



Newsletter October 2013

Yes, at long last we've reached that milestone and trying to grow old gracefully.....



To celebrate 20 years in Grays, we are hosting free consultation days with some of our therapists over the next few weeks. Call to find out more.

News

Peter Still, along with his wife Yvonne and their children, took part in the Cancer Research Walk for Life in September. This was a 24 hour event so each team had at least one person on the track at all times, as well as organising additional fundraising events. Being a lucky swine, Peter won the "guess how many sweets in the jar" competition. But also being too mean to let his kids eat them after all that walking, he re-ran the competition in the clinic. It brought in another £19 and was won by the last person to enter – Michele Langston guessed 167, very close to the actual figure of 170.



We're finally moving into the 21st century! Peter is getting a chip and pin machine in the next few weeks as very few patients use cheques now, and a lot of our customers turn up without enough cash – then have to trek up to the High Street to get some cash. We will probably stop accepting cheques after a few months – let us know if this is a problem for you.

The "new" website on www.fit4living.co.uk is now 6 months old and has bedded in well, some changes have been made so it's easier to navigate. The blog page hasn't had many visitors, so if you've got any comments or suggestions then have a look, put in your tuppence, tell you what – [best blog gets a box of chocolates or bottle of bubbly for Christmas!](#) Take a look at our facebook page too on www.facebook.com/painreliefwithoutdrugs

***£15 off your next osteopathy treatment when you recommend a friend! – just tell them to let us know who put in a good word for us and we will send you a voucher.**

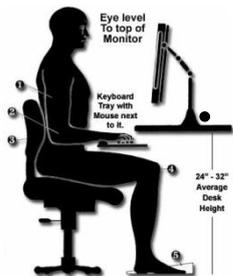
Back care tips



In this newsletter I want to focus on your office chair. Lots of my patients ask the best way to set them up; the first thing is to have a good look at the chair, find out how many levers and knobs it has and what they do (but be careful – turning a wheeled chair over to look underneath can cause a strain in itself!) Try to avoid chairs with a large knob just under the front edge – this is a recliner mechanism, for leaning back – unless you spend all your working day chatting on the phone with your feet up on the desk, it won't do your back any favours.

- If you are doing active office work such as using a computer or writing, or in a factory control room, it is best to have a slight forward tilt to the seat. So first see if that can be adjusted – try to tilt it slightly forward so a round pencil can just about roll off the front of the seat.
- Once that's set, get the seat height right. Your knees should be slightly lower than your pelvis – again, you might be able to use the pencil – it should roll forward off your thighs.
- Next set up the back. If you are slumped back too far, it is an effort to reach forward to do everyday tasks. Try to bring the back up to meet you when you sit fairly upright.
- If the back height can be adjusted, set it so any lumbar bulge fits into the hollow in your back. This bulge might also be adjustable – usually a knob on the side of the back does this. Adjust until it supports you without making you arch your back.
- The seat length may be variable – if you have short legs, this can stop the seat edge pushing into your calves.
- Finally the arms – do you really need them? If you like to sit close to your desk then they may be getting in your way. If you are the only person that uses your chair, they usually come off easily but you may need help if they need an Alan key or screwdriver to remove. Keep them somewhere safe so whoever inherits your chair has a choice! If you use the arms, don't have them too high – this will push your shoulders up and make them stiff.

After setting everything up, make any fine adjustments to the earlier settings to get comfortable. You should now be able to sit fairly upright and lean forward and to the side with little effort. I don't normally recommend foot reats unless you are very short or your desk is very high – otherwise they are likely to make you slump back into the chair and strain your back.



If you have difficulty adjusting your work chair, or your company is planning to get new chairs, it may be worth having a workplace assessment. This can be arranged through the clinic. Peter is also happy to provide a free 10 minute tutorial on setting up your chair here at the clinic- phone to book on 01375 396402.

When are you open?

That's not easy to answer! You can usually phone the clinic between 8 a.m. and 8 p.m. any day, but that doesn't mean we're actually here. As we work late evenings and some of us work in other places, the phone diverts to our mobiles when we're not here. If you come to the door during the day and find it locked, just give us a call on 01375 396402 and we can usually sort out any appointments or take messages for you.

Blindingly Obvious Tips

This tip is born out of pure frustration at scuffing my nice shiny new shoes – no matter how much polish you put on, you can always see a mark! This works best for black shoes as the solution is readily available – get

an indelible felt tip or laundry marker the same colour as the shoes and carefully cover in the scuff. Then polish as usual and you won't be able to see the mark. It even revives old, worn shoes and can fill in whitened areas round seams.

If you have any tips you'd like to pass on, let me know and I'll include them in the next newsletter.

Tell your Boss.....

If you've benefited from treatment at the clinic, why not let your boss know? Millions of working days and millions of pounds of profit are lost every year when key workers can't do their jobs through health problems. Of course your employer is unlikely to fund long-term treatment but might be happy to provide two or three treatments to get people back to work faster, or even go half and half with you.

A reminder of the treatments available here at Grays Complementary Clinic:

Osteopathy for low back pain, neck pain, joint pain, arthritis pain, sports injuries, RTA injuries, frozen shoulder, tennis elbow, golfers elbow, shin splints, heel spurs, headaches, vertigo, trapped nerves, sciatica, numbness, pins and needles, pain during pregnancy or after childbirth

Homoeopathy treats illnesses by using very dilute preparations of natural substances to encourage your body to heal itself – the opposite of conventional medicine that uses drugs that replace or over-ride your body's natural processes

Reflexology and massage for stress, tension, relaxation, general well-being

Counselling for relationship problems, separation and divorce, bereavement, marriage preparation, anxiety, depression, post-abortion distress, abuse and trauma

Hypnotherapy for stress, anxiety, fears and phobias, exam nerves, stop smoking, weight control, obesity, anorexia, sleep problems and lots more. Hypno gastric band and hypno birthing also available

Cambridge Diet (Cambridge Weight Control Plan) for weight control, weight loss, slimming, obesity, overweight – provides low carb meal replacements to help you achieve and maintain your ideal weight

Applied Kinesiology is a system of muscle tests that direct the therapist's attention to different systems in the body that may be functioning poorly

We also supply a range of back supports, pillows and nutritional supplements.

www.fit4living.co.uk

Wishing you all good health and happiness –

Peter Still and the team at Grays Complementary Clinic Ltd