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NICKY SNAZELL'S

Wellness & Physiotherapy Newsletter

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Is This Your Last Newsletter?

Our clinic started way back in 2002 and in that time we have helped many thousands of patients, just like you.

As we go forward we want to be able to provide you with ever improving levels of service, sending you appointment confirmations and reminders and to keep you aware of our constant new offerings, plus of course special saving opportunities. Finally, it's also a matter of survival for us as well. The new GDPR laws which come into force in May will put some businesses under and we don't want to be one of them.

All we need is a very small bit of your time. You see, the problem is we are all very busy and we all tend to put things off and eventually forget about them, even though it was actually something we wanted. Sound familiar?

We don't want you to put off returning your approval to allow us to keep you updated. Time is running very short and this will be the last newsletter you will ever get, unless you take just a minute to get back to us.

Before the 25th May we will email you specifically to ask for your approval.

It will take less than 1 minute to complete.

Don't lose out. Reply before 25th May, with your approval for us to continue sending you great information.

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Beware the Sabre Toothed Tiger—Alan

Humans have a built in primitive and automatic defence mechanism, which today we refer to as our 'fight or flight' response.

For prehistoric man, the majority of his time would have been spent in a high stress state, constantly monitoring for danger, such as when a sabre toothed tiger eyed him up for lunch. His systems would have had precious little time to calm down and let his body heal and his long term health would have suffered as a consequence.

His response to being hunted would have been an instant release of a whole cascade of chemical changes in the body, raising breathing rate, blood pressure, blood sugar and heart rate. Non urgent functions, like the immune system, would have been shut down and the conscious brain switched off. All that mattered was to maximise speed of decision making and the ability of the body to fight the tiger or escape. Once the threat was removed, his body would have quickly returned to normal operation. All this would have happened very quickly.

Although we don't have to face tigers now, our systems react exactly the same way to any perceived threat and these threats can be a lot longer lasting, which is not healthy for us. Being stuck in a traffic jam, or having a difficult work situation, will be very stressful and trigger our fight or flight response, with the same cascade of chemical changes and the same preferential control of internal systems. Clearly it's not good to have prolonged periods in this state, where for instance, our immune systems are shut down.

Another natural response can be a feeling of anxiety or fear. When in fight or flight mode we lose our ability for rational thought and our memories are

blurred. That's why we are unable to clearly remember what happened in accidents.



When in a real threatening situation, the surge of chemicals will be consumed by the physical reaction, which is important to help the body get back to normal as quickly as possible. However, if your perceived threat is while you are inactive, like sitting on your sofa watching bad news after bad news on TV, then the

chemicals are not properly metabolised, which eventually can lead to a dangerous build up of 'stress hormones'. There's a lot of evidence that any accumulation can cause problems, such as high blood pressure and increased susceptibility to a number of chronic conditions. Hence why we all hear stress can be a killer.

Our fight or flight response is built in. We cannot eliminate it. But there are steps we can take to reduce our stress environment and to develop ways to control stress. Meditation and mindfulness are techniques which you can learn from us. Our HeartMath technology is a wonderful and yet simple tool to help teach you how to lower your stress.

Much is common sense. It should be no surprise that it is incredibly important to have a good supporting social network of real friends. In fact latest research has shown that it is the most important factor in life expectancy.

Take some time to think about what causes you stress. Your job, your relationships, your physical environment. And don't underestimate the stressful impact that constantly watching, or reading, bad news has on you.

Physical exercise is highly beneficial because it helps reduce the build up of toxic stress hormones and gets you to a healthier, calmer state.

Edwin's Case Study—Nicky

One autumn morning last year, a quiet, middle-aged clinical professor came to see me because he found his gym workout was badly irritating his elbow and ankle.

I went over my 4 Keys (see my book) healthy living questions to which he scored green in food/ water/ supplements, and fitness. He scored amber in lifestyle – he was working a little too much. Family life had been fraught with problems until recently, and on the whole he loved his work. He just couldn't quite get his life/work balance right. His mind was amber and at times red, as he found teaching at university stressful, and he also found it difficult to switch off. I intuitively sensed some deeper issues, and it made sense that keeping fit calmed his mind.

"I haven't injured myself or upped my workouts or done anything to cause these pains; they've just crept up on me. My pain is deep and aching, not sharp, and I haven't done anything to cause it," he stated, at a loss as to why this was happening to him.

