



# Orpington Chiropractic Clinic

## Spinal Column



8-10 High St. Orpington

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January 2007

### Dr Stick - "Alex" - is coming back!

After 2 years part-time in the wilds of Cornwall, helping his brother (also a chiropractor) keep his practice going through a nasty lumbar disc problem (even chiropractors aren't immune!), Alex Stick has relented and accepted our suggestion for him to return to Orpington to replace Dr Jeff Cowley who is relo-

cating up to Scotland. We would all like to wish him well in his new venture.

Alex re-joins the Orpington Clinic at the beginning of February and no doubt he will get a warm welcome from all his "old" patients, as well as from Dr Emma Daniells and all the staff! Initially this will be on a part-time basis but we expect it to become full-time by the spring.

To begin with Alex's days will be

all day Tuesday, Wednesday and Thursday and appointments are being made for 1st Feb. onwards.



## "How's that resolution going??"

It's that time of the year when all of us who have made New Year's resolutions wonder if it was worth! - the guilt if we've failed, the stress if we're still struggling, even perhaps the smugness of those who've succeeded? If you're not one of those happy or smug individuals who achieved their goal then maybe you should ask yourself if you should have made a resolution at all or whether the one you chose might not have been the right one for you....

Without getting too philosophical, a resolution should have two key features — a worthwhile objective and an achievable means. An unrealistic "cloud-cuckoo-land" goal or one that requires no *significant* effort is a recipe for failure right from the start. Be honest and realistic with yourself and at the same time set your target as one that is actually going to be an *achievement* when you look back on it from the future.

The right frame of mind is very important indeed — far more

important than having the right start date such as midnight on New Year's Eve. If you are struggling with other matters then it will be very hard indeed to remain focussed and determined so maybe you should wait a little... so long as it's not another 12 months!

Commit publicly! Tell family and friends what you are trying to achieve. RE-state your intentions and methods regularly, as long as you don't sound as though you're preaching.

Take all the support you can get! Let people know that you need positive and constructive help and encouragement. Tell anyone who is critical, negative or disparaging to take a hike— this is your effort and what are they doing to help themselves?!

Give yourself a reward — you may not be a child but who says grown-ups don't appreciate a treat. Remember to make it worthwhile — a special occasion, something you've hankered after for ages — literally *any* self-indulgent present.

What would I ask you to do?? Simple, make a sustained effort to improve your spinal habits, be they lifting, seating, at work, at home or at play. So when (and not if!) you *DO* slip up... go right back and do it again... Properly!

So am I following my own advice? You bet! After 28 years I gave up smoking *on Jan 2nd* with masses of family support and temporary absolution from all other sins, especially gluttony and sloth!

I still have the cravings, can't be around other smokers yet and find tv reality shows even *more* annoying than before... But nothing truly worthwhile is ever going to be a walk in the park!

Wishing  
you all a  
Happy  
2007!

Regards,  
Mark



*Another new arrival...*

We are also delighted to welcome a newcomer to the team, *Pauline Johnson*. Pauline has filled a vacancy in the front desk alongside Ann and many of you will come to appreciate her calm and friendly manner during the coming years. She has a long involvement with caring and healing professions and brings a delightfully happy yet sensitive approach to the job. She also has that other



vital pre-requisite to working with the rest of us here...

- a wicked sense of humour!

***Most People Are Immune to the Flu!!***

Natural immunity is *always* best. Take care of yourself and the flu will be mild or non-existent. Artificial immunity, if it works, is never as good. In fact illness associated with the flu continue to rise parallel with increased flu vaccine usage. No large population studies prove the flu vaccine even works.

Every year, 80-90% of the population is naturally immune from all forms of influenza like illnesses (ILI's). In fact, only

10-15% of those with ILI's actually have the flu! Natural immunity protects 96 to 98 people out of every hundred from contracting the flu. The flu vaccine itself can cause flu-like symptoms, joint and muscle pain (sometimes lasting for years).

Help promote your natural immunity to all diseases with a lifestyle that includes whole foods, elimination of toxins, chiropractic care, rest and satisfying relationships.

[www.vaclib.org/basic/flu\\_2004\\_short\\_ad.html](http://www.vaclib.org/basic/flu_2004_short_ad.html)

*So what do chiropractors treat again?...*

There is a common misconception, that we, as chiropractors only treat low back pain and neck pain. Although, these complaints do make up a large portion of our patient load, we are often faced with many other spinal and extremity conditions

Headaches respond very well to chiropractic care if, I hasten to add, they arise from the joints and muscles around the neck and mid back. During the initial consultation, we will ensure that other causes of headaches are not directly causing or contributing to your symptoms i.e. high blood pressure etc.

"Trapped nerves" are also regularly treated by chiropractors. Initially we must establish which nerves are irritated/compressed and what is subsequently causing the irritation. During the examination process, we will assess how your nerves are functioning through reflex testing, examining your muscle strength and

testing for loss of sensation. This will enable an accurate diagnosis to be formed and treatment to proceed.

Common shoulder complaints that are regularly treated at Orpington include "Rotator cuff tendonitis" or "Impingement Syndrome" which is characterised by a catching sensation in that joint with overhead activities.

We often hear patients state they are suffering with "wear and tear" in their hips/knees etc. By mobilising/adjusting the involved joint and loosening the related muscles, we can frequently ease symptoms. I have had experience in the past of surgery being delayed or even prevented altogether through early chiropractic treatment. Remember

not to leave symptoms too long as they then become harder for us to treat!

These are just a few of the conditions we treat at Orpington Chiropractic Clinic. If you or a member of your family has described any of these symptoms, or others, please feel free to give us a call and arrange a spine check. This is free of charge and I can assure you that, even if we cannot help directly, we will refer you to the necessary healthcare professional who will be able to.



*Emma Daniells DC*

50% off!

Family & friends of existing clinic patients can get a reduction in the cost of their initial consultation fee from 1st—28th Feb 2007 (includes any xray fees).

*Please give this to someone you think may benefit from chiropractic care!*

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