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NICKY SNAZELL'S

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Get Out of Your Comfort Zone

We are all creatures of habit and those habits are generally based on what was normal behaviour in our family and local community as we grew up. There is of course a good and bad side to this, because on the one hand we all like to fit in with our close community, but every community has its own set of beliefs which are sometimes either wrong or at least not as good as they could be.

Let's take the example of exercise. I'll bet that a lot of readers will have a strong negative reaction to even reading this word. I've lost count of the number of patients who even proudly boast "*I don't do exercise*" as if it's a sign of character to say this. Now in China, many people will get up and start their day with a long session of Tai Chi, which is a fantastic way to stay flexible and strong and is not strenuous. This is done in large groups in public places. I'm sure it's a way of socialising as well.

Be honest. Would you go out for a session of Tai Chi in public? Probably not, but it's a very good thing to do and if you are also honest about it, you will admit that as well. But no, you still won't do it, because it's not the norm in our community and you'd probably feel a bit self conscious. It's easier to stick with the crowd.

When things aren't normal it always raises attention. For example, Nicky walks to work every day with her Nordic poles and most days gets some kind of 'comment' that is really saying

"this isn't normal – you wouldn't catch me doing that"

Nicky rises above the comments because she knows just how good Nordic pole walking is for whole body exercise.

The list of ways to do things better is endless and such a list could probably be written by any community in the world.

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Now if we were all smart we would all be thinking '*let's find out what's good that other people do and copy that*'.

Why aren't we smart enough to do this? The answer is because it's very difficult to break out of normal local behaviour. It's difficult to adopt a new set of beliefs. It takes courage and determination. For many, change will not happen until it's forced upon them by a significant incident, such as suffering a stroke or heart attack.

In this newsletter we will be suggesting ways for you to step out of your normal comfort zone, to suggest changes that would be good for you, but that would also need a change in beliefs, and a willingness to do so.

Maintenance By Choice

*Take your life in your hands, and what happens?
A terrible thing; no one to blame.*

Erica Jong

Anona first came to see Nicky 13 years ago for help with her low back pain, caused by many years of bending all day as a primary school teacher.

Nicky killed her pain and Anona did then what most patients do, which was to stop treatment and get on with her life. At the time she was newly retired and thought that a couple of treatments would get her fixed and that would be that.

Unfortunately a 60 year old spine will have suffered a lot of wear and tear, whatever her lifestyle had been. It was however more prone to damage from 40 years of constantly stooping.

Inevitably, the low back pain returned as a niggle, was ignored and just got worse until the pain was bad enough to force more treatment.

Thus a pattern emerged of breaks in treatment, a slow build up in pain until intolerable, interspersed with periods of intense treatment with David to get the pain removed again.

Eventually, after many years of this pattern, it dawned on Anona that it might be smarter to get regular maintenance to keep the problem at bay.

It occurred to her that she had no problem with going to the dentist every 6 months for a clean and check up, because she knew this would most likely prevent any serious tooth decay and the pain and cost of dealing with that. And yet for some reason she had ignored the rest of her body. Why on earth would she do that she pondered. Were her teeth somehow more important than anything else?

Well everybody knew that it was the norm for a 6 month dentist check up. Everybody knew that you'd



be daft if you didn't get your car regularly maintained. Yet she didn't know anybody who had their body regularly maintained.

The more she thought about this, the more illogical it was. Just because most people didn't get regular body maintenance, that was

no reason not to as well.

The realisation sunk in that she had been daft to wait until her body broke down before she got treatment.

In November 2017 she switched to a monthly maintenance routine with David, with the aim of extending the time between appointments until an optimum was found.

The result has been no return of her pain, no return of the restriction on her lifestyle that the pain caused and a saving on her treatment cost.

Not only that, she is now able to do a 2 mile walk every day which is helping her tackle a blood sugar problem, which if left untreated could develop into diabetes. She wouldn't have been able to consistently do this unless she had switched to maintaining her body.

"I've come to the realisation that this is a mindset change. It's part of what I do now and it's enjoyable to get it done. I look forward to it because it makes me feel so much better."

"I know it's not normal, but I'd recommend everybody to think about regular maintenance. It comes down to do you want to be in pain, with the restrictions on life that that brings, or just enjoy life more with a sensible maintenance plan"

Referrals

Our job is to do the very best we can to help you to recover from your pain or injury, to get you to your best possible health and to keep you there. Along the way we also want you to enjoy your time with us.

If we achieve all this, we hope that you will have the confidence to refer others to us, to allow us to help them, as we have helped you.

We understand that referring is not something to be taken lightly, as you may in part feel responsible about how well we look after the person you have referred. To help with this, we are creating a brand new brochure, which you could hand out if you wished. By saying “Nicky Snazells helped me. Read this and see what you think”, you are also transferring the responsibility of choice.

As a thank you for each referral, we will send you a £10 voucher. Many patients decline to accept this as they refer for the reason on wanting to help others, not reward. Usually we are asked in such cases to give the £10 to the new patient.

