



Footnotes

A Message from Louisa



Hello to you all and I hope that this newsletter finds you refreshed from the lovely summer we have experienced this year. With the summer nights beginning to draw in and the harvest behind us, this newsletter is packed with information on looking after yourself during the coming winter months, new services and treatments and an update on administration and podiatry changes that will occur during the coming months.

Firstly though, I would like to thank everyone who supported my sponsored 12,000' skydive. This took place in May and after a nerve wracking build up my husband and I had our first jump cancelled due to poor weather! We were re-scheduled to jump the following day and thankfully the weather held out and we both had an experience we will never forget. Through your generosity a total of £1400 was raised for Breast Cancer Research which is a fantastic amount! Thank you very, very much for supporting this charity and also assisting me in a dream come true. You can view pictures and a video of my jump on our website at www.feet-first.org/skydive.htm

Since then my feet have been placed firmly on the ground and although I would love to perform a skydive again, the opportunity will have to wait as I am pleased to announce the expected arrival of a little Hallewell in the New Year. Naturally we are delighted, excited and nervous like any first time expectant parents. In light of this news I have decided to temporarily withdraw from practice in October when Jenney, Simon and Lucie will offer continuity of service on my behalf. From then on, you will find me on the reception desk, concentrating on the administration of the practice and being on hand to assist with any queries you may have. I am confident that you will be well looked after during the coming months by the team here at *FF*.

These changes also bring with it new services. Dr Simon Duck is now also available for chiropractic service and general chiropody. Laura our aromatherapist also brings you a delightful new service of Hot Stones massage therapy available from December. Further information on these services is published later on in this newsletter and further information can be found on our website at www.feet-first.org.

Finally, thank you also for your continual support for our Woman's Aid collection - we are regularly supplying Womens' Aid in Oxford and Aylesbury as well as the Night Shelter in Oxford. Since the collections started in May last year, we have now donated over 300 wash bags and a mountain of bedding and children's toys. A fantastic result! Thank you.

Louisa Hallewell

Hot Rockin' with the Stones!

Hot Stones Therapy is a timeless healing technique that combines massage with thermo-genic benefits by using heated basalt river stones and the therapeutic qualities of essential oils.

Hot Stones Therapy improves the energy flow and the structural alignment of the body by the strategic placement of stones on key energy points of the body. The application of Essential Oils and the incorporation of these stones bring ancient body techniques to classic Western Massage.



The Chinese used heated stones over 2000 years ago as a means of improving the function of internal organs. Stones were used for healing work in North America, South America, Africa, Europe, Egypt and India. Ancient Greek and Roman cultures have a long recorded history of many forms of massage and body work.

The Romans used stones in steam rooms and combined effects of hot immersion baths with the cooling effect of marble stone and cold pools.

The energetic combination effect of using the heat of the stones and pure essential oils produces a deep and penetrating state of relaxation and balanced well-being.

Laura Flynn

Practice Matters

I understand that sometimes it can be inconvenient to leave messages on the answerphone or to be welcomed by an empty reception area when all our therapists are in treatment.

I am pleased to announce that from Thursday 20th October we will be providing reception cover from 10:00 through to 1:30 each day and our phone will always be answered between 10:00 and 5:30 each day.

The following few months and the run-in to Christmas have historically been poor for non-attendance of appointments. Whilst I understand that on occasion there are extenuating circumstances, I would like to remind all our clients that we kindly request 24 hours notice for any cancellation.

It is our policy to charge the full fee for any appointments not attended or cancelled without 24 hours prior notice. Thank you for your understanding in this matter.

Louisa Hallewell

Banishing the Winter Blues

It is estimated that up to 10% of people in the UK experience Seasonal Affective Disorder (S.A.D) to varying degrees every year, with symptoms ranging from fatigue/increased need to sleep, poor concentration and changes in appetite to mood disorders including moderate to severe depression.

Research suggests that this is due to a chemical reaction within the brain whereby serotonin - a neurotransmitter associated with mood regulation, is inhibited by the decline in bright sunlight. Simultaneously, melatonin - a hormone that aids sleep and regulates the body clock is increased in response to prolonged darkness.

