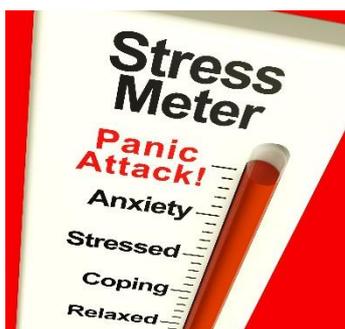


# LYMINGTON CHIROPRACTIC CLINIC

## APRIL 2021 NEWS AND UPDATES



### SHOULDERS / LONG COVID / STRESS and the start of the SUMMER OF RECOVERY!



APRIL  
STRESS AWARENESS  
MONTH



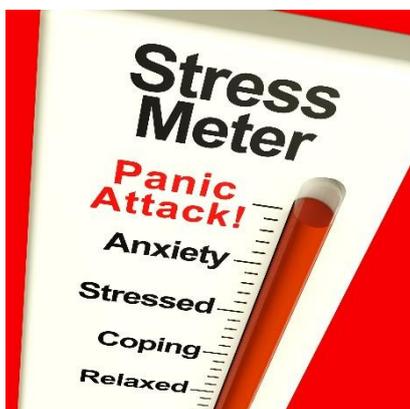
DON'T LET YOUR  
BODY HOLD YOU  
BACK



LONG COVID – A QUIET PROBLEM



## STRESS AWARENESS MONTH – (how does it affect you?)



April marks Stress Awareness Month. Stress affects people in so many ways, and you needn't be aware of the overwhelming affect it can have on you. Stress can have a profound effect on your health long term.

Here at the Lymington Chiropractic Clinic, we see how stress affects people's physical health, let alone what stress can do the mental wellbeing and the relationships people may have.

Being aware of stress and how it affects you personally is very important.

The information below is taken from The Stress Management Society website which provides a lot of good information.

<https://www.stress.org.uk/>

Stress affects us all. It is important that we understand how we are affected by stress, but also how it manifests itself in others. Stress has a many varied and surprising way of showing itself – it's personal. Simply put, stress is a physical reaction to a perceived threat, the body releases chemicals into the system to deal with that perceived threat. In lay terms this is known as Fight or Flight.



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## STRESS AWARENESS MONTH – continued-

But there are other ways in which stress affects you, here are some examples you may recognise!

The “Freeze” – where one is rooted to the spot unable to make a decision. Maybe at home or work!

The “Flop” – where someone has been under the stress reaction for so long that they are now experiencing adrenal fatigue and the resulting detrimental physical and mental symptoms.

Exposure to prolonged stress can be extremely harmful to your health and in the process decrease your quality of life. The detrimental effects of chronic stress can increase the risk of heart disease, strokes, high blood pressure, cancer, weight gain, memory loss, as well as speeding up the aging process!

The Stress Management Society have a “30 day challenge” to help people with stress – it is worthwhile looking at [http://bit.ly/stress\\_information](http://bit.ly/stress_information) It takes 30 days to turn actions into habits, which is why this is a month-long programme.

You never know it may help change your ability to handle stress wherever it turns up in your life.

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## SHOULDER PAIN!

### DON'T LET YOUR BODY HOLD YOU BACK / TAKE TIME FOR YOURSELF



At the clinic we believe massage has an integral part in helping our patients. Massage is a great way to alleviate body stress or pain but also helps de-stress, relax and declutter the mind too. We strongly believe everyone would benefit from regular massage treatment, whether it's work-related, stress-related or just a day-to-day niggles.

Massage allows you time to relax and recover.

Whatever your preferred activity, you'll want to enjoy participating unhampered. By focusing on your goals, what you want to achieve - Hannah can help. Be it resolving an acute or long-standing injury, or just perform better. Massage improves function, aids recovery and ultimately optimises performance, whilst offering relief and a sense of overall relaxation.

This month – we are looking particularly for anyone who has problems with their shoulders, do you have a constant issue with aches and pains? Or when gardening, or playing golf, have you just injured your shoulder(s) or have a constant niggle and need some help recovering.

Hannah our fantastic massage therapist has recently updated her training on shoulder injuries, (along with Colin and Charlotte the resident Chiropractors - who have also updated their shoulder training too, so we are looking to help anyone who would want treatment or advice concerning shoulders.

Our mission is to get patients back to their activity of choice and how we can help people feel better, perform better and enjoy life with less shoulder pain. Massage is a great way to achieve this, having a positive impact on you physically, give your mind time to refresh and unwind. Proven to put you at ease, so you're ready to face the day.

A typical massage lasts 45 minutes, after which you'll feel refreshed and invigorated. Our massage therapist will ask a few questions before starting any treatment, to find out what you want from the treatment, identify any preferences and check there are no contra-indications for massage. If you or someone you know would benefit from treatment, pop in or call the clinic on 01590 679560 to book or purchase a massage voucher.

Call us on 01590679560 or visit our website [www.lymingtonchiro.co.uk](http://www.lymingtonchiro.co.uk) for more information

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# LONG COVID – A Forgotten Issue?



Whilst we have the positive news that we are progressing out of lockdown and cases of Covid are falling, there are people who have had their health severely affected after catching Covid and who have been unable to recover fully.

The Office for National Statistics said in December that an estimated one in five people testing positive for COVID-19 exhibit symptoms for five weeks or longer, with one in 10 exhibiting symptoms for 12 weeks or longer. This is described as Long Covid.

Common long COVID symptoms include:

- Problems with memory and concentration (“brain fog”)
- Difficulty sleeping (insomnia)
- Heart palpitations
- Dizziness
- Pins and needles
- Extreme tiredness (fatigue)
- Shortness of breath
- pins and needles
- joint pain
- depression and anxiety
- tinnitus, earaches
- feeling sick, diarrhoea, stomach aches, loss of appetite
- a high temperature, cough, headaches, sore throat, changes to sense of smell or

Symptoms of Long Covid are similar to those experienced by people who have Chronic Fatigue Syndrome (CFS) known also as myalgic encephalomyelitis (ME). CFS is different for every individual who contracts it. The main symptom that is shared amongst all is the extreme tiredness that is not relieved by resting or sleeping. This isn’t just an experience of being weary. The feeling can be overwhelming, and sufferers say that they can’t see an end to it. Other symptoms include insomnia, muscle and joint pain, headaches, flu-type symptoms and sore throat, dizziness and foggy brain.

From a Chinese medical perspective, any type of post-viral fatigue can be interpreted, diagnosed and treated according to the principles of Chinese Medicine and patients come for acupuncture as often other more traditional medical routes cannot help.

If you are suffering form any post-viral fatigue including Long Covid then acupuncture may be an option for you. You can contact our acupuncturist Amanda Caspari at the Clinic, to find out more.

See our short video here on Acupuncture at the clinic [https://bit.ly/Acupuncture\\_at\\_LCC](https://bit.ly/Acupuncture_at_LCC)

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THE LYMINGTON CHIROPRACTIC CLINIC  
clinic@lymingtonchiro.co.uk

2 Angel Courtyard  
Lymington  
SO41 9AP

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