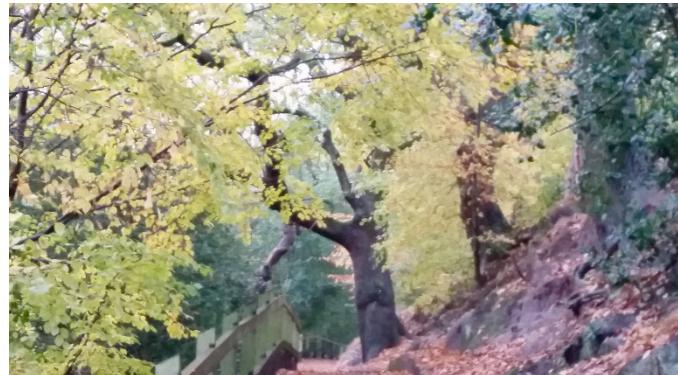


NEWSLETTER



Autumn/Winter 2017

Welcome to our bi-annual newsletter. It's always sad when summer comes to an end and the days get shorter. However, there's something very nurturing about curling up in front of a fire to read a book or watch a movie. Winter can be a time to catch up on sleep and re-charge the batteries.

The practice has had a good six months, busy and lots of stimulating courses and meetings. We have had several practice meetings of all the therapists and invited speakers to come and talk to us, or perhaps had one of the team present their speciality area of skill. They have proved stimulating, educational and a good opportunity to catch up with each other. As we don't all work on the same day this is really important. It's amazing to realise the wealth of knowledge we have under one roof!

Our most recent guest speaker was Caroline Stone, an osteopathic colleague who specialises in visceral osteopathy. Caroline has an interest in all the organ systems and how problems in these can impact on our musculoskeletal system and vice versa.

Areas of tension from organ dysfunction or scar tissue from operations on this can impact on how our spine's function and similarly if we have restrictions in our spine/rib cage and pelvis these may impact on our organ function. Common areas she treats are the pelvis and bladder/uterus, lumbar spine and gastro intestinal tract, kidneys, liver and chest/thoracic spine and lungs. It is a fascinating area of interest. A lot of us will have had abdominal or pelvic operations and can relate to tension in the scar tissue. These may be holding our musculoskeletal function back. Similarly, we all will have had the odd episode of spinal/pelvis pain and perhaps these may have accentuated things like irritable bowel, bladder irritability or poor lung function.

Caroline is going to be working Tuesday mornings at the practice and the osteopathic team are looking forward to having this interesting and helpful adjunct.

If any patients would like to learn more please ask one of the receptionists who will direct your enquiry to Caroline.

Our website has now been updated and you can take a look at everyone at Bramhall Osteopathic Practice. We have also leapt into the 21st century and now have a Facebook and LinkedIn page. Please follow us on Facebook. There should be some interesting topics featured each week.

Our osteopathic team all work on different days: -

Jo Cheaney	-	Tuesday/Wednesday/Thursday
Maureen Pickup	-	Monday/Friday
Liz Halsey	-	Monday p.m./Friday/Saturday a.m.
Kate Dewhurst	-	Wednesday
Jose' Fernandez	-	Thursday p.m.
Caroline Stone	-	Tuesday a.m.

With this newsletter the osteopathic team have included articles and other therapists have included a few of interest too. Kate, our new osteopath's article about postural awareness recently featured in SK7 magazine.

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 Friday and Saturday mornings but has been able to extend her Tuesday to a full day, so we now have some afternoon appointments available.

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 Wednesday afternoon and Saturday morning.

Fiona Bullock, our acupuncturist, combines both traditional Chinese medicine acupuncture and also five elements acupuncture. She 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 morning.

Suzanne Gaskell, our chiropodist/podiatrist is available on Thursday morning. Initial treatment times are 45 minutes to allow Suzanne to examine your feet, give self-help advice and do a treatment. After this appointments 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 either therapy is appropriate for individual needs.

As to the rest of our team, Karen Hackett continues as practice manager and keeps us all in order! She is always a very efficient, friendly point of contact and is helped by our team of receptionists Ann Johnson, Margaret Schofield and Claire Currie. We are still helped out occasionally during the year by Marian Kidd and Sue Sanders.

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 nights!

Jo Cheaney



Treatment can be fun!

Chartered Physiotherapist

Watching an advert for a certain famous incontinence pad made me glad this subject is in the open!! However, why would you want to buy pads when you could take control and address the problem?

It takes women an average of 10 years of suffering with urinary incontinence before seeking help. Many also have constipation or incomplete bowel emptying problems. Some are also suffering sexual dysfunction.

I speak to women almost every day about the most intimate problems they have never shared with anyone. They start off apologising and end up thanking me for ‘allowing’ them to talk. Stress incontinence, urgency, constipation or bowel leakage, pelvic pain and sexual dysfunction are just some of the issues I spend my days discussing.

