

IN A NUTSHELL



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Volume 11, Issue 9

September 2018

Who's Who?

Osteopathy

Zara Ford
Alex Prince
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Steve Harper
Esther Barton
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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

A helping hand with your Pregnancy

Many pregnant women experience musculoskeletal symptoms or symptoms linked to the musculoskeletal system in pregnancy.

Body goes through huge change, not just weight and shape but also hormones that effect a variety of systems but also the laxity of the ligaments throughout the body. These hormones are active in the first trimester not just at the end. If you are already a bit mobile then this increase in ligamentous laxity can have an effect on a variety of structures in the back, shoulders, elbows, feet etc...

Common complaints

Generalised back pain

SPD - symphysis pubis dysfunction - discomfort of the joint at the front of the pelvis

Sacroiliac joint pain - often associated with lower back pain

Sciatica and leg pain associated with back pain

Rib and thoracic spine problems that can lead to breathlessness and difficulty in deep breathing.

Heartburn

Neck ache and headaches

Carpal tunnel - tingling in hands

Plantar fasciitis and foot pain

Difficulties are - many medications that people would normally take in pregnancy are not advised even paracetamol is now not advised.

But you are pregnant not sick.

Something can be done.

Osteopathy and Physiotherapy and Acupuncture can offer an alternative drug free approach to help with the above symptoms.

A few practical things that might help

Take particular care when lifting - this is especially important if you are already a mother - try not to carry a small child on one hip for any length of time. Care bending and twisting like getting your toddler into a car seat - encourage some self-reliance - you will need it when the baby is born!!!

If standing for any length of time, vary your position frequently. Avoid sitting for long periods and try to get up and move around regularly.

Encourage movement at the ankle by going up on to tip toes sitting or standing - this helps the calf pump work to get the blood back up from the lower legs, this helps prevent pooling and may decrease the risk of varicose veins.

When sitting adopt a posture that supports your low back, thighs and feet and avoid crossing your legs - again encouraging drainage.

WORLD'S BIGGEST
COFFEE
MORNING

Come along and join us on

Thursday 20th September 2018
11am to 3pm



LAN
ORT

Enjoy some cake and a chat and help us raise funds for this very worthy cause.

We will also have a raffle with prizes donated by the staff and homemade cakes.

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. You invite a couple other friends over, 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 Streep-worthy monologue about how her footwear is swarming with E. coli, staph, C. diff, toxins, germs, viruses and all other manner of filth. .

Do shoes really carry that much bacteria?

Yes. 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.

In 2016, a study by researchers set the germophobic world on fire with a report that said the average shoe sole is covered with 421,000 bacteria and that 90 percent of those bacteria transfer directly to a clean tile floor on first contact. A 2017 study on shoe bacteria by the University of Houston showed that more than 26 percent of shoes examined test positive for C. diff, a bacteria that causes a potentially deadly super diarrhoea. That's more than triple the amount typically found in kitchens and bathrooms.

While these study statistics make it sound like all shoes are harbingers of death, they don't tell the whole story. Everyone needs to calm down and put their shoes back on.

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.

A recent study of the germiest, most bacteria-ridden places in your home pointed to a bunch of areas you're probably not putting your shoes or bare feet anywhere near. An International study identified kitchen sinks, cutting boards, kitchen counters, sponges and toothbrush holders as favourite party spots for the bacterial colonies that include salmonella and E. coli.

So some bacteria you drag in on your shoes could actually be good?

To read this full article:

https://www.vice.com/en_uk/article/435ymn/wearing-shoes-inside-house-bacteria



Thank you Tanya and her family who invited me along on their recent visit to France.

It was such an interesting history visit for me and their children visiting many places.

Don't forget to follow me on our facebook page: www.facebook.com/walnutgroveclinic check out my many adventures past, present and follow my future, also some very interesting articles.



Omaha Beach

A memorable visit to the D Day landing beaches in Normandy, Northern France.

Back to School

One day a teacher stands up in front of her class and asks if anyone in the class is an idiot, and says that if there is one then he/she should stand up. After a minute a boy stands up. The teacher then asks the boy if he actually thinks he's an idiot. The boy says, "No, I just didn't want to see you standing there all by yourself."

The children were lined up in the cafeteria of a Catholic elementary school for lunch.

At the head of the table was a large pile of apples.

The nun had written a note, and stuck it on the apple tray. It read, "Take only one. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies.

One child whispered to another, "Take all you want. God is watching the apples."

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