



NEWSLETTER SUMMER 2017

Featuring the latest therapeutic exercises, recipes and offers

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MEET OUR NEW CHIROPRACTOR

A big warm welcome to Dr Bethan Bull our latest addition to the Newport Chiropractic Team. Beth started with us in Mid May and will be helping us to expand our late nights and Saturdays for all of you busy working people.



Bethan graduated with a Master of Chiropractic degree from the Welsh Institute of Chiropractic after studying Human Biology at the University of South Wales.

Before starting work with us at Axis Newport, Beth was working in a busy practice in Stoke on Trent. For some time Beth has wanted to move back to South Wales where she feels most at home.

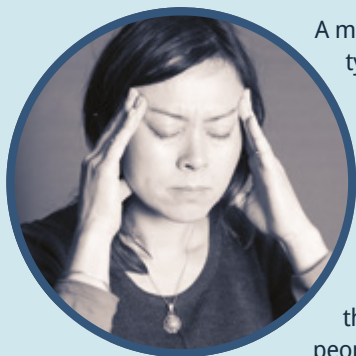
Qualifying as a chiropractor has allowed Bethan to combine her passion for biology and her goal to help others achieve their best potential. She has a keen interest in health education, nutrition and is also looking to develop her skills to working with animals in the future.

Since leaving university Bethan has developed a wide range of skills including dry needling and functional muscle testing and is passionate about widening her skill set to provide the best care for her clients.

DO YOU SUFFER WITH FREQUENT HEADACHES?

Most people experience headaches sporadically through their lives and are not too adversely affected by them. However, there is a severe type of headache called a migraine that can keep returning and be incredibly debilitating. It is estimated by the NHS that around one in every five women and around one in every 15 men are affected by migraines, which usually begin in early adulthood!

The exact cause of migraines is still somewhat unknown; the current understanding is that there is a temporary change in the chemicals and blood vessels of the brain.



A migraine is typically experienced as a severe headache, often with a throbbing pain in the front or sides of the head. Some people have other

symptoms including nausea, vomiting, and extreme sensitivity to light, sound or smells. Migraines can last from a few hours to a few days.

There are different types of migraine. There are migraines with aura, which is where there are warning signs of the migraine in the form of visual disturbance such as seeing spots, lights or blurred lines. There are also migraines that occur without warning, and it is



even possible to have a migraine aura without the accompanying headache.

There are also many different possible triggers for migraines. These can include, stress (and how stress is handled), food and drink triggers, sleep patterns, hormones and tension; especially in the neck.

In order to manage migraines in a regular sufferer, identification of a specific trigger is essential. Behavioural or lifestyle changes playing an important part in the treatment, such as avoidance of certain foods or maintenance of a regular sleep pattern.

Chiropractic treatment also has the ability to alleviate some contributory factors or after effects including relieve of restriction in movement of the neck, muscle tension in the neck, upper back and shoulders and helping correct any postural issues that may influence the occurrence of both migraine and tension headaches.

[1] <http://www.nhs.uk/conditions/migraine/pages/introduction.aspx>

MEET DARRAN — CARDIFF'S NEW MASSAGE THERAPIST

Darran is a Qualified level 4 sports massage therapist. He qualified in sports massage therapy under the watchful and very skilled eye of Viv Lancey (Chartered Physiotherapist). Darran has gained a wealth of experience working with various types of clients from all backgrounds and sporting abilities including elite athletes and the Cardiff City Football Team.



Darran first became interested in sport massage when receiving massage weekly to help with training and recover from injury. After realising and experiencing the benefits first hand he decided to study and qualify as a massage therapist specialising in sports, deep tissue and Swedish massage. Darran has spent the past few years practicing and learning multiple techniques from a variety of different and experienced practitioners. This willingness to learn new techniques and gain experience with a wide variety

of practitioners and sporting abilities has made him very popular with his fast growing patient base.

Darran has an excellent reputation of helping clients from small aches and pains to more serious soft tissue injuries. With his guidance and treatment he can help you get back to full health quicker than expected. Darran will be working Wednesday and Friday afternoons and Saturday mornings.

SPECIAL OFFER

For £10 off* a sports or deep tissue massage in June/July 2017,

QUOTE SUMMER NEWSLETTER

*only available with Darran in the Cardiff Clinic, one voucher code per person.

Book FOUR 1-hour massages, get a 40-minute massage* free!

*Excludes Bellabaci cupping



APPOINTMENTS

Date: _____

Time: _____

Missed or cancelled appointments with less than 24 hours notice may be charged

WHAT TYPE OF EXERCISE IS GOOD FOR ARTHRITIS?



If you suffer from arthritis, or very stiff joints, exercise may be the last things you want to do.

