

IN A NUTSHELL



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

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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

Reception - Sheelagh, Sue,
Carole, Jane &
Laura

Prevention better than cure

How often have we heard this - how much do we live by it?

And what does this word prevention mean - prevention from what, nuclear attack???!?

None of us can predict the future for our health - we don't know what cards we were dealt with our genes, so should we just give up and let nature take its course or should we give it some help?

The thing is, actually, most of us do have a heads up, most of us know our family and have a sort of window into the future. Our parents and grandparents, the generations above have paved the way for seeing how we might do in the obesity, diabetes, arthritis and cancer that might lie ahead.

We get advice all the time that changes, seemingly every day!!!

What do we believe?

Use some common sense - commonly lacking these days!

Everything in moderation is a good phrase.

Eat well
Sleep well
Move well
Think well
Breathe well
Drink well

Simples

For us at Walnut Grove and Functional Fitness we are trying to help you with all of these.

It's a nudge in the right direction. You can't be good all the time.

80/20 rule

Be good 80% of the time and the other 20% do what you like and don't beat yourself up about it.



Pilates Classes during August

Pilates classes will run during August as per our time table.

If you are likely to be on holiday, please let Reception know the date that you are away so your space can be re-opened and offered to another person just while you are away.

Due to the size of our classes, we are unable to offer "A drop in session" but if anyone would like to try a class, give Reception a call and they can check available space.



Zara does it again!

Zara has just returned from the South of France, where she went to defend her world record for the nautical mile, which she has held for 12 years. Subject to Ratification from the WSSRC (World Speed Sailing Record Council) Zara has the outright world Nautical Mile speed record back.

It was a close competition with Heidi Ulrich from Switzerland and Marie Paul Geldof from Belgium.

On the first day of competition Zara managed to increase her current world record to 35.49 knots over the mile course but this was not enough as Heidi was 0.3 knot faster and meant she took Zara's record.

Zara then had to fly home to see patients at the clinic and flew back out for the next strong wind session 3 days later. The mission to fly back was worth it, as she managed by 0.13 of a knot to go faster than Heidi and set the new women's record at 37.29 knots (almost 43 mph) over the mile.

This record is faster than any women on any sailing craft (Boat, Windsurf Kite surfer) and is the outright record.



Zara says "Big thanks to my sponsors, Simmer Style who make my boards and sails and hubby Pete who have all been here with me giving overwhelming support and, of course, the team at Walnut grove. It was hard having to fly home and go back to work Tuesday morning with no world record but the effort to fly back to La Palme and put that aside, try again and take the record back was well worth it."



Finally the boss remembered to take me with her on her recent adventure.



I tagged along on her recent trip to the South of France where Zara took part in the World Mile.

She lost her record after some 12 years when she completed in the first week but on her return the following week was able to regain the World Mile record back.



Texting your Doctor!

Steve: Hey Dr Williams, this is Steve from the Vascular lab. I have an outpatient here with an external iliac occlusion with cold foot pain and numbness that started 3 days ago. What should I do with her?

Sue: Hi, this is Sue, I think you have the wrong number, but I Googled it and I'm pretty sure u need to put a stent in her left radial artery. Best of luck, Steve!

Steve: Sorry, wrong number Sue. She ended up actually getting a stent. Took about 3 hours longer for trained medical professionals to figure out what took you 3 minutes.



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