



Grays Complementary Clinic Newsletter

(it's good for your elf!)

Christmas opening times:

Mon 21st 9.30 a.m. to 8 p.m.

Tues 22nd 9.30 a.m. to 8 p.m.

Thur 24th 9.30 a.m. to 2 p.m.

Thurs 31st 9.30 a.m. to 2 p.m.

Mon 4th Jan 9.30 a.m. to 8 p.m.



Christmas 2015

Just a few days now until Christmas – and so much to do!

This year I've been concentrating on Facebook so if you'd like to read a range of short articles about different health issues, take a look at www.facebook.com/graysosteopath - there's stuff about the dangers of prolonged sitting, disc problems, arthritis, side-effects of drugs, local news and other issues – plus the odd fluffy bunny videos! If you like it, could you please give the PAGE a like (box in the blue header) as this improves the ratings – thanks!

Contact details:

Phone 01375 396402

gccltd@tiscali.co.uk

What's new?

I'm planning a series of simple exercises aimed at elderly or unwell people who don't want or aren't able to go to the gym, but would like a way of keeping up their strength for simple tasks such as climbing stairs and opening jars. Tell me if you or someone you know would be interested in this, and also what problems you (or they) face every day. I hope to get this up and running in the New Year.

"Blindingly Obvious Tip"

This edition's tip is very seasonal – but probably a bit late for the more organised of you! Are you constantly frustrated by the ability of the end of the sellotape to hide itself? OK, you can turn the end over but then you've got to keep cutting that bit off, adding to the work. Simple solution – deliberately stick it down wonky! If it's stuck down at an angle, one side will hang over the edge of the reel and you'll be able to find and lift it without any problem! Even Scrooge will be happy with this solution as you won't be throwing away that doubled over bit.





Remember, I'll be with you for the next 15 Christmases!

New addition to our clinic – we are pleased to welcome Yasmin Mumtaz as counsellor. Yasmin specialises in Mindfulness at the CBT (cognitive behavioural therapy) approach, which has become very popular for those struggling to cope with conflicting thoughts, feelings and behaviour.

Yasmin joins our team that also includes Diane Hardy, homeopath; Caroline Tinkler, hypnotherapist; Joy Thompson, person-centred and integrative counsellor; and Yvonne Fearnside, who does reflexology, massage and Cambridge weight plan.

Worst Christmas cracker joke of the year:

What is E.T. short for?

- Because his legs are so little!

Wishing you a peaceful and happy Christmas and New Year –

Peter Still and all at Grays Complementary Clinic Ltd

P.S. Remember, if you recommend a friend for osteopathy treatments, you will get a £15 discount voucher toward your next visit.

Just make sure the person you're recommending knows your full name so we can send the voucher.



Feel fit to bust after your Christmas dinner? – there's nothing like a walk in the fresh air to clear your head. Walk hand in hand with someone special, watch the kids trying out their new bike or just go and enjoy the scenery! Get in the habit and start walking now, rather than making a resolution that maybe you won't keep later.

Osteopathy at Grays Complementary Clinic

2 Cromwell Road, Grays RM17 5HF

I would like to suggest this clinic for osteopathy treatment as I think it might help you.

Contact Peter Still on 01375 396402 or email gccltd@tiscali.co.uk

Recommended by