Whether you have just given birth, or are going through menopause, afraid to start new exercise because of leaking or worried about any other pelvic floor issues, my consultations are confidential, sensitive and reassuring.

Appointments are available at this practice on Wednesday afternoons and Saturday mornings. I am a pelvic specialist Physiotherapist based at the Bramhall Osteopath Practice 0161 440 0298 and I look forward to meeting you.

Denise Woodcock Chartered Physiotherapist, MPOGP HCPC reg.

Comments from previous patients –

“Thank you for helping me take control of a problem I have struggled with for many years”

“I feel so much better having simply discussed my concerns and listened to your explanations and reassurance”

“You have a wonderful manner which made me able to say things I have never spoken about before”

Acupuncture for Anxiety and Stress

[Anxiety](#) is considered one of the most common mental health problems in the western world; in 2013 there were 8.2 million cases recorded in the UK alone.

And this is just the people for whom anxiety has become so difficult that they have had to seek medical help. For many of us, in our 21st century world, levels of stress or anxiety have just become the norm. Stress hormones are there to enable us to flee, fight or freeze to avoid immediate danger and are not intended to be released on a daily basis. The potential effects of stress on our bodies are well-known, be it on the cardiovascular or musculoskeletal systems, the gastric, nervous and reproductive systems.

Anxiety is a fairly catch-all term in Western medicine. In Chinese Medicine, we recognise different types of anxiety, which arise from imbalances in different acupuncture channels. Anxiety which comes from the Heart channel feels very different to that of the Spleen or Kidney channels.

What we call ‘overthinking’ or worry is a very common pathology of the Spleen channel. Instead of allowing our thoughts to arise and then move on, with this imbalance, the thought keeps on churning around and around, rather like washing in a washing machine or a hamster in a wheel.

Anxiety coming from the Kidney channel is a little more akin to fear, particularly fear of things that could happen in the future; these are the ‘what ifs’ that can get very out of hand, speculation about improbable outcomes that become more real the more we focus on them.

With the Heart channel, the anxiety is very much in ‘the now’ and is often accompanied by physical sensations such as palpitations or sweating.

The good news is that acupuncture is very effective in treating these imbalances and anxiety often responds very quickly to treatment. The Heart in Chinese medicine, is imagined to be an empty space through which emotions pass and are then released, ‘like wind passes through a flute’. For us to feel calm and at ease, we need to keep this space free from ‘stuck’ emotions. By restoring the movement of Qi in the channels by the careful selection of acupuncture points, we can release these stored emotions and restore ‘flow’ back into people’s lives.

Modern research has shown that acupuncture treatment may specifically benefit anxiety disorders and symptoms of anxiety by:

- Acting on areas of the brain known to reduce sensitivity to pain and stress, as well as promoting relaxation and deactivating the 'analytical' brain, which is responsible for anxiety and worry. (Hui 2010).
- Regulating levels of neurotransmitters and certain hormones to alter the brain's mood chemistry and help to combat negative emotional states (Lee 2009; Samuels 2008; Zhou 2008; Yuan 2007).
- Stimulating production of our own natural painkillers (opioids). (Arranz 2007)
- Reversing negative changes in levels of inflammation associated with anxiety. (Arranz 2007)

If you would like to know more about how acupuncture might be able to help you to reduce anxiety or stress in your life, please contact the clinic.

Fiona Bullock MBAcC Lic Ac

Hypnobirthing

Hypnobirthing is a wonderful technique now widely used by many Mums to help them to give birth more gently, calmly and in greater comfort.

Whilst some people may think hypnobirthing is a new approach, it was actually 60 years ago that the BMA (British Medical Association) proposed that all Doctors should train in hypnotherapy. This was following a two year research study in 1957, by neurologists and psychoanalysts who concluded that hypnosis is an effective method of relieving pain in childbirth.

The origins of this amazing practice can be traced back even further to the work of the Obstetrician Dr Grantly Dick-Read. In 1913, Dr Dick Read witnessed a homebirth in the slums of the London Docks. The mother refused any pain relief and proceeded to give birth quickly and with no pain. When he asked the mother why she had refused pain relief, her answer was ‘it didn’t hurt - it wasn’t meant to, was it Doctor?’ This experience was defining and after a career of working on the battlefield in the First World War and subsequently in Hospitals as an Obstetrician, he theorized that fear was the overriding cause that led to the pain in childbirth. At the end of his career he wrote the book- ‘Childbirth Without Fear’. He hypothesized that when you are fearful, you tense up and the natural childbirth process is inhibited and becomes longer and consequently more painful.