This made me decide to explore his physical body for chronic [neuropathic] pain, and to explore the deeper spinal

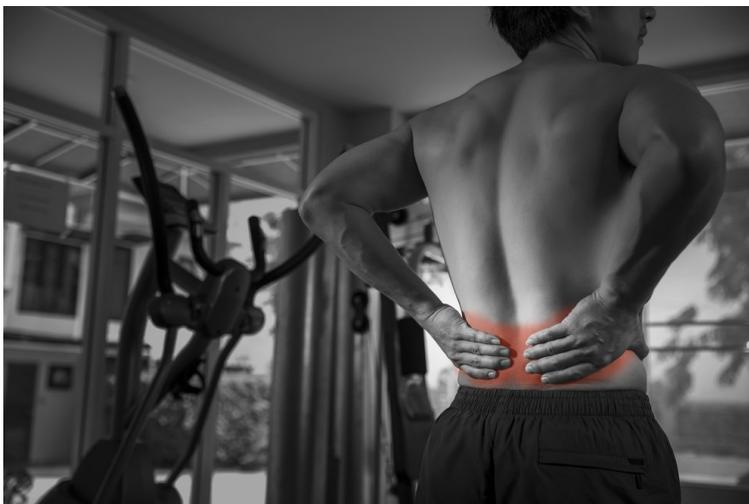
muscles and relevant joints and ligaments. It seemed wise to leave the alternative discipline of shamanic reiki till later. This aspect of healing needs a deeper level of understanding and trust between practitioner and patient.

I could feel that his lower back was tighter on one side. This could have been disc irritation, or it could have been his biomechanics; the way he sits and walks, and either a fixed or habitual posture. Tell tale signs of

collagen lines at the base of his neck and back suggested a thinning of the underlying discs. His buttock was acutely tender. His hamstring was slightly more tense, with sensitivity being increased again over the division of the sciatic nerve at the back of the knee, tight bands in his calf muscles, and a moving tenderness where his ankle flexors wove around his ankle.

This was all pointing to neuropathic changes to his L5 nerve root at the base of his spine. That means sensitivity of the nerve root due to poor posture or aging disc, as well as mild peripheral nerve changes, causing small contractures down the limb and his ache.

This type of problem is insidious, and is often a normal part of aging related to postural issues, causing disc narrowing, called spondylosis, and subtle changes to nerves, from very mild to severe neuropathy.



The symptoms can be anything from mild stiffness to pins and needles, numbness and various degrees of sharp burning and aching pains, often made worse on exercising.

Edwin needed a combination of treatments and skills to help resolve his problems. Over two treatments I gave him GunnIMS to relieve the deep seated muscle problems at the base of his neck and back, plus acupuncture, laser,

joint mobilisations and deep oscillation. I also used NLP and subtle mind mapping to get his head in the right place.

Ideally I would have gone on to add shamanic reiki to heal issues in his auric body, balance his chakras, and use key acupuncture points in his fascial plane. However, after two treatments he was physically pain free and elected to get on with his life.

Radial Shockwave—Nicky

“A non-surgical, non-invasive alternative for pain relief and musculoskeletal repair.”

Shockwave therapy is a modern and highly effective treatment option in orthopaedic and rehabilitation medicine. The term shockwave refers to mechanical pressure pulses that expands as a wave in the body.



Radial shockwave was extensively used in mainland Europe for many years before being introduced to the UK. Due to this, radial shockwave is still not commonly available here, but its acceptance is growing, in part helped by gaining NICE approval for some conditions. Our clinic was at the forefront of radial shockwave introduction, following training for Nicky & Alan by an Orthopaedic Consultant who runs a major shockwave clinic in Luxembourg.

Extensive research around the world is continuing to push the boundaries at a rapid pace and many new applications are constantly being developed, so expect more updates in the future.

How does it work?

The shockwave is created by firing a high energy projectile into the back of a transmitter, the front of

which is in contact with the patient's body. The projectile is fired repeatedly at a frequency to suit the particular condition being treated.

The transmitter sends a high energy acoustic wave into the body. The energy promotes regeneration and reparative processes of the bones, tendons and other soft tissues. Shockwaves are characterised by large changes in pressure.

Shockwave is particularly effective in the treatment of:

- Plantar fasciitis | Policeman's foot
- Tendon calcification
- Adhesive Capsulitis | Frozen shoulder
- Achilles tendonitis
- Lumbar spasm
- Shin splints
- Piriformis syndrome
- Tennis / Golfer's elbow
- Iliotibial Band Syndrome
- Osteoarthritic joint mobility

Many patients have come to us with osteoarthritic joints and have felt immediate improvement in joint flexibility. For those who choose not to undergo joint replacement surgery, shockwave offers a maintenance alternative.

There is no extra charge for using radial shockwave.

If you feel we could help you with our radial shockwave technology, then gives us a call.

Are You Double Jointed? - Nicky

Patients are often asking me if they are double jointed. (The medical term is hypermobile and is a condition where joints are allowed to move further than in a normal joint) Many have a vague idea that they may be hypermobile and wonder if it is, or could end up being, a serious disability.