Nevertheless we feel that a thank you is needed for each and every referral and we particularly want to thank those who have gone the extra mile and referred the most.

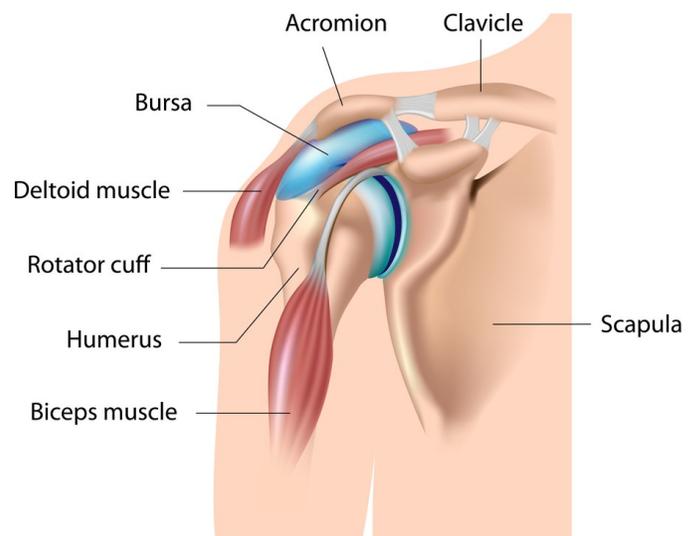
We have two patients to highlight for this. First, a very special thanks to **Bill Whittle** who has referred no less than 10 new patients. He feels so strongly about our abilities, he proactively seeks patients who he feels need our help.

We have sent Bill **£100 of vouchers**, which Bill really did not expect or want, but we sent anyway. Thank you **Bill** from all the team at the clinic.

We also run a competition for the top referrer over three months. Our winner for April to June was **Clive Colley** and we have sent him an additional **£20 of vouchers** as a thank you.

Our next winner will be announced in October and this could be **YOU**.

What Is Bursitis?



Your body has about 160 bursa sacks, each one carefully positioned between a bone and the surrounding soft tissue, its task being to ease movement. The major bursae are located at the large joints, such as knees, hips, elbows and shoulders. The bursa shown above is the Subdeltoid (under the deltoid muscle) bursa in the shoulder.

A bursa is a thin sack containing a small amount of synovial fluid, the same fluid that lubricates most of the joints in the body. Picture a balloon with a small amount of water in it.

At times, the bursa can get inflamed and this is called bursitis. Bursitis is typically caused by overuse, an impact or injury or by overloading the joint. It can also be caused by an underlying condition such as arthritis, in which case both the arthritis and bursitis need to be treated.

The first thing to do is get the problem properly diagnosed by a qualified physiotherapist or sports therapist, as you need to make sure the problem is bursitis and not something else.

If it is bursitis, then physiotherapy will be needed, plus you should reduce the use of the joint, avoid overloading and you may find an ice pack will help reduce the inflammation.

Awaken The Soul Within

Norrie was injured in a motorbike traffic accident 29 years ago and suffered the consequences of this for a very long period. He has had treatment from numerous therapists, some successful, some not. He was helped a lot by a therapist in his native Scotland, who successfully relieved pain in his buttock.

Eventually he found his way to our clinic to see Nicky with a mixture of physical and emotional pain. He had pain, numbness and pins and needles in his left arm, neck pain, low back pain and at one point right shoulder pain.

Those problems have been fixed and he is pain free and more flexible than he has been for many years. While he is very pleased about this, it is the spiritual side of treatment that has had the most impact on Norrie.

" I realise many people don't understand what I mean. I tell them to read Nicky's Soul book"

Norrie had been carrying a lot of emotional pain for many years, that had a very negative impact on his outlook on life. It was personal to him, something he carried alone and nobody else knew about.

It shocked him then when Nicky was treating him for his various problems that she identified a huge hole in his inner self. This had never happened to Norrie before, with all the therapists he had seen, none had been able to detect an inner problem. It profoundly shocked him.



Since then, Norrie has become more and more intrigued by the spiritual side of Nicky's treatment and being fully receptive to her skills, he feels that she has patched the hole in his soul. The emotional pain that he carried for years, is gone.

"Nicky has a gift. She has brought out my personality and made me realise I can heal myself."

"I find it difficult to explain, but she has changed my whole mindset about pain. I no longer deal with pain in the same way. I realise I can deal with much of it myself"

Norrie was prescribed Naproxen for years and he realised he didn't need it and stopped without a problem.

Norrie feels that the clinic as a whole is a great healing environment.

"The moment you walk in you can sense the peacefulness. You feel like you are being treated before the treatment even starts. You hear plenty of laughter and I am always laughing at the end of my sessions with Nicky"

Norrie now realises that when he first came to the clinic, his reasons were 80% for his physical pain and 20% for his emotional pain.

He no longer has problems with nerve pain but now comes 20% for maintenance of his physical issues and 80% for the spiritual side.

Nicky has awakened his inner self and he is hungry to learn and achieve more from Nicky.

