

# IN A NUTSHELL



WALNUT GROVE CLINIC. Slade Road, Portishead, North Somerset. BS20 6B5

Tel: (01275 818303) Website: [www.walnutgroveclinic.com](http://www.walnutgroveclinic.com)

Volume 11, Issue 6

June 2018

## 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

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

## How Gross is it to Wear Your Shoes in the House?

You've always been a bit of a germaphobe. Your hermetically sealed home is a wonderland of disinfectants, antibacterial soaps and air purifiers. Say you invite a couple other friends over for a book club meeting and one of them strolls into your immaculate home wearing their nearly new Reebok Classics. She heads to the kitchen to assess the wine situation and you unleash a bloodcurdling scream: "TAKE OFF YOUR SHOES!"

Before she even has a chance to reply, you launch into a Strep-worthy monologue about how her footwear is swarming with E. coli, staph, C. diff, toxins, germs, viruses and all other manner of filth. Your friend awkwardly takes them off to reveal mismatched socks and slinks back to the living room in shame, where your fellow literati are quickly baring their feet to avoid a scolding.

Your shoes are covered in bacteria, viruses, germs and parasites. But also, it doesn't matter. Unless you live in a sterile laboratory, the rest of your home is too – and so are you.



Just taking off your shoes isn't really going to substantially diminish that microbial load you have in your house – nor would you want it to, because a lot of times, 99 percent of the microorganisms on the planet don't do any harm.

While some of these bacteria could be harmful under certain circumstances, they're mixed in with many more that benefit us by strengthening our immunity and helping our digestion.

Bacteria exist almost everywhere, and that's for the best.

Just use good, regular hygiene, along with your common sense.

As far as protecting your precious offspring from things like shoe germs, you're not doing your kids' immune systems any favours by keeping them in an over sterilised environment.

It's one of the factors driving widespread antibiotic resistance, and that "dirty kids" are actually more likely to grow up healthy.

To read the full article copy this link: [https://www.vice.com/en\\_uk/article/435ymn/wearing-shoes-inside-house-bacteria](https://www.vice.com/en_uk/article/435ymn/wearing-shoes-inside-house-bacteria)

## Key points about exercise:

**Willpower won't work.** Willpower is for short-term success. Long-term success requires planning, discipline and finding ways to motivate yourself every day.

**Motivation will not magically happen.** What motivates you will change from day to day. You have to recommit to your goals each day, tweak them to fit changes in your lifestyle and attitude and find new ways to motivate yourself over the course of your life.

**You will not always want to exercise and eat (healthy).** Even the most committed exerciser doesn't always want to do it. Know that you will have to work on it every day.

**Diets don't work.** Stop wasting your time following someone else's plan for you. Make your own plan based on realistic changes--if you can't follow your chosen diet for the rest of your life, you're wasting precious time.



## Jobs to be done!

Have you been looking forward to getting out to tidy up the garden, or to do those DIY jobs around the house?

In spring, here at Walnut Grove Clinic we see a lot of "generalised lower back pain" caused by people getting active after a long winter in doors.

This type of pain, a generalised soreness is often caused by long periods of specific activity, bending, twisting to get in an awkward space, cutting grass. It's hardly surprising that muscles protest if you suddenly ask them to bend, squat and lift heavy things. This type of pain usually sorts it's self out within 10 days to 2 weeks, however, there are some things you can do to help it get better faster....

Change the way you work - instead of digging for an hour dig for 20 minutes, prune for 20 minutes, and dig for 20 minutes.

Apply something cold - if you have an icepack that is great, if not a pack of frozen peas - always wrap the cold item, never apply directly to your skin, leave it on for 10 minutes.

If cold doesn't help try heat, wrap a hot water bottle in a towel and apply that for 10 minutes.

Painkillers can help, be sure to take one which is suitable for you, your pharmacist can help.

You should see an improvement within 2-3 days. However, if any of the above suggestions aggravate the problem, if you experience leg pain or if you don't see any improvement it's a good idea to get some help.

Our osteopaths and physiotherapists can assess and treat your problems and give you a variety of exercise and other options to help overcome your pain and prevent it recurring in the future, allowing you to get back to all those jobs which still need doing!



Thank you Michelle for letting me tag along on your recent London Trip.



Congratulations on completing the 2018 London Marathon in a time of 4 hours 45 minutes.

Thank you to everyone who has visited the Clinic since 14 May 2018, enabling us to comply with the recent GDPR procedure and having to complete all new Medical History forms.



## One liners!



The skeleton was trying tibia little humerus.

Geometry shapes my life.

When scissors were first invented, they were on the cutting edge.

A hair raising experience sounds pretty good to a bald guy.

Allergy sufferers are itching to get through the hay fever season.

Learning to walk in high heels will keep you on your toes.

The forecaster was away because he was under the weather.

The flipside of contagious gum disease is an infectious smile.

Two mathematicians arguing about even numbers were at odds.

The patient asked the doctor, "Will the jab hurt?" He replied,

"Needless to say, no".



Contact Details

**Walnut Grove Clinic**

Slade Road, Portishead,  
North Somerset. BS20 6BB

Tel: 01275 818303

Fax: 01275 814195

Website:

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

Email:

[healthcare@walnutgroveclinic.com](mailto:healthcare@walnutgroveclinic.com)