However... getting out into the fresh air and doing some low intensity, aerobic exercise can be extremely beneficial and help to prevent stiff joints.

Some sports can help to build up your core muscles, and the muscles which support your joints, and also reduce joint inflammation.

These include: Yoga, Pilates, Swimming, Cycling or Walking.

Opt for gentle movements and light stretches and build up slowly, the gentle stretching involved in each exercise can help you to maintain mobility & movement.

Be careful... try and avoid any hot or power yoga as this can end up putting excessive pressure on your joints.

Swimming can be particularly good as the buoyancy of the water can help relieve any pressure on your joints while you exercise, giving you that extra supportive barrier which will help cushion any inflamed joints.

Cycling also acts in a similarly supportive manner as is the pounding of high-impact aerobic activities. A gentle cycle can help to strengthen your leg muscles that support your joints. So whether it's on an exercise bike or in the great outdoors, cycling can be an effective way of staying fit while making sure your joints aren't placed under too much pressure.

If you are experiencing a severe flare up it is best to rest for a couple of days before part taking in any kind of physical activity. Remember, it's not a race. Don't push your body to do anything if you feel you can't manage it.

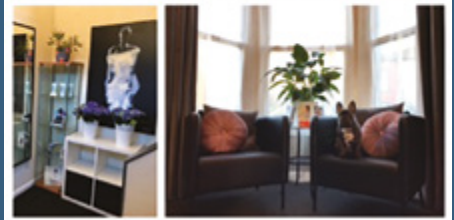
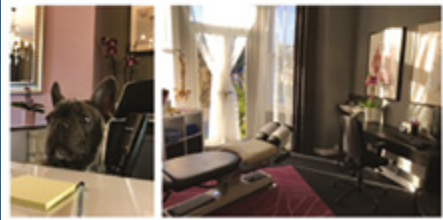
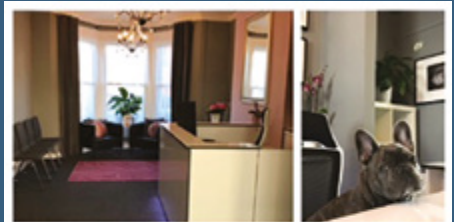
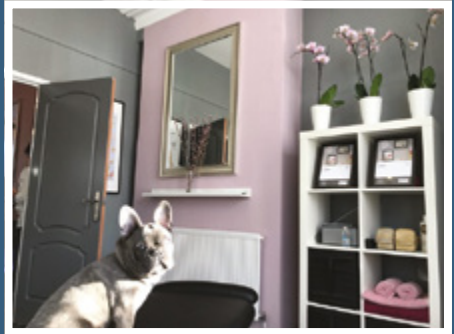
If you feel like it, you could simply go for a walk, but make sure not to push yourself too much if you are in pain. The best thing you can do is to listen to your body.

Remember... pain is your body's way of telling you to stop, so always go at your own pace.



A WHOLE NEW(PORT) CLINIC LOOK!

As many of you know we have been undergoing major changes and building works at the Newport Clinic over the past few months.



Some of these changes have included new render and painting the exterior of the building, new double glazed sash windows, ripping out the entire ground floor and replacing all of the joists and boards, a new boiler and complete redecoration top to bottom.

We would like to thank everyone for their patience during this time. As you can see the changes have been huge!

We have a lot more planned in the next 12 months for both the Newport and Cardiff Clinic. Keep a look out on our Facebook page and website for updates.

AXIS CHIROPRACTIC CHARITY SPONSORSHIP

At Axis we are always keen to give back and support local charities where possible. We donated £350 worth of gifts to our Christmas charity raffle which successfully raised £890 for 2 wonderful

charities with the help and support of our generous patients.

We are now one of the proud official sponsors of the COMMON OARS!

THE COMMON OARS

On the 27th of May 2017 The Common Oars will be attempting to row around Great Britain in order to achieve 2 things:

To break the world record time of 26 days, 9 hours, 9 minutes and 4 seconds.

To raise as much money as possible for the nuvasive spine foundation. An incredible charity aimed at helping patients with spinal problems in developing countries.

The teams non-stop adventure begins when they set off from Tower Bridge, London, on the May bank holiday. The team will navigate some of the most turbulent waters, busiest shipping lanes, strongest tidal currents and unpredictable weather of anywhere in the world.

The row will be completely unaided which means the team will carry everything they possibly need such as food and medical

supplies from the very beginning right up until we cross the finish line back at Tower Bridge.

Any physical contact with land or another vessel would result in the row being classed as aided, and as a consequence no world record could be broken. However the opportunity to complete the challenge would still be very much alive.

The team will be rowing non-stop to ensure the boat is always moving. They will be rowing in a 2 hours on and 2 hours off shift pattern 24 hours a day.

