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NICKY SNAZELL'S

Wellness & Physiotherapy Newsletter

April 2018

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painreliefclinic.co.uk

The World Has Gone Mad

Everybody in business will now be wrestling with and consuming large amounts of resource on getting ready for the GDPR laws, which become enforceable on 25th May.

You need to know what impact it will have on our relationship, because without a mutual agreement, we won't be able to contact you after 25th May and that will seriously irritate and inconvenience you.

We have 2 reasons to contact you:

1. To confirm an appointment and send appointments reminders, by text and email.
2. To send you our monthly newsletter with latest information and offers. We may rarely want to send something else out, but it's unlikely because we should be able to cover 99.99% in our newsletter and to be honest it takes a lot of time.

Without Your Written Permission To Do So, Both of the Above Will Cease on 25th May.

In the next few weeks we will be sending you an email specifically for you to 'electronically sign' your wishes by ticking boxes. Please don't ignore it. It will only take a few seconds to complete and reply.

We will have to assume any non reply means you don't want to be contacted and that means if you call up later to make an appointment, you won't get confirmation or reminders and most of our clients rely on the reminder in their busy lives.

Most of our clients know that we have never been guilty of bombarding them with emails and we have no intention of changing this. A high quality, informative newsletter once a month is about as much as it's ever likely to be. Of course some of you won't want any contact and we respect that and we will update our system to remove anybody who wants this.

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Do We Have Your Correct Contact Details?

Have you moved, changed your mobile number, changed your email or changed your name recently?

Please give us a call if you have and we will update your records.

In Sickness And In Health—Alan

It's very important that we understand the implications of the words we use, as they can have a powerful control of our beliefs and the actions we take. Let's take the word 'Health', a very common word and one with which we in the UK associate very strong beliefs.

Many years ago, it was decided for good reasons that our nation should have a National Health Service. The concept was admirable; government funded health care for all. Having personally lived in countries without their own NHS, and witnessed the inequalities that this causes, I can only say I am immensely proud that we continue to fight for our NHS's survival.

But if we look deeper into world funding of health, as published by the World Health Organisation, we find that only 3% is spent on prevention, or health, and the other 97% is spent on treating episodes of sickness and injury. It is difficult to justify calling such a service a health service when in fact it is 97% a sickness and injury service. This is not an intended criticism of the NHS, far from it, it is merely a statement of fact.

Now consider the implications, for a moment, if we had all grown up with exactly the same service, but it had been more accurately called the National Sickness and Injury Service, or NSIS.

For a start we would not have the belief that our health was somehow somebody else's responsibility. We would have the reassurance that should something go wrong, we would have an excellent NSIS to call upon, but we would understand our

health was fundamentally our responsibility and ours alone.

What impact might it have if we taught our children from day one that it was important to be healthy, to make healthy decisions each and every day, and to take personal responsibility for their own health? Would the UK have the dishonour of growing fatter faster than any other nation on earth? Would we have 3 million suffering diabetes and another 7 million at risk? Would we have a decreasing life expectancy? Would we have a NSIS which simply can't cope with the ever increasing demands placed on it?

Some may think this is just a play on words. I disagree. I speak to far too many individuals who believe health care should be free, based solely on their mistaken belief that our NSIS is a free health service. This in turn actually dissuades or even stops people from investing in

their own health, which of course eventually places a greater burden on our national service.

I doubt anyone would argue with the merits of a government funded service where the majority was spent on prevention and health. But for now we need to be realistic and understand we have an admirable service which provides care for episodes of sickness and injury. It is thus up to each of us to accept the responsibility for both our own health and for the next generation.

Accept that responsibility and your actions will inevitably change to lead you and your children to a healthier, happier and longer life.



MRT Centre Closure -Alan

It is with enormous regret that we have been forced to close our MRT sister business, which ceased trading at the end of March.

We first offered MRT in 2009 and since then we have treated nearly one thousand clients. Although it did not always work, the results we achieved were often outstanding, with peoples lives literally turned around, from being almost housebound to leading active lives.

We will be particularly disappointed to not be able to continue to support those hundreds of clients who have had much higher quality as life because of MRT. I personally have gained enormously and I will travel for treatment in the future, as I never want to return to the arthritic pain I was suffering before MRT.

MRT offers treatment capability which is unmatched by any other current technology and being 100% safe, is head and shoulders above surgery or drugs. It is a great loss to Staffordshire that this technology is no longer available.

Pro Bono Treatment –Alan

Over the years we have supported a number of different charities including guide dogs for the blind, Norfolk seals, foreign donkeys and cats, but never specifically targeted people.

We thought it was about time to address this and we are proud to announce that we will be offering free treatment to those who we determine really need help but are simply unable to afford it.

