

IN A NUTSHELL



WALNUT GROVE CLINIC. Slade Road, Portishead, North Somerset. BS20 6BB
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Who's Who?

Osteopathy

Zara Ford
Alex Prince
Kathryn Harper
Steve Harper
Esther Barton
Gemma Sperring

Chinese

Medicine/Acupuncture

Dr Zhang Tong

Holistic Massage

Michelle Jenkins

Sports Massage

Tom Riddell

Physiotherapy

Linda Isaacs
Tanya Hewitt

Hypnotherapy

Gary Condon

Homeopathy

Wendy Heath

Pilates

Justine Blaber
Gemma Hitchins
Rebecca Rock

Suspension Training

Jo Gallagher

Meditation/Mindfulness

Fiona Boag

Sports Medicine Dr

Jonathan Williams

Clinic Manager – Pattie White

Reception - Sheelagh, Sue,
Carole, Alison &
Jane

Fiona Boag – Meditation & Mindfulness

The course provides an introduction to meditation and mindfulness, equipping you with skills for dealing with stress and/or health-related issues, and for achieving a greater sense of wellbeing and vitality.

You'll learn techniques that allow you to explore the higher realms of human potential and your connection with your true self, whilst maintaining a grounded and energetic approach to life. You don't need to have previous experience of meditation – simply a keen interest in opening up to who you really are and exploring your full potential.

Fiona Boag DipBSOM will run an Introduction to Meditation on the first Saturday of each month from 11:30am for 90 minutes and an 8 week theme session starting at 10:15.

There will be a maximum of 8 people to a class, you do not need to attend every class.

Fiona works in personal injury law and knows about trying to achieve a work/life balance, and the need for calmness in our busy lives.

Fiona is keen to promote the health benefits of meditation, including lowering blood pressure, lowering heart rate and increasing immunity levels.

Fiona will encourage everyone to find a style of meditation that suits them and offer practical advice.

Themed sessions.

2nd Sept – Mindful Movement & Body Awareness.

16th Sept – Mindful Eating.

23rd Sept – Caring for Ourselves & Other.

30th Sept – Everyday Meditation & Mindfulness.

7th Oct – Breath Based Meditation & Mindfulness.

14th Oct – Dealing with Anxiety & Stress.

21st Oct – Overcoming Challenges & Difficult Emotions.

28th Oct – Dealing with Physical Pain & Limited Movement.



**WE ARE
MACMILLAN.
CANCER SUPPORT**



Please join us for a coffee, cake and chat on Thursday 28th September.

10am till 3pm

Freshly made cakes, including gluten free cakes.



Completing a course of antibiotics

It's one of the most widely held beliefs in medicine—and it's wrong. You don't have to complete a course of antibiotics, new research has found.

Patients are told they must finish their antibiotic prescription because they would otherwise increase their resistance to the drug. But the very reverse could be true, say researchers from Brighton and Sussex Medical School: it's taking antibiotics unnecessarily that increases resistance.

Lead researcher Martin Llewelyn says the advice to complete a course of antibiotics isn't supported by any evidence—and it's encouraging the rise of the 'superbugs' that can't be treated by the drugs.

Instead, the idea is born from a misplaced fear of under-treatment, but when the researchers looked at a range of common infections, they found that antibiotics were effective in around half the time that is routinely prescribed.

For instance, the ear infection, otitis media, can be successfully treated within five days, and yet the standard treatment time is 10 days. Similarly, the throat infection, streptococcal pharyngitis, needs just three to six days of treatment, and not the 10 days prescribed. Pneumonia needs just five days of antibiotics, again just half the time that's prescribed.

Doctors also adopt a one-size-fits-all approach to antibiotic prescribing, and treatment time can vary enormously from patient to patient. Antibiotics are a precious and finite resource, and doctors need to learn to change their prescribing habits, the researchers say.

Taken from <https://wddty.com/news/2017/08/completing-course-of-antibiotics-is-another-medical-myth>.

Rethink needed on vitamin D guidance

Health authorities around the world are being urged to rethink official guidance around vitamin D supplementation following the publication of a groundbreaking study which showed vitamin D2 and D3 do not have the same nutritional value. Current guidance given by a number of government bodies around the world states that the two forms of vitamin D are equivalent and can be used to equal effect.

In this new study, vitamin D levels of 335 South Asian and white European women were assessed over two consecutive winter periods. The women were split into five groups, with each group receiving either a placebo, a juice containing vitamin D2 or D3, or a biscuit with D2 or D3.

Scientists found vitamin D3 was twice as effective in raising levels of the vitamin as D2, with vitamin D levels in women who received vitamin D3 via juice or a biscuit increasing by 75 per cent and 74 per cent respectively compared to those who were given D2 through the same methods. Those given D2 saw an increase of 33 per cent and 34 per cent over the course of the 12-week intervention. Those who received the placebo experienced a 25 per cent reduction in vitamin D levels over the same period.

Taken from <https://www.univadis.co.uk/viewarticle/rethink-needed-on-vitamin-d-guidance-following-groundbreaking-study>.



Very quiet recently, just been sat in reception keeping any eye on what is going on.

Off to France shortly.

Don't forget to follow us on our facebook page and catch up with many interesting articles that on put on there.

Suspension Training and Rehab Pilates classes.

With effect from September Jo Gallagher will be running 2 Suspension classes on Wednesday. These classes are intended for people who have done Suspension Training before and will be more of a fast pace class. Start times will be 16:45 and 17:45. Maximum 7 to a class.

Tanya's Rehab Pilates Class will now start at 18:45. Maximum 8 to a class.

Remember to book your places with Reception.

Joke corner

What kind of school do you go to if you're
 ...an ice cream man? Sundae school.
 ...a giant? High school.
 ...a surfer? Boarding school.
 ...King Arthur? Knight school.



What's the difference between a teacher and a train?
 A teacher says, "Spit out that gum!" and a train says, "Chew! Chew!"

Which two letters in the alphabet are always jealous?
 NV.

What starts with a P, ends with an E, and has 1,000's of letters?
 Post office.

Contact Details

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