

IN A NUTSHELL



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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

Pilates at Walnut Grove

The moves may look simple, but they take a lot of precision and control. It's not like doing a bunch of crunches; there's a strong emphasis on technique.

You can do Pilates on an exercise mat, either in a class or at home, or you can go to a gym or studio that has special equipment, a class, or a trainer who can supervise you.

You'll get stronger, more sculpted muscles and gain flexibility. You may also have better posture and a better sense of well-being.

It's demanding, but it's not the kind of workout that always works up a sweat. It's all about concentration and breathing. But you'll definitely feel it in your muscles during each exercise.

Pilates' main focus is on core, however, you can expect to see strength gains in your arms and legs. Positions and movements used to activate core rely on extremities to control &/or apply loads to the core and likewise will benefit from Pilates.

The exercises in a Pilate's workout will boost your flexibility and joint mobility.

This workout will make your muscles stronger. You'll use your own body weight instead of weights.

Pilates is good for beginners as you can start with basic exercises then try advanced moves as you get better. If you're starting out, opt for a class or private lessons so an instructor can keep an eye on your form to help prevent an injury.

If you are looking to strengthen your abdomen and pelvis as well as maintain good posture, then Pilates is for you. It also has a strong mind/body connection, so you may like it if you enjoy yoga but need a more intense core workout.

Pilates is great for strengthening and toning with a focus on your core and for increasing your flexibility.

You can tailor Pilates to your individual needs, so it can be a great addition to your aerobic workout, even if you have health issues like heart disease, high blood pressure, and cholesterol. Check with your doctor first.

If you have diabetes, you may need to make some adjustments in your diabetes treatment plan, since adding muscle mass helps your body make better use of glucose. Tell your instructor that you have diabetes and particularly if you have any complications such as diabetic retinopathy. You may need to avoid certain Pilate's moves.

If you have arthritis, a strength-training programme such as Pilates is a very important part of your exercise programme. Research shows that a combination of aerobic exercise and strength training can help curb symptoms, maintain balance, keep joints flexible, and help you get to and keep an ideal body weight.

We run 17 Pilates classes at Walnut Grove, Monday through to Thursday.

We have 5 different teachers.

Classes range from:
Medical condition, injury or slow pace.
Beginners/Medium pace.
Large Machine Pilates.
Physio Led Rehab Pilates.
Seated Physio Led Rehab Pilates.

Enquire at Reception for further information or check out our website:

www.walnutgroveclinic.com



Honey: A Biologic Wound Dressing

Honey has been used as a wound dressing for thousands of years, but only in more recent times has a scientific explanation become available for its effectiveness. It is now realized that honey is a biologic wound dressing with multiple bioactivities that work in concert to expedite the healing process.

The physical properties of honey also expedite the healing process: its acidity increases the release of oxygen from haemoglobin thereby making the wound environment less favourable for the activity of destructive proteases and the high osmolarity of honey draws fluid out of the wound bed to create an outflow of lymph as occurs with negative pressure wound therapy.

Honey has a broad-spectrum antibacterial activity, but there is much variation in potency between different honeys.

There are 2 types of antibacterial activity. In most honeys the activity is due to hydrogen peroxide, but much of this is inactivated by the enzyme catalase that is present in blood, serum, and wound tissues.

In Manuka honey, the activity is due to methylglyoxal which is not inactivated. The Manuka honey used in wound-care products can withstand dilution with substantial amounts of wound exudate and still maintain enough activity to inhibit the growth of bacteria.

There is good evidence for honey also having bioactivities that stimulate the immune response (thus promoting the growth of tissues for wound repair), suppress inflammation, and bring about rapid autolytic debridement.

There is clinical evidence for these actions, and research is providing scientific explanations for them.

To read the full article, follow the link below:

<http://www.woundsresearch.com/article/honey-biologic-wound-dressing>



I have been left behind again.

If you didn't know, Zara was off on her adventures again. She was competing in the World Championships in Fuerteventura.

The Dunkerbeck Speed Challenge will take place at the famous classic Speed Spot- Sotavento Beach! A very fast spot with constant winds. The fastest time on this spot: 44 kt on 500m & 46 kt Vmax by Björn Dunkerbeck.

First report from Zara was "still waiting for some wind"

We all wish Zara GOOD LUCK.

Meditation & Mindfulness

Not sure if Meditation & Mindfulness is for you but want to learn more.

Come and join Fiona on Saturday 7th July or Saturday 21st July Fiona will run a General Meditation class at 10:15 and an Introduction to Meditation & Mindfulness workshop at 11:30.

For the month of July and August we will offer a special rate of £10 per session.

For more information or book your place, call Reception on 01275 818303.

Potato Sack exercise for improved strength and fitness:

I have just come across this exercise, suggested for 'seniors', to build muscle strength in the arms and shoulders. It seems so easy, so I thought I'd pass it on to some of my friends and family. The article suggested doing it three days a week.

Begin by standing on a comfortable surface where you have plenty of room at each side. With a 5lb potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, then relax.

Each day, you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10lb potato sacks.

Then 50lb potato sacks and then eventually try to get to where you can lift a 100lb potato sack in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each of the sacks.



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