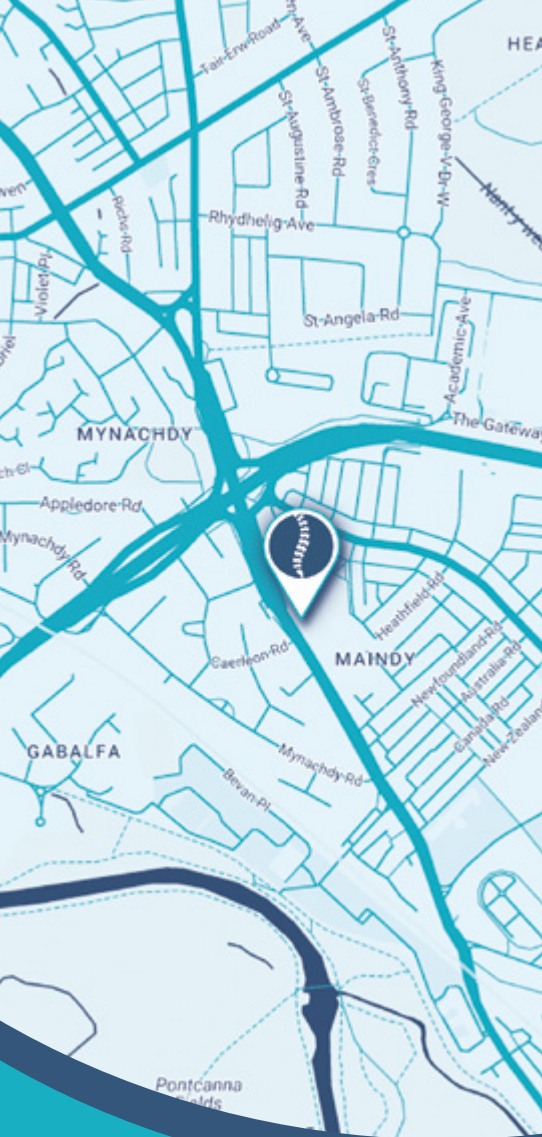
Upon their return they will join an elite group of people who have achieved this astonishing feat of human endeavour. In fact more people have walked on the moon than have successfully rowed around Great Britain.

INTRODUCING THE AXIS CHIROPRACTIC BLOG

We have introduced a new Blog page to our website. We are planning to update our blog page on a weekly basis with informative and interesting content that we are hoping you will enjoy reading. The Blog is interactive so you can make

comments on content and ask questions for our Chiropractors to answer.

Also, we are now on Twitter, Facebook and Instagram! All of the links can be found on our website, www.axischiropractic.co.uk!

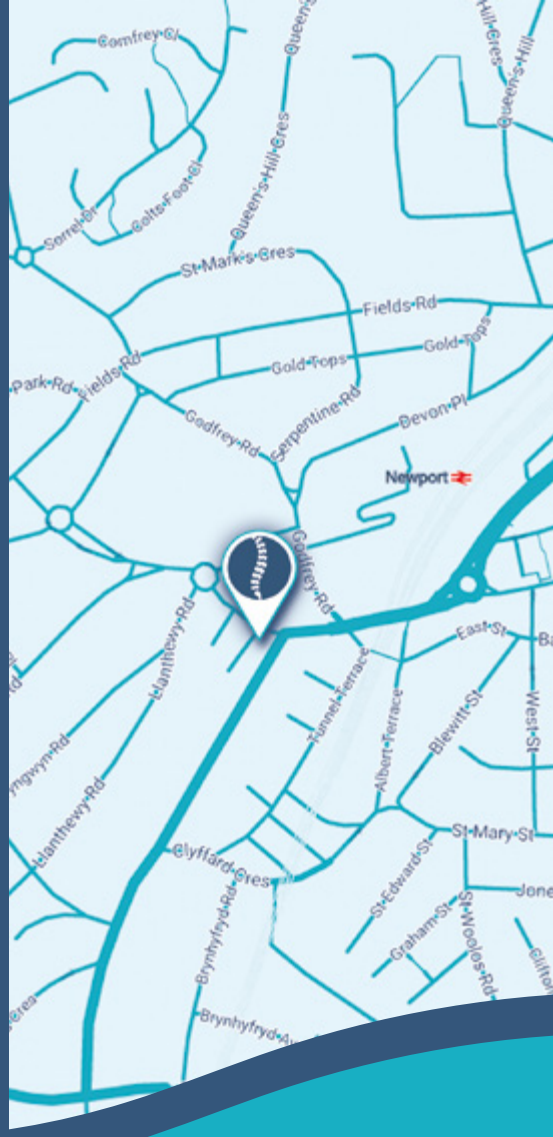


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