It is on this premise that 'light therapy' came into being, aiming to reverse the above process by simulating natural light. Product options include a standard light box to sit in front of or a 'dawn simulator' which filters light into the room for one hour before an alarm goes off. By this time your brain is already more awake and pushing back the duvet isn't quite so hideous! Having personally experienced the benefits of light therapy for more than 5 years I would recommend it to anyone who finds it difficult to function through the winter months. I have adapted my usage and lifestyle slightly each year as I gain understanding and have also found the following to be useful:

- Reflexology for relaxation and mood regulation
- Aromatherapy - Bergamot, grapefruit or sweet orange essential oils are uplifting when used individually in a vapouriser
- Dietary changes: fatigue or low mood can increase the temptation for 'quick fix' sugary snacks which after the initial 'high' leave you feeling hungry and more tired than before as the body battles to rebalance blood sugar. There is a similar 'high/low' affect with caffeine, which will also compromise sleep patterns. Cutting out all stimulants (including alcohol) is strongly recommended and increasing complex carbohydrates such as brown rice or oats will help to stabilise energy levels through the day.

The above are just suggestions which may be of benefit to you, please be mindful that everyone is different and that if you are suffering from depression it is crucial that you contact your G.P. For more information on light therapy: www.outsidein.co.uk

Lucie Oliver



Back to Life

Chiropractic is based on the understanding that your health and mobility rely on a healthy nervous system and spine. Chiropractors help your muscles, joints and nerves function the way they were intended so your body can heal itself naturally from illness and injury.

Trained to diagnose and treat problems caused by mechanical dysfunction, the Chiropractor will adjust joints, muscles and bones via a range of gentle manipulations that will relieve pain by improving the way joints behave and easing muscle tension or spasm. These adjustments are performed using the chiropractor's hands or by the Activator Instrument method - a technique developed in the 1960's to improve patient safety and comfort.



The activator instrument, which is one of the most widely used and researched chiropractic techniques, delivers a controlled, light and precise impact on misaligned bones which are the cause of your pain. Most patients report that the use of an activator is painless and often feel an immediate sense of relief and relaxation after manipulation.

Chiropractic can relieve your neck and back pain, headaches or migraine, restore joint mobility and reduce the likelihood or susceptibility to injury.

Simon Duck

During the month of November we are offering a FREE Spinal Health Check with Dr. Simon Duck. This is a limited offer and appointments will be reserved on a first come basis.

Gift Vouchers

If you want to say a 'special' thank you or give a present to your best friend or loved one and are stuck for ideas why not give them a little treat just for themselves?

Ideal for birthday, Christmas or anniversary presents our gift vouchers are available for all our treatments and therapies and can be purchased throughout the year.



David Gray

Healing Hands for Little Heads

It is a common belief that babies and children should be free of structural stresses or strains in their bodies, because they are 'so young'. The reality is very different.

Birth is one of the most stressful events of our lives. The baby is subjected to enormous forces, as the uterus pushes to expel the baby against the natural resistance of the birth canal. The baby has to turn and twist as it squeezes through the bony pelvis, on its short but highly stimulating and potentially stressful journey.

The baby's head has the remarkable ability to absorb these stresses in a normal delivery. In order to reduce the size of the head, the soft bones overlap, bend and warp as the baby descends. The baby's chin is normally well tucked down towards its chest to reduce the presenting diameter of the head.

As a result, many babies are born with odd shaped heads. In the first few days, the head

usually be seen to gradually lose the extreme moulded shape, as the baby suckles, cries and yawns.

However, this un moulding process is often incomplete, especially if the birth has been difficult. As a result, the baby may have to live with some very uncomfortable stresses within its head and body.



Physical Therapy treatment using the cranial approach is gentle, safe and effective for babies and children. Very specific, skilled, light pressure is applied where necessary to assist the natural ability of the body to release stresses and tensions.

The benefits of the treatment are generally two-fold - the infant or child is relieved of tension and unpleasant stresses and is able to relax and sleep well, This in turn allows the parents to get their much needed sleep too!

David Gray

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