients suffering with this condition in the clinic. Patients report that it usually helps with pain, regulates their menstrual cycle and improves fertility rates.

A 2017 study found that acupuncture was more effective than hormone drug therapy for the treatment of endometriosis. It concluded that acupuncture relieves menstrual pain due to endometriosis, reduces the size of pelvic masses and reduces the recurrence rate of endometriosis.

When patients come for a consultation, I combine all the information they give me with all the information from the diagnostic tests that we use and come up with an acupuncture diagnosis. (Chinese medicine works very differently to Western medicine and uses very different terminology.) Endometriosis would typically involve one of the following: blood stasis, qi stagnation, kidney yang deficiency, spleen qi deficiency or damp heat!!

Once we've established where the imbalances lie, I come up with a treatment plan and take it from there...

Fiona Bullock, Lic Ac, MBAcC

Menopause - menstruation stop.

The average age of a woman in the UK to go through her menopause is 51. Menopause is when a woman has not had a period for 12 months. The time before this is called peri menopause. This is when the hormonal rollercoaster starts. Some women sail through with minimal problems. Others suffer terribly and need to see their doctor to discuss hormone replacement therapy (HRT).

Three in four women suffer hot flushes (or Power surges, as I prefer to call them) Some will notice mood changes, poor memory, sleep disturbances, sometimes lying awake most of the night. Fatigue is a result and further aggravates concentration, irritability digestive problems. Hair and skin can become dry and this includes vulval skin and vaginal thinning and dryness. Low libido and discomfort during intercourse can add to the misery! Muscles can begin to waste, including pelvic floor muscles. Some women notice a bulge in the vagina and their GP may diagnose a vaginal prolapse. Bladders start to mis-behave and location of toilets can dominate day trips.

So, if all this is too familiar it may be time to visit a Pelvic Health physiotherapist.

Understanding your own body and how to negotiate this amazing phase, can be the answer to survival. Pelvic floor physiotherapy can retrain the muscles to support the pelvic organs. Bladder training tips can get that bladder under control again. Advice for vaginal lubrication and tips to resume some loving intimacy can make life bearable again.

Pilates exercise is recommended to build bone and muscle strength as well as posture and balance improvement. Concentrating on your own body for an hour during this gentle exercise has a mindful effect to calm and restore.

Dee Woodcock is a Pelvic Health Specialist Physiotherapist. Menopause is just one contributor to pelvic floor dysfunction. Dee offers individual, confidential assessment and holistic treatment for women as well as men. She also offers one to one Pilates sessions. These are tailored to the needs of each individual.

Dee is here at the practice on Wednesday afternoons and Saturday mornings.

Dee Woodcock BSc (Hons) Reg MCSP MPOG

It's cold season and most of us will get a cold over the next few months. Try these Handy tips when you are feeling under the weather

- Stay hydrated - drinking slightly warm water regularly can help, add some honey and lemon too if you like.
- Rest - this is something we often don't do as we think it's 'just a cold' Give your body time to heal and you are likely to get better quicker.
- Sleep slightly propped up - this will help your nose drain easier.
- Inhale steam - put your head over a bowl of steamy water as the steam will help soothe your nose and throat.
- Cut down on dairy products - foods like cheese, milk and yoghurts can make us more congested so try to avoid eating too many when you have a cold.
- Eat well - keeping up your fresh fruit and vegetables will help your body get better quicker, particularly those rich in Vitamin C



Elizabeth Curphey
Registered Osteopath

Hands up!

Who has a bag that's way too big with way too much "stuff" in?!

The combination of the weight of your bag against muscles, tendons, nerves and ligaments- plus the way you compensate with your posture to accommodate the load can lead to many problems like: headaches, upper neck/shoulder pain, back pain, scoliosis, kyphosis and tendinitis in the elbow. When you carry something heavy every day, the accumulated stress can lead to significant injuries that require you to seek medical intervention. Everyone has seen articles on the effects of teenage posture caused by carrying heavy backpacks and school bags

So how can you change things to improve this situation?

Come and see us here - we have a great choice of therapists and osteopaths who can help

Change sides / cross your body

Streamline the contents

Distribute the load, use a wider strap

Downsize!



Zoe Oughton
Reflexologist

Sally Triner

Holistic Massage Practitioner

"Bringing balance back to your body & mind"

FHT Accredited Massage Practitioner at Bramhall Osteopathic Practice every Monday afternoon, offering Bespoke Holistic Massage Therapies for 'Every Body' - balancing mind and body from Bump to Baby and beyond!

Following over 20 years working in the Television Advertising industry, and after 16 years employment at Channel 4 I decided to make changes to my career and lifestyle. I had experience of osteopathic and holistic massage treatments and found them to be invaluable in keeping my emotional and physical stress levels in check while balancing a demanding job and three young children. I incorporated massage within my 'timetable' as a necessary maintenance tool - it kept me in balance and I became hooked! In 2008 I retrained as a Massage Practitioner and the rest is history as they say!

I am passionate about 'The Power of Touch' - no fancy products, no harsh chemicals, just my hands and some fabulous natural essential oils blends. So, whether you are young, older, tired, stressed, pregnant, anxious, aching, recovering from illness or just feel like a treat and some well earned time out - let me give you permission to relax, recharge and reboot with a choice of bespoke treatments.

From the most soothing and gentle aroma Massage through to a more invigorating deep tissue workout, or maybe you fancy a stress busting Tibetan Head Massage, or the youthful Japanese 'Facelift' Massage, or Pregnancy Massage to ease those niggly aches & pains, or a detoxing Lymphatic Drainage Massage, or maybe you want to treat a relative or friend to some nurturing and comforting gentle 'Sleep Ritual' massage therapy.....

Massage for 'Every Body' at Bramhall Osteopathic Practice.

Sally Triner

VTCT IIHHT MFHT

Holistic Massage Practitioner & Infant Massage Instructor

Bramhall Osteopathic Practice



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