

Winter Newsletter

It's hard to believe that the year is almost over. Firstly, I'd like to express my sincere apologies for the lack of communication since the summer.

As many of you know, the past twelve months have been particularly difficult for me, ironically, on the health front following my unexpected fall in hospital which resulted in yet more surgery. My hip and knee are still in a bad way but, as December draws to a close, I'm 100 per cent better in my outlook, under the care of a new surgeon and ever hopeful that I shall regain full strength and stability in 2015. I'd like to thank you all for your tremendous care and support during this difficult time; it's refreshing and heart-warming when patients enquire about my wellbeing.

January is often a month for reflection and as the New Year gets under way, there has never been a better time to introduce healthy new habits into our everyday life. Dr Zeeba Shariff will be holding a special Detox clinic in January to help patients kick start their healthy resolutions; I'll be the first in the queue!

We're also opening a new sports massage clinic in January where you can save £5 off the regular fee, so why not treat yourself to a session and start 2015 as you mean to go on.

Wishing you the best for a healthy, prosperous New Year.



Paul

Detox with Dr Zeeba

Dr Zeeba Shariff joined us in the summer and her clinics are proving incredibly popular. Throughout January she'll be holding detox consultations. "If you overindulged on chocolate or alcohol over the festive season or generally feel bloated, lethargic or have indigestion, the detox programme should help," Dr Zeeba says, "I'll put you on a special diet for a month and give you a herbal tincture, which will help clear up the liver & flush out toxins through the kidneys and skin pores."

2,000 views & rising

We're delighted that so many of you are logging onto our workplace exercise videos for clues on how to improve your posture.

Over the past year, the clips have been viewed by in excess of 2,000 people!

You can view all our videos from the link at the top of the website.

If you have any questions on the exercise of the month videos please feel free to email our pilates' team who'll be happy to respond.

Congratulations

Our qualified Pilates instructor Silvie Salviano has yet another qualification to her name having recently completed PoleStar's comprehensive rehabilitation series. Well done Silvie.

New Pilates Clinic

Osteopath and pilates teacher Lyndsy Mills has now launched a Saturday morning pilates clinic to run alongside her existing osteopathy clinic at the Warlingham Green practice.

"Rome was not built in a day... PATIENCE and persistence are vital qualities in the ultimate successful accomplishment of any worthwhile endeavour. Practice your exercises diligently with the fixed and unalterable determination that you will permit nothing else to sway you from keeping faith with yourself," Joseph Pilates

If you'd like to achieve and maintain results for the New Year, book an appointment with one of our team today on 0208 662 1155

Detoxing - The Road to Good Health Dr Zeeba

If you've always shied away from a body detox, believing it too difficult and unpleasant (all that fasting and dietary restrictions) then read on...there is an easier and better way.

Detoxing is becoming increasingly popular, with more researchers and health care professionals backing its value. And that's a good thing. With today's high-tech modern lifestyle your communications systems may have become faster, but your body's eliminatory system has probably slowed down.

From time to time our bodies need to be cleansed from harmful build ups, such as toxic metals, in order to really function at their best. We are exposed to toxins in all manner of ways; amalgam fillings; chemically-contaminated fish, industrial fumes and food that has been sprayed with pesticides.

Over time impurities accumulate in the body's digestive system. The elimination process works hard to get rid of them but as the load increases, it becomes sluggish and not as efficient. You feel literally weighed down and may well lack energy.

By cleansing and ridding your body of toxins, you feel as though you have shed the load, and are rejuvenated. The result is a wonderful pick-me-up and you're ready to move faster and lighter through life.

Call the clinic for more information how a Detox Consultation can help you.

Why You Should Check Your Feet

How often do you pay attention to the way you walk or stand? It's commonplace for people to adopt a stance where their bottom protrudes out, while their shoulders and head slump forward. A great tip is to check the position of your feet. If your toes turn inward, this usually suggests weak glutes. If your feet turn outward, like a ballet dancer, this usually indicates weak obliques or hip flexors. This can encourage 'faulty movement patterns' which, over a period of time, can result in pain and dysfunction. From a spinal perspective, look at the way you're standing because it has a profound effect on your posture.

If you recognise yourself in any of the above why not book an appointment with one of our dedicated pilates instructors to identify the correct technique before problems arise.

Sport Massage with Deniz Ruso

Due to popular demand, sports massage practitioner Deniz has opened a second clinic at



Cheyne Walk, Monday evenings 5pm – 8pm. Throughout January, you can save £5 on the usual £50 per hour cost! Deniz also treats patients at Warlingham Green on Friday

Paul Sends Shockwaves Through the Practice

Congratulations to Principal Paul who has become the only UK-based certified trainer for the Swiss DoloClast Academy in the UK. Paul is qualified to train orthopaedic practitioners, sports physicians and physios in the safe use of Shockwave Therapy. The innovative, non-invasive treatment, used to help conditions such as tennis elbow, policeman's heel (plantar fasciitis), and shoulder tendonitis, is usually only delivered by orthopaedic surgeons. Shockwaves are transmitted to problem areas via a small hand-held device, tendons are then reinjured which triggers the body's natural healing response.



Optimising physical performance
& the interaction between body and mind

Call for an appointment today

020 8662 1155