If you are aware of a person who genuinely falls into this category, then please let us know and we will contact the individual to see if our help would be appropriate.

I am sure you can appreciate that the offering of free treatment is something which is going to be limited and we ask that you will only put forward a person who truly is unable to pay, rather than doesn't want to pay.

We Have Been Selected As a Teaching Clinic By Birmingham City University

Nicky Snazell Clinic has been selected by the Birmingham City University to help teach their MSc Physiotherapy students. The clinic will be providing observational placements, which are expected to start over the next few weeks, to observe and learn from our well qualified team.

The teaching of physiotherapy at the University has now broadened to include not just the traditional mechanical



aspects of the subject, but also to encompass the importance of the mind, lifestyle, diet and exercise. The university was particularly excited that the Nicky Snazell Clinic has already adopted this approach with it's 4 Keys To Health model and even more so having published 4 books on the subject.

You may be asked if a student can observe your



treatment session for their learning. This is completely your decision. Students uphold the same rules and regulations around confidentiality

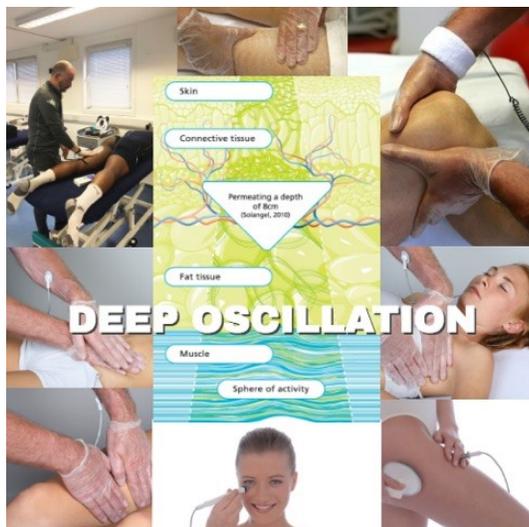
and data protection as qualified Physiotherapists.

If you require any further information or would like to give feedback on any of the student please feel free to contact Jodie Bryant. Senior Lecturer in Physiotherapy, Birmingham, City University, 0121 331 7091.

Deep Oscillation—Nicky

I was introduced to this technology whilst presenting at the AACP conferences in 2016 and 2017.

Just after this second event, in part due to too much talking, bronchitis hit me big time and I was amazed at the effect of this technology on my lungs; I could



breathe afterwards and slept much better.

It is so easy to use, especially for those skilled in massage. The results include pain relief, anti-inflammatory effects, the reduction of swelling [oedema], the acceleration of wound healing and can be used straight after an injury.

As a hands on treatment, this technology allows a deep connection between therapist and patient. With some sensitive [neuropathic] painful conditions, strong massage can just make the pain worse. However, this soothing treatment helps. It's also a lovely combination with stress relieving shamanic reiki, to kick start the immune system. Furthermore, it's great to be able to ease fibromyalgia, rheumatoid arthritis, osteoarthritis, swollen painful muscles to name a few, whilst manipulating the joints and acupuncture needles at the same time.

For more info visit www.painreliefclinic.co.uk

Another Lady Walks In My Shoes—Nicky

Margaret, a slim lively lady with flaming red hair limped up the stairs to my treatment room. She was distraught. As soon as she sat down in my room she started tearfully complaining "I can't walk, my feet hurt all the time. I bought these cheap orthotic wedge things to protect my toe joints, so I can't wear my pretty shoes. In the last few months I have seen so many clinicians and no one has helped my pain. My feet still hurt and you are my last resort. No one can help me walk." As she spoke, it was as if a shadow crossed her face.

On Margaret's 4 Keys To Health questionnaire, her diet was amber, her mind set and fitness were red. Her lifestyle was the worst, as it was very red, not helped by the stressful nature of her job as a police officer. She clearly had a lot of problems.

With any new client, the first step was to build trust and once this bond had been reached, I discussed my provisional diagnosis and treatment plan:

- She needed a gait scan analysis to analyse the pressure patterns generated through the soles of the feet, to determine what would be best for her feet, the wedges she had, different shoes or perhaps bespoke orthotics.
- She also needed a thorough foot assessment, to understand the cause of her badly inflamed joints and nerves, as well as her Morton's neuroma, a condition where little nerve endings between the toes get irritated.
- She needed treatment which would deal with her complex condition, where her emotional issues were intertwined with the physical pain coming from mechanical problems.

Thirty years of experience always makes me look to the state of mind. My alternative training in



psychology and shamanic reiki had taught me how emotional issues could overshadow the mechanical ones.