"Whenever I meet anyone who is in pain, whether or not there is an emotional element, I tell them to see Nicky. She has a gift"

Life In A Cell

Humans are a community of cells, hundreds of millions of cells. Every day millions of our cells die and are replaced.

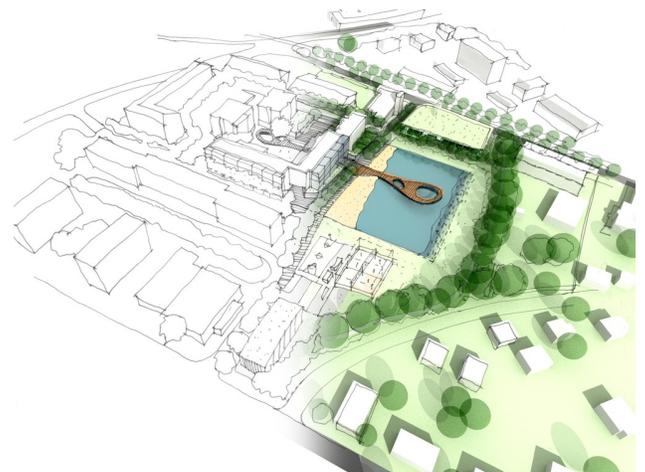
Development of humans started from a single cell structure. For growth the only opportunity was to get bigger, but just like a balloon, the cell could only get so big before the cell membrane, the outer skin, would rupture. So growth required communities of cells.

All cells have the basic functional capability that we as humans have. They can process food for energy, dispose of waste, detect energy signals etc. They could also get eaten by predators, so survival required working

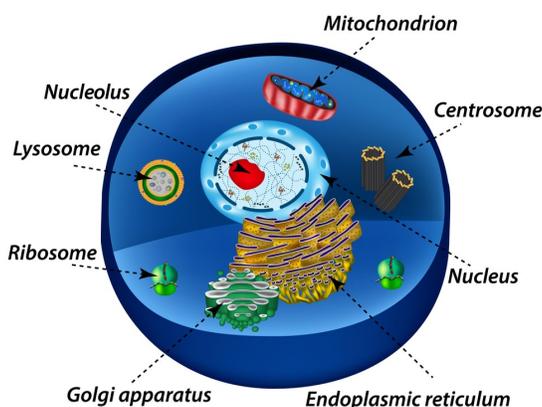
to avoid one unhealthy cell taking down the whole community, cells developed a suicide capability.

All cells require energy to exist and this energy is produced in what can be considered the cells engine, called the mitochondria. The main task of the mitochondria is to convert glucose into energy. It is also the mitochondria which is equipped with the suicide capability, to destroy the cell if it gets diseased or malignant.

Cell Akin To A City



CELL STRUCTURE



together as a community. As these communities grew, it was clear that it made sense for one cell to specialise in one area and another cell to specialise in another.

Thus some cells specialised in excretion, others fighting infection, energy absorption, or movement. For the whole body, we think in terms of muscle cells, bone cells, nerve cells and so on.

Cells, just like humans, can get unhealthy and die. To protect the community as a whole and

We build our cities just like our bodies and like our cells. If we consider the city as a reflection of the cell, we can see that the cell membrane is represented by government buildings, passport offices and tollgates. Protein chains are echoed in the infrastructure of roads to carry materials in and out of cities, and agricultural fields for creating food and supplying supermarkets equate to the stomach. Hospitals and police stations represent the immune system, whereas the toilets and sewers are the bladder and colon. The library, schools, and lawyers would be the cell nucleus, and power stations would be the mitochondria. Phone systems would be the innate intelligence and Qi (this is chi or prana, the life force energy). Go on, look closely at a cell, then think about the town or city you live in. It's all the same design.

continued on page 8

Measure Your Inner Health

On page 5 we have briefly introduced what a human cell is and that we are actually just a community of hundreds of millions of these cells.

Our overall health is thus tightly linked to the health of our tiny cells and yet it is not at all clear to any of us in normal life as to what is going on inside our very own bodies.

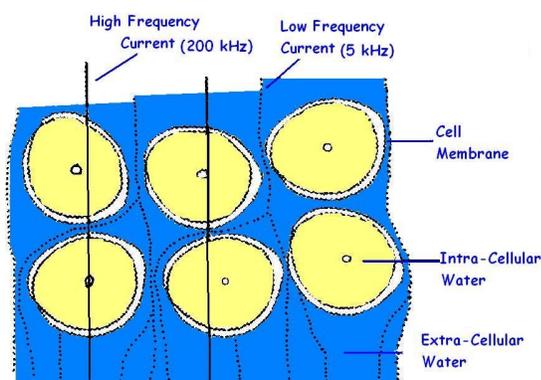
We actually have a sophisticated control system which makes sure things don't get out of control. If things get too high, we create chemicals to bring it back down, If things get too low, we create chemicals to get it back up. There are about one million chemical changes going on every 2 seconds in your body as you read this and