

LYMINGTON CHIROPRACTIC CLINIC

MARCH 2021 NEWS AND UPDATES



MOTHERS DAY — BEGONIAS — FEET — SLEEP! Welcome to March



LOVE A VOUCHER!
Mother's Day 14th March



DON'T LET THE BEGONIAS
BEAT YOU!



NATIONAL SLEEP DAY - 19th
March



FOR THE LOVE OF FEET –
National Feet Week 14th –
18th March.

LOVE A VOUCHER! Mother's Day 14th March



It is difficult enough being a parent at the best of times, but at present it is just so much harder. You can't see your kids, even if they are older and independent, Covid restrictions prevent travel and multiple family bubbles. If your kids are at school, then it is nigh on impossible to work, maintain a household and home-school all at once. Its testing beyond all measure and where's the support or indeed the gratitude for all that additional hard work?

This month, its Mother's Day and here at the Clinic, we have a gift voucher for you to show your gratitude and thanks to that special Mum. It's a salut to those who've had to go beyond the usual motherly things

The Voucher covers Deep Tissue Massage / Chiropractic Care / Acupuncture all available to help you escape for a while. Reduce physical and mental stress.

Call us on 01590679560 to get a voucher for someone you know will benefit from our care and advice.



FOR THE LOVE OF FEET National Feet Week 14th – 18th March.



“The human foot is a masterpiece of engineering and a work of art”
Leonardo da Vinci.

We look after peoples’ feet. Although we are not podiatrists, we look at the biomechanics of the way feet work. Foot pain can be miserable and impact on your day-to-day life. We want people to walk without pain, to walk without affecting hips and low back. We want to people to look forward to a walk – not dread it! National Feet Week is taking place from 8th – 14th March 2021 encouraging people of all ages to prioritise foot health. Do people consider or treat their feet the same way they look after their teeth or eyes? Many people ignore common foot complaints or indeed serious pain rather than go to see an expert.

Podiatrists look after common foot complaints, such as, fungal nail infections, corns and hard skin. Regular care can give feet a whole new lease of life and make them feel fantastic. Make National Feet Week a time to have your feet checked or to get that niggling issue sorted and make your feet your priority – after all they take you anywhere you want to go. Your feet are Amazing! so, give them a little thought when you’re putting them through their paces! Don’t struggle with foot pain.

If you answer YES to any of the following, call to book your FREE 15-minute consultation:

- Does it hurt to move your feet?
- Is the pain in your foot/lower back affected when weight-bearing?
- Does the pain affect your normal walking motion?

If foot pain or discomfort is interfering with your day-to-day, give us a call on 01590 679560. Or visit our website www.lymingtonchiro.co.uk to book either a free screen or an appointment for your feet.

DON'T LET THE BEGONIAS BEAT YOU!



As a nation, we love our gardens and spend a considerable amount of time and money on them. Everyone wants to enjoy sitting in their garden enjoying the fruits of their labours come summertime, so here are some helpful tips from the British Chiropractic Association.

Don't let the Begonias beat you! Make sure you look after yourself as you tackle the blooming plants!

Warm Up: Gardening is like any other exercise; get warm first. Don't go straight into heavy garden work; start off with lighter jobs as this will lessen the chance of muscle strain. Take a break, vary your activity by spending no more than 20-30 minutes on any one thing and make sure you take regular breaks.

Clothes: Don't wear clothes that are tight or could constrict your movement.

Clever pruning: Get as close as possible to the things you are pruning and avoid overstretching to reach the area you are dealing with. Invest in some long-handled secateurs to reach plants and bushes that are beyond normal reach.

Don't lift with your arms straight out: keep the elbows bent and to your side to minimise the stress on your back.

If having items delivered: have them unloaded as close to where you need them as possible; this will save the effort of moving them again.

If you know you will feel it after you have been in the gardening this spring – Why not book a check-up to see if there is anything we can help with to reduce your ached and strains. Call us on 01590679560 or book online from our website www.lymingtonchiro.co.uk

NATIONAL SLEEP DAY - 19th March



A good night's rest is essential to a healthy existence, protecting you physically and mentally as well as boosting your quality of life. Unfortunately, many of us struggle with this, waking up feeling tired and not refreshed. Sleep plays a significant role in your health, helps with physical repair, hormonal balance and makes the brain work properly. Safeguarding against stress, mood swings and depression. There are many different ideas about how we can improve our sleep.

You can visit the sleep council website <http://bit.ly/LCC-guidetobettersleep> but we've selected a few ideas about good sleep that we believe can help.

Take the time to really consider your bedroom, make it sleep-friendly. Maintain an ambient temperature of around 16-18° C (60-65° F) and reduce the intensity of artificial light by using dimmers. A tidy room De-cluttered can improve the environment and reduce your stress

The foundation of a great night's sleep is a comfortable bed. The right support is crucial. If your bed is too hard or soft, it will be uncomfortable and unsupportive. Your mattress should be firm enough to support your spine. If you regularly wake up with aches and pains with no reasonable cause, it is probably time to change your mattress.

Scientists have found a direct correlation between anxiety and rhythm of sleep, where even trying to sleep causes anxiety. manage your heart rate: monitoring your heartbeat, breathe in deeply for four seconds, and then breathe out slowly. Repeat until everything slows.

They say you are what you eat. The best foods for sleep include milk, cherries, chicken and rice, late meals can make it difficult to sleep. There are three main chemicals that promote good sleep: tryptophan, serotonin, and melatonin, which can be affected by eating late or the wrong food. Optimal melatonin is produced when in a dark environment, which goes back to a sleep friendly environment.

exercise can help promote a better night's sleep. Exercising also eventually lowers your body's temperature, which induces better sleep. However, there are several things to keep in mind when exercising to improve your sleeping habits. Don't overdo it, additional alertness can be caused by hard exercise, affecting sleep.

go to bed when tired and try the "20 minute" rule. Don't hang around in bed for more than 20 minutes if you're not falling asleep. Get up and read a book or listen to some relaxing music to help make you sleepy.