Also, chronic pain which is more than three months old, has strong links with the emotional centre in the monkey brain (see page 7) as well as the sensation and movement centres. If I had had a functional MRI of Margaret's brain, it would have been lit up like an Xmas tree in those areas.

Thus, to deal with her complete problem, my treatment had to address both the mechanical and emotional causes of her pain. This meant linking the emotions in her brain to the spinal nerves to the pain felt in the nerves in the feet. This was done with a combination of dry needling microsurgical skills, laser, deep oscillation, electro-acupuncture with neuro linguistic programming (NLP) and Reiki.

As I connected with her energy, I felt an overwhelming sadness. I sensed a loss of soul energy and a recent wedding that had been a very important

event. I gently placed her in a very light trance and asked her to allow me into her pain. Almost immediately, I became aware of another larger lady also with wild flaming auburn hair, a floppy green velvet hat, and matching green high heels. She was dancing and overshadowing this lady.

I felt sure this was key to Margaret's ongoing pain. I asked Margaret if she had gone to a wedding recently.

"Yes, the wedding of the son of my late best friend. We were inseparable. Out of the blue she collapsed and died."

Here was when I found out about the psychological angle of her case, and it all became clear to me. She was grieving for her late best friend and there would be a strong connection between her emotional pain and her physical pain. Her grief had interwoven with her immune system, making her sore inflamed feet worse and interfered with the healing time. Also the stress of her police job and the terrible things she had to see, day in and day out, wasn't helping. Her lifestyle was as much of a problem as the memory of how her friend died.

Gently, we were able to bridge the subconscious with the conscious and control the pain, as she now understood how the pain was cascading into her life and controlling her body.

The lesson here is to understand the importance of the effect of the mind and grief on the immune system. Yes, there were mechanical issues as well, such as the biomechanics of walking, the pathology of the arthritic toe joints, the irritated nerves in the lumbar spine and foot. But cases like these will never be resolved properly by treatment of the mechanical issues only.

Margaret now sees the connection and rather than trying to simply treat the pain with physiotherapy, drugs and surgery. Now with a short meditation, she can stop the cascade of biochemistry from occurring any further.

Now, every time the grieving pain hits her, she quickly tells herself a funny, happy memory.

So yet again, I marvel at what the human mind is capable of. In changing her mind set key to green, she was able to change her lifestyle – from one of stress, to a green one and also her fitness key to green. So now she could cope with the difficulties of her chosen career and her grief and her healed foot problem and look forward to an active, happy and long life.



Ask The Right Question—Alan

Many of us are frustrated and confused by the arguments and counter arguments we constantly hear about just about anything. How can expert A argue the complete opposite of expert B? Well it depends in part if they were asked the same question.

I have a strong interest in the merits of vitamin supplements. I'm not qualified, but I'm reasonably intelligent, well read and I like good old common sense to get me past the multitude of B.S out there.

So let's start with what most of us probably know about, RDA, which was introduced around the end of World War Two, to eliminate problems caused by vitamin and mineral deficiencies, such as scurvy and rickets.

Go to any food store today and you will find examples of what percentage of RDA a particular product provides. Not a bad thing in itself, but at the end of WWII the western world was devastated, there was food rationing and it's hardly like that in 2018. Unless your diet is particularly bad, you should easily manage to get RDA levels in your diet.

Hence, and quite rightly, you will hear comments like 'vitamin supplements are a waste of money', or the one I really like, 'vitamins just make expensive wee.' If you are eating a decent diet, all this is true. Provided that is, you are only looking at RDA levels, which are only to prevent sickness.

Fast forward 70 years and our knowledge and understanding in just about everything has grown massively. An example of which is that a group of leading authorities on diet and nutrition in North America created a new nutrition standard, called Optimum Nutrition.

The intent of this new standard, was to improve health, the polar opposite of RDA, which was to prevent sickness.

Now various studies have shown that due to modern intense farming methods, the vitamin and mineral content of today's fruit and vegetables is a fraction of that in 1945. Combine that with higher levels required for Optimum Nutrition and it soon becomes clear that it is practically impossible to get sufficient vitamins and minerals without supplementation.



Now ask the right question. Do vitamins and minerals just make expensive wee? Not if you understand the merits of Optimum Nutrition.

Nicky and I have been taking optimum nutrition levels of supplementation for a number of years, plus we eat a diet which is very healthy.

Very high quality comparative information on supplements is available in North America and we choose to buy ours from a company that always scores right at the top. They make their own supplements and to pharmaceutical standards, which means you are guaranteed to get precisely what it says on the label. Most companies do neither.

Generally, people I talk to are very sceptical about supplements because of what they have heard. I get that. But what question was being answered?