Perhaps surprisingly, you can be very slightly or far too flexible, you can even be hypermobile, but not have hypermobility syndrome. I know that sounds confusing. Hypermobility syndrome is a condition that affects the joints, making them unusually flexible. Left untreated, it can mean you may struggle with day-to-day activities. Typical examples are frequently being more prone to strains and sprains. Hypermobility syndrome can also lead to back pain and achy joints.



If you are worried you may be hypermobile, then we can test you for this condition at the clinic or you can see your GP, who uses a questionnaire called the Beighton score to establish if you are just flexible or have hypermobility syndrome. One of the key indicators is having four hypermobile joints with pain lasting more than three months. Your GP will also look at soft tissue damage and associated pain lasting more than three months.

Hypermobility runs in families so is often a hereditary problem. One of the main causes is thought to be genetically determined changes to a type of protein called collagen.

Physiotherapy treatment can help you manage this condition and help you avoid any unnecessary suffering.

If you would like to quickly score yourself:

- With your knees straight, can you reach the floor with your palms flat on the floor? If yes, one point.
- Can you take your elbows 10 degrees or more past straight? If yes, add one point for each elbow.
- Can you take your knees 10 degrees or more past straight? If yes, add one point for each knee.
- With your wrist bent at 90 degrees (palm towards inner forearm), can you push your thumbs back beyond 90 degrees? i.e. Thumb more towards forearm? If yes, one point for each thumb.
- Can you push your little fingers back beyond 90 degrees? If yes, one point for each hand.

Now add your score up out of 9. If your total is 5 or over, you are considered hypermobile and should make an appointment with us for treatment and advice.

Ehlers-Danlos Syndromes

Ehlers-Danlos Syndromes are a group of 13 classifications and are generally characterised by joint hypermobility. These syndromes are the most common form of connective tissue disorders, which can affect the skin and practically all major systems and organs.

This month TV viewers were moved to tears by the story of Tonia Payne-Cheney on hit show 'DIY SOS: The Big Build'. The 20-year-old who lives near Tewkesbury, suffers from Ehlers-Danlos syndrome, with poor digestion and heart problems. She was given a boost by having her house rebuilt to encompass ramps and hoists and oxygen tanks.

What Is GunnIMS—Nicky

“Nicky Snazell is the only practitioner I will allow to treat me”

Jon Hobbs Chairman UK Acupuncture Association of Chartered Physiotherapists, Vice President of Federation of Holistic Medicine

The majority of patients who come to my clinic, or maybe who are just considering it and even those who I have personally treated, are totally confused about what GunnIMS is and also how it differs from Acupuncture. The general assumption is that GunnIMS uses needles, so it must be acupuncture, right? Wrong.

What is the Difference Between Acupuncture and GunnIMS

Acupuncture is an Eastern technique, originally developed between 5,000 and 10,000 years ago, without the benefits of modern anatomical knowledge we have today. Chinese Medicine is based on the assumption that energy, or Chi, flows around the body along defined meridian lines. The belief then is that by inserting needles into these meridian lines, it will affect the chi to bring the body back into balance. As a general rule the chi flows in fascia below the skin level, which is not too deep in the body. Typically needles would be inserted into the fascia and left in place for up to 30 minutes. Western acupuncture is a subset of Eastern acupuncture and follows similar principles.

GunnIMS was developed much more recently, over the last 40 years, by Professor Gunn, a Vancouver based Doctor, using western knowledge of the anatomy and uses needles as a micro surgical tool, cutting deeply and directly into muscles which are not reacting properly to nerve signals and causing excess pressure on nerves, leading to long term, or chronic pain. It thus bears almost no resemblance to acupuncture other than the fact that both techniques use a needle. It's about as relevant as saying surgeons and cake makers both use knives.

“Your test results were negative – get lost!”



Who Can Benefit From GunnIMS

Many people who have, or are suffering long term unresolved spinal pain, can be helped much more by GunnIMS than any other technique currently available. In fact GunnIMS is unsurpassed in the diagnosis and treatment of chronic muscular-related

nerve (neuropathic) problems.

I'll explain that with an analogy. Think of your car: if your headlight bulb keeps blowing because of a faulty wire in the fuse box, then you need to fix the fuse box, not keep replacing the headlight bulb. This seems blindingly obvious.

The way that human anatomy is formed in the womb means that the limbs can be considered an extension of the spine. So, specific parts of the body are controlled by specific nerves, their roots emerging at the spine. Just as in the car analogy, you could have pain in your foot because of a nerve problem in your back, or an elbow problem because of a nerve problem in the neck.

This is why people who suffer pain in the leg or foot get no relief from endless treatments on their leg or foot. Keep changing the light bulb and it won't fix the problem.

