

Newsletter

A regular update from BodyMatters Clinic – NW3's health and beauty centre that caters for your whole body and mind.

Winter 2012

B O D Y M A T T E R S



HEALTH AND BEAUTY CLINIC

The New Year is underway... the festive season is over and we have all had enough of the grey winter weather, so now is the time to give yourself that extra health boost here at BodyMatters Clinic.

In this edition, acupuncturist Fiona and colonic hydrotherapist Hasmira have combined their expertise to design an effective detox program that will set you on the right path for the year ahead.

If you are trying to get back in shape for the new year, or a runner training for a marathon, our expert musculoskeletal podiatrist and excellent team of osteopaths and chiropractors can help keep you on the move and ensure you stay injury-free, so that you meet all your health and fitness goals.

Spring might still be a little way off, but no matter how you're feeling, we are sure that here at BodyMatters Clinic there is something to get rid of those winter blues and help you on your way to a healthier and happier 2012...

De-stress and Detoxify for the New Year - with a program of acupuncture and colonic hydrotherapy...



January is a great time to “ring out” the old and begin afresh. We often cap off a year of not-so-healthy habits with year-end celebrations, rich decadent foods and champagne toasts. It's no wonder that many people start each year feeling worn out and fatigued. Although the body has a natural detoxification process, we often give it more than it can handle.

Stress can add to your toxic burden. It can also cause weight gain and excess fat makes a great hiding place to store what your liver has

trouble cleaning out. Year-end pressures at work and emotional stress (and added pounds) from seasonal festivities can add to this toxic build-up and increase 'blue' feelings in January.

Acupuncture and Colonic Hydrotherapy can help. Acupuncture works to restore balance by adjusting the flow of Qi in the body. Christmas indulgence can easily upset this balance increasing the workload on the liver which is responsible for the smooth flow of Qi. Acupuncture is commonly used in drug and alcohol detoxification programs as it is believed to have a natural detoxification effect and increase excretion of body toxins.

Colonic hydrotherapy is a gentle yet hugely detoxing treatment. It will clean out old fecal matter, undigested food, mucous, fermenting yeast and smelly gas pockets. It will help support your liver to detox and leave you feeling lighter and healthier with a flatter tummy, better bowel movements and glowing skin. The two therapies in this package together with dietary advice and supplementation will improve your sleep, digestion and energy levels.



10% discount...
Book your detox program of 2 colonic treatments and 4 acupuncture treatments in January or February and receive a 10% discount.

Make a clear resolution to feel better. New Year's resolutions to "be healthier" often fail due to a lack of a measurable goal. But there is a simple way to promote good health and feel better while helping your body get back to its top cleansing speed. A program combining 4 acupuncture sessions

and 2 colonic hydrotherapy sessions will help you start the year off right...and help stay clear-headed and energetic all year long.

Fiona Hurlock, MAcS MRSS, practices Japanese Acupuncture on Wednesdays and Fridays and Hasmira Yadav, BSc MNIMH, MACH, MIPCH, practices Colonic Hydrotherapy on Fridays and Saturdays.

Why is it so hard to stay 'in shape?' Podiatry can help...

Half of our body is there to enable us to move around. From the hips down; there are no organs, just bones, joints and muscles and all the apparatus that enables them to operate. Our feet are the only aspect of our body in contact with the ground as we lead our busy lives and without ever really thinking about it; we ask an awful lot of them. Regardless of how many steps we might take in a day, every time we stand, walk or run; our feet are the wheels that express the power of our physiological engine.

As a biomechanical and foot pain specialist, I am constantly trying to help people to whom this fundamental truth has never been properly explained. Consider, for example, the shape of your gluteal region (aka 'bum').



Your bum is a collection of muscles that it is very difficult to fully engage without good foot function.

When we think about walking, we split it into two phases. The time when your foot is in contact with the ground is known as the 'stance phase,' and the time when your foot is in the air, known as the 'swing phase.'

During both phases the muscles in your bum should be working

constantly to steer your leg through a full range of movement. If, however, your foot moves or collapses into the wrong position; the alignment of whole limb is compromised and these muscles start to fail. When muscles fail, their shape and tone becomes lost. These same is true for all of the muscles in our lower limbs.

Getting fit is hard work but staying fit can be even more difficult if your feet are preventing your legs from working as efficiently as possible. Why not have your feet assessed to see if they are getting in the way of your fitness goals.

We would like to help you achieve the legs you want during 2012 so throughout January and February we are offering 50% discount on full biomechanical assessments.



Steven Lassetter,

BSc (Hons) DPodM, MChS, HPC, Ch.14003 State registered Podiatrist, is available on Saturdays.

Beware, run with care - Osteopathy will keep you on the move

With the New Year's arrival this time means a fresh start for many. You may be planning an intense new exercise regime or gently easing back into motion after the holiday season. It is also the start of marathon training for some while other seasoned runners will be back out pounding the pavements of NW3 or squelching through the Hampstead Heath. Whatever the case, it is vital to take care of your body and avoid injury. This burst of exercise can put ankles, knees, hips and low backs at risk as they deal with all the new activity. It is important to have good posture, a strong stable 'core' and low back, flexible hips and knees, the correct footwear, and a proper warm-up.