Where Do You Operate From? Snake, Monkey or Human? - Nicky

The most primitive part of our brain is the lifesaving reptilian, or snake brain. Looking after breathing, heart rate, blood pressure, and alertness. This is our subconscious lifesaver, reacting very fast to danger. The instinct in us to survive is so strong that our conscious brain is barely aware as we jump from danger or swerve the car to avoid an accident.

The next oldest part is the mammalian, or monkey brain. This is the emotional limbic system, responsible for knee-jerk reactions, as well as emotional, alarmist and protective behaviour.

Finally came the human brain. Roughly speaking, the right side is the more intuitive, creative, funny, and musical part, as well as being a memory of who you are. The left side is concerned with logic, planning, fact, and vocabulary retrieval and usage; it is a list maker, and the author of your life script. Left sided people are less emotional and more focused, more inclined to maths and science, whereas right sided are more intuitive and artistic.

The snake personality is about non-emotional, non-moral, ruthless survival and it is often depicted in business transactions or at times of extreme danger. The monkey brain personality is about fear, emotion, being needy, herding instincts and protection. It is reactive without logical, strategic, higher-processing thought. The human personality is more highly evolved, with complex computer-like analytical thought, accessing memories to judge how to react to a situation, thinking in the past, present, and future, being emotional, and at times, moral and caring. We operate with all these aspects of the brain working together in different degrees.

For those who would like to read more, buy Nicky's book 'The Mind' at the clinic.

The Shamanic Art of Healing the Soul—Nicky

The Siberian definition of the word Shaman is “someone who sees in the dark with his or her heart.” This is a loving expression of service. Shamanism is an ancient healing art, dating back at least 40,000 years and was used by most indigenous cultures to alleviate suffering in the world. The Shamanic belief is that a human being is a soul having a human experience, not the other way around. The belief is, if the soul is cared for properly, healing can then manifest itself in the mental, emotional, and physical body. Shamanic Reiki emphasises that all experiences affect your soul and that all healing comes through the soul.

In Shamanic cultures, the care of the soul is the most important aspect of healing. In a typical healing, the Shaman replaces destructive energy with divine energy. The theory behind soul retrieval is that there is soul loss when an individual experiences powerful or traumatic situations. Through some sort of trauma, a person loses part of himself as a survival mechanism to withstand the emotion and pain. In Shamanic terms, this process is called “soul loss.” In modern psychology, it is called “disassociation.” Psychology does not ask where the lost part goes and how you get it back. Soul retrieval is an ancient energy treatment that finds the lost pieces and puts them back into place, through the heart and head, thereby restoring the soul.

After treatment you regain more energy and rekindle vital qualities such as feeling loved and valued, important and needed. You become more vibrant and feel whole again. Converting illness to wellness is like finding the missing piece of a jigsaw and putting it back in the right place. If you are interested in experiencing this approach then call us.



Team Spotlight—Nicky Snazell

Clinic Owner

Consultant Spinal Pain Specialist & Wellness Physiotherapist

Nicky developed an interest in healing and helping others as a very young child. This passion grew into outright determination, when in her teens, she witnessed her mother suffer years of terrible back pain. The inability of western medicine to help her mother set her off on a quest to resolve this.

She graduated in Biological Sciences in 1988, specialising in cellular physiology and psychology. She then went on to graduate in Physiotherapy in 1991, but was still frustrated in her inability to help with severe and chronic back pain. Clearly western medicine was lacking and she realised she needed to look outside the box of conventional doctrine. Then started a 25 year program of extensive travel, studying alternative medicine, and ultimately going on to teach and present internationally. Her treatments embrace a a wholistic approach to physiotherapy, GunnIMS pain relief, NLP, shamanic reiki and healthy living.

In her first book , The 4 Keys To Health, she shared her extensive knowledge of how the public could improve their health through lifestyle changes. This goes into more depth in the Human Garage Trilogy. She is excited that her clinic has now been selected as a teaching clinic for Birmingham City University, in part because the modern curriculum now embraces the importance of Wellness on successful outcome and that her clinic is at the front of this wave. She is delighted that, at last, western medicine is itself beginning to also look outside the box.

She is the founder of 3 health companies and a three times award winner, her most recent award being for the 2017 Best Pain Clinic of the UK. Her previous two were personally awarded for excellence in patient care, unrelenting commitment and her outstanding cutting edge approach to treating, and presenting internationally at seminars, radio and writing about health.

Nicky still consults at her Stafford clinic 4 days a week and has taken time off from consulting at Harley Street after her punishing work schedule took its toll on her own health in 2017.



Contact Us

If you want to know more about the services we offer why not give us a call

01889 881488

or visit our website www.painreliefclinic.co.uk