Didn't we just agree it was blindingly obvious to fix the fuse box? Yet I've lost track of the number of times patients have arrived having suffered long term pain which they have been told was permanent and nothing could be done and just get on with it.

This Is Simply Not True

Even worse, they have had many, many treatments on the symptom area, rather than the root cause of the problem in the spine.

My Journey

As a child I grew up seeing my mother suffer years of horrific back pain and the best our western medicine could offer was pain killers, rest and exercises. Simply put, western medicine failed to kill her pain. I was driven to do something about it, but when I qualified as a Physiotherapist, I realised that this was still the same western medicine and I was no more able to help people with spinal pain than I had been as a child.

I've searched long and hard for a solution to severe and chronic spinal pain and now I have total belief that the results I can achieve with GunnIMS far exceed anything else that western medicine can offer. The results speak for themselves and that's probably why patients travel thousands of miles for treatment which could eliminate the need for surgery and or prevent a lifelong dependency on toxic drugs.

GunnIMS In Sport

Chronic, complex sports injuries are often not resolved by conventional physiotherapy techniques. In part this is because many sports injuries have a neuropathic origin. GunnIMS works by treating the root cause of the problem.

Athletes have been shown to recover far more quickly from their injuries when GunnIMS has been used in their treatment, and some national teams and Olympic squads require IMS practitioners to be part of their core therapy team.

Beyond GunnIMS

Even though I have achieved extraordinary results using GunnIMS, my search for even more has continued unabated. When I treat patients now, I use GunnIMS in combination with other healing techniques and through this I am able to achieve better results than GunnIMS alone. (see Edwin's Case Study on page 3)

Old English Words

We thought it would be interesting and a little bit of fun to let you ponder on old English words that are no longer in use. Try to match up the words with the meaning. Answers on page 8.

- | | |
|---------------------|---|
| 1. Cockalorum | 1. talking about rubbish |
| 2. Trumpery | 2. having an imaginary illness |
| 3. Hugger Mugger | 3. a person in charge and above petty squabble |
| 4. Ultracrepidarian | 4. a person with intelligence but no principles |
| 5. Snollygoster | 5. appears to be working but not doing anything |
| 6. Fudgel | 6. junk that looks good |
| 7. Twattling | 7. hard to get up and out of bed |
| 8. Dysania | 8. secretive |
| 9. Hum Durgeon | 9. a small man with a big opinion of himself |
| 10. Mugwump | 10. A bullshitter gives opinions on things he knows nothing about |

Team Spotlight—Alan Cramphorn Management & General Gofor

Most of my life has been very much orientated around engineering and manufacturing. I studied Mechanical Engineering at Leeds University and Lehigh University, Pennsylvania, USA, where I graduated with a Doctorate, after which I started my working life in development at Cambridge. I was soon immersed in Aerospace and was as a result moved to the USA for 5 years, where I headed up the technical and manufacturing functions in an aerospace company. It was here I started a strong interest in lean manufacturing and utilised this to transform both the office and manufacturing facility.



I returned to the UK to live in Staffordshire, working near Solihull and utilising my lean experience, embarked on reorganising this company, eventually becoming Managing Director and had the privilege of running the leanest company in an £8 billion group. Eventually new challenges beckoned and, with hindsight, I jumped ship at probably the worst timing possible, 1 week before 9/11, subsequent to which aerospace halved world wide overnight. The next 2 years were unpleasant and I eventually became a casualty of the fallout of 9/11 in 2003 as business survival required ongoing cuts.

Nicky and I were both keen to set up our own business and the decision had already been made to start Nicky Snazell Clinic in 2002. Upon my exit from aerospace, I went straight back to college to start learning about healthcare, which culminated in my graduation from the main Chinese Medical Training Centre at Acumedic in London. This combined with extensive training from Nicky, enabled me to be a fairly proficient aid to support Nicky's very high level of skills.

As business grew, there was an ever increasing need to manage and eventually the decision was made to move full time into management. The move allowed us to open other clinics around the country.

Always up for a new challenge, I decided to get proficient in marketing, after suffering years of B.S. in the hands of the professionals and this will be one of my key focusses in the next year.

In my personal life I have had a life long interest in motorbikes and road racing. Where time permits I get involved in quite a lot of DIY (much to Nicky's suffering) and more recently garden design.

Nicky and I both love to visit places with culture and history and we feel blessed with the abundance of choices on offer in Europe. Closer to home our favourite city is Norwich, which offers culture aplenty, along with a wonderful feel of calm and relaxation.

Answers to Old English Words

Word number to matching meaning number

1=9, 2=6, 3=8, 4=10, 5=4, 6=5, 7=1, 8=7, 9=2, 10=3

Contact Us

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or visit our website www.painreliefclinic.co.uk