Many patients attending the clinic are surprised to find out how important posture and the movement of your back, arms, and neck are when running and dysfunction in these areas can cause considerable pain. BodyMatters Clinic osteopath, Terence McSweeney provides a complete musculoskeletal assessment where he will screen your body to make sure you're in tip-top shape. He works closely with the excellent podiatrists and massage therapists at the clinic to ensure you achieve the best possible results. If you're unsure as to how osteopathy could help you please contact the clinic to book in for a 20 minute Spinal Check-up which is free of charge. This will allow Terence to identify any areas which may require treatment and give you a better understanding of how osteopathy can help you.

Free Spinal Check-ups are available throughout January and February

Terence McSweeney,

M.OST, D.O, N.D, Registered Osteopath, is available Tuesday to Saturday.

Achieve your New Year's resolutions with Hypnotherapy

I love the festive season. The Christmas lights, Christmas parties, the excitement in the air is almost tangible but then we ring in the new year and we all seem to deflate. This is the time we seek to tighten our belts after splurging and we start to think about the things we want to change in our life; welcome the birth of the New Year resolution.



Now don't get me wrong I have no problem with self improvement, that's what cognitive hypnotherapy is about, what worries me is the way some of us choose to go about improving ourselves.

How often do we embark on a new year's resolution only to abandon it a short time later leaving us feeling even worse than we did before starting? I can't think of a year which didn't start by my eating really healthily which within one week saw me gorging on chocolate and crisps.

Positive psychology teaches us that sometimes it isn't about identifying what doesn't work for us but what does. Often those New Year's resolutions can be achieved its just we haven't loaded up with the right equipment to make them last. So now just think...if there was something that you would like to change about yourself and you may have tried to change it already, what would you need more of to make that change permanent? Could it be patience? Endurance? Self belief? Was there a time when you had that resource in a different context? Could you map it over? If not, what's stopping you? Is it that something you'd like to work on? Sometimes we just need to be reminded that we all have what we need inside of us.

Suzette Shahmoon, Cognitive Hypnotherapist, is available on Mondays, Tuesdays and Sundays.

Colonic Hydrotherapy - A way forward for that bloated and sluggish feeling

Every one of us at some time or another has experienced the symptoms of bloating. The uncomfortable feeling in the abdomen causing the stomach and the intestinal tract to distend and harden. This is normally caused by an excessive build up of gas. Bloating and gas can be caused by a number of things, which when on their own would cause no ill effects. However, when combined these symptoms can lead to many people feeling uncomfortable, embarrassed, tired and in pain.

Colonic hydrotherapy could be a way forward. By cleansing the colon we can remove the number one cause of this bloating. Colonic hydrotherapy is an internal bath to help cleanse the colon (large intestine) of toxins, gas, and accumulated faecal matter.



With over 18 years experience as a colonic hydrotherapist, Medical Herbalist and speaker specialising in digestive health matters David Ladson can be called upon to offer his personal advice and recommend appropriate treatments. A wide variety of medical tests, should they be needed, are also available to determine a correct diagnosis from any presenting symptoms.

*David Ladson, MH RCT,
is available for treatments on Mondays, Tuesdays and Sundays.*

Special Offer

AT BODYMATTERS CLINIC

Remove unwanted hair permanently

Why not start the year as you mean to go on - with perfectly smooth skin!

Our qualified nurse specialising in laser hair removal can guarantee astounding results. Even after the first treatment, clients report seeing a great reduction in hair.

10% discount

Book your treatment in January or February and receive a £10 discount. If you are an existing client you'll receive a £10 discount on any new area started.

BODYMATTERS CLINIC

Welcomes

Louise Greene, PGDip, MA, MBACP is an experienced and fully qualified integrative counsellor and psychotherapist. She draws from and integrates a range of theoretical perspectives in her counselling practice as this enables her to adapt her approach according to the needs and personality of each client.

There are times when we all feel stressed and overwhelmed, possibly due to the difficulties we encounter on a daily basis while struggling to juggle the many aspects of our lives. It's at these times that we can most benefit from taking space to reflect on things.

Book your 15 min free consultation to find out how Louise can help you.

Free

SPINAL CHECK

Book your free check-up with one of our expert osteopaths or chiropractors

The session will last approximately 20 minutes, and is an excellent way by which to assess spinal health.

Please call reception to book your appointment.



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HEALTH AND BEAUTY CLINIC

1 McCrone Mews, Belsize Village

London NW3 5BG

t: 020 7419 7900

f: 020 7419 6265

e: reception@bodymattersclinic.co.uk

www.bodymattersclinic.co.uk

Opening Times

Monday to Thursday: 8.30am - 8.30pm

Friday: 8.30am - 7pm

Saturday: 8.30am - 6pm

Sunday: 10.30am - 4.30pm

Public Holidays: Closed