Over the years his theories have been fully vindicated with research into how hormones work during childbirth. Indeed our greater understanding of this wonderful natural process is leading us to develop birthing practices that are more and more sympathetic to our natural needs. These founding principles have been further developed by a number of natural birth practitioners with hypnobirthing being the most notable and widely practised. Today KG Hypnobirthing (KGH) is known by every midwife in the U.K. and many have trained in KG hypnobirthing, including professors of Midwifery and NHS Heads of Midwifery. Obstetricians are also beginning to understand the significance of hypnobirthing with some also choosing to train with KGH (Katharine Graves, 2017).

At our practice we offer private KGH hypnobirthing sessions for Mums and their birth partners. We can also facilitate small groups at request. The complete course is usually delivered over four (2 hour) sessions and as well as teaching you all the skills required for hypnobirthing, it includes full antenatal training. For Mums who prefer a shorter course, we also offer a programme which focuses more on the pure hypnobirthing elements. This can be delivered over 2/3 sessions.

As an experienced hypnotherapist, I also provide personalised hypnobirthing courses to suit different individual needs. These tailored sessions are particularly helpful if expectant Mums have a specific issue, phobia or trauma that would benefit from support.

I am often asked whether hypnobirthing is also suitable for use during caesarean sections or instrumental deliveries and the answer is most definitely- yes. The programme is designed to release fear and build confidence during birth. Practising hypnobirthing also enables Mums and their birth partners to be more relaxed during their birthing process, irrespective of the method of delivery. Keeping calm and accessing feelings of relaxation has been shown to effectively lower the blood pressure and heart rate and can enhance the ability to think clearly and make decisions. We can’t promise a perfect, pain free delivery (no one can!), but hypnobirthing always makes a positive difference.

If you would like to know more about this fabulous program please contact me at the practice. Heather Coppard, Hypnotherapist and KG hypnobirthing Practitioner

Sinus Trouble

With the 'cold and flu' season here sinus trouble is all too common (bacterial sinusitis is acute and needs antibiotics from your GP) but for many it is a viral infection in origin and needs time and rest to recover.

We can be left with inflammation, a nasal drip with yellow or green discharge at the back of the throat, constant catarrh, a reduced sense of smell, pain and tenderness around your cheeks, eyes or forehead.

Though these symptoms can also be caused by allergies, rhinitis, asthma and hayfever.

Aromatherapy is a gentle and effective way to help improve and reduce these problems. Using essential oils safely they can be blended to help fight the inflammation and virus directly so the body can repair and heal itself.

Using Ravensara, Frankincense and Lemon blended in 10ml of carrier oil can make an excellent chest oil for the night time.

Using a roller ball with Ravensara blended in Jjoba you can apply the oil directly to your sinus areas during the day and at night time.

This has worked really well for many of my clients, (including tonsillitis too).

Finally to help keep your home and work environment bug free try diffusing essential oils to clear the air, the Eucalyptuses, Pine, Silver Fir, Ravensara, Lemon, Tea Tree can all help kill off airborne pathogens.

If you would like any advice about essential oil use, feel free to get in touch or you can pick up a leaflet at Bramhall Osteopaths

Take Care

Justine x

Clinical Aromatherapist

How to Prevent Chilblains this Winter

Chilblains are small itchy or burning swollen areas on the skin of the extremities such as fingers, toes, ears and the nose. They can be red or purple in colour and may blister or become infected.



They are caused by sudden rapid blood flow through the small blood vessels if the area is heated too quickly after exposure to cold temperatures. This can cause the vessels below the skins surface to burst. When the body endures cold temperatures the small capillaries at the extremities close down to keep heat in the centre of the body.

People most likely to suffer from chilblains include:-

- Children
- The elderly
- Sufferers of Raynauds Syndrome
- People with poor circulation
- People who are underweight

People with diabetes should take additional care and if unable to check your own feet ask someone else as you may not feel the itching or burning. Infections of the feet can result in amputations.

The key to prevention is to aim to keep your extremities at an even temperature and if you do get cold to ensure you warm up slowly. Gloves and hats to cover the ears can help with the head and hands. For the feet you may think about slim thermal insoles in shoes or boots and layers of socks, even over tights. Thermal socks are very popular. Ensure you have enough room in your shoes as tight foot wear makes the problems of poor circulation worse. Keep your home warm and free from draughts and limit your time in cold environments. Try to improve your circulation with exercise and not smoking. If you do get cold don't be tempted at put your hands or feet directly on or very close a heat source and never plunge them into hot water. It is better to rub your hands together and gently massage your feet to encourage the circulation.

If you do get chilblains over the counter remedies can help to relieve the itching. They usually clear up within 2 weeks provided you avoid further cold. If you think they have become infected consult a podiatrist or GP as you may need antibiotics to clear the infection. If you suffer severely and taking precautions to keep warm have little effect your GP may prescribe nifedipine. This is a drug to relax the blood vessels and help prevent their constriction.

Suzanne Gaskell Podiatrist