

# 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

### Sporks Medicine Dr

Jonathan Williams

### Clinic Manager – Pattie White

**Reception** - Sheelagh, Sue,  
Carole, Alison &  
Jane

## Physiotherapy and Whiplash

Whiplash is a common injury in which the soft tissues in the neck are sprained as a result of the body being moved backwards and forwards by an unexpected strong impact. Symptoms often include stiffness in the neck and back of the head, and headaches. Some people also feel pain in the shoulder, between the shoulder blades, or temporary dizziness.

### What causes it?

The 'backwards and forwards' movement that causes whiplash most commonly results from a road traffic collision, but can also be due to a fall, a blow to the head, or a strenuous physical activity such as diving, horse riding or rugby.

### How can physiotherapy help?

Physiotherapists are highly skilled at supporting people with whiplash. They will explain how you can manage the pain and contribute to your own recovery.

### What will happen when you see a physiotherapist?

The Physiotherapist will assess your pain and movement, ask how this affects your life. Recommendations for treatment depend on the length of time that has passed since the injury.

Any visit is likely to include:

- Exercises to do yourself.
- Some manual therapy including massage and joint mobilisation.
- Advice on posture while sitting and sleeping, including practical advice on pillows.
- Lifestyle advice.

### How can you help yourself?

During the first 24 hours after the accident, apply ice to the area (a bag of frozen peas wrapped in a tea towel is ideal), to reduce the inflammation.

Try to keep moving: speedier recovery is more likely if you maintain your normal activities.

Seek early advice from a healthcare professional about how to keep your neck moving.

Take simple regular pain relief, following the instructions on the packet. If you need something stronger, see your GP.

Adjust your car headrest to the right height for you, to reduce injury from any possible future collisions.

Linda and Tanya are Physiotherapists at Walnut Grove Clinic, and highly experienced with whiplash management.

Please ask reception for more information.

## General remedy for Colds

Colds are a group of acute, contagious infections characterized by malaise, fever, chills (thus the name) and respiratory congestion. The goal working with colds should be to help the body eliminate the toxins it is trying to expel from the body. The following are general remedies that have been used to fight colds.

There are many herbs that can be used to aid this process. Ultimate Echinacea or Echinacea, taken at the onset of a cold often prevents the cold from taking place.

The best approach is to take herbs that help flush the irritants in the early stages of the cold.

Drink plenty of fluids. Take herbs that help flush the irritants in the early stages of the cold. Spicy herbs taken in large doses with a lot of water are good for eliminating colds with thin, watery mucus drainage. Take ginger, garlic or capsicum every 1-2 hours with a large glass of water. Avoid eating any heavy foods and, if possible, only consume juices, soups and fruits until the cold symptoms subside.

## Processed foods: what you need to know

Whilst it can be overwhelming to think that the habits you have formed over the years may not be the healthiest.

Consider the number one reason we eat food – to fuel the body in order to function. It really is as simple as that.

Whilst our taste buds and emotional ties can lead us to favour less healthy foods, ultimately, we need to eat well in order to feel well.

Real foods that are not highly processed contain a lot more nutrients than foods that are considered ‘ultra-processed’, and will therefore provide more fire for the body to function optimally.

Not many people get out of bed every day feeling refreshed and revitalised, with a clear head and motivation to achieve everything we set out to do (sounds great, doesn't it), but good nutrition is the foundation of good health and will lead you on the right path to achieving that feel good factor.

Making informed and educated decisions, and being aware of what you eat, is a better place to start your journey to good health than any gooey piece of chocolate cake.

Consumption of ‘ultra-processed foods’ is at a record 50% here in the UK according to a recently published Europe-wide study. The link between consumption of processed foods and obesity was also confirmed.

To read the full article check our facebook page:

[www.facebook.com/walnutgroveclinic](http://www.facebook.com/walnutgroveclinic)

or

<https://igennus.com/nutrition-blog/processed-foods-need-know/>



Well. Thanks to Sue for taking me on a skiing holiday. It only got down to -27, but mostly stayed around -10 and they call this fun! Didn't see Santa though!

Where will my adventures take me this year?

Don't forget to follow me on our facebook page. See what I get up to on future adventures. There is also some interesting topics and advice put on there for all to read.

[www.facebook.com/walnutgroveclinic](http://www.facebook.com/walnutgroveclinic)



It was a little on the cold side.

A nice hot sauna to finish off the day followed by a little drink!



The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck!



One day whilst jogging, a middle-aged man noticed a tennis ball lying by the side of the pavement. Being fairly new and in good condition, he picked the ball up, put it in his pocket and proceeded on his way. Waiting at the crossroads for the light to change, he noticed a beautiful blonde standing next to him smiling. "What do you have in your pocket?", she asked. "Tennis ball?" the man said smiling back. "Wow," said the blonde looking upset. "That must hurt. I once had tennis elbow and the pain was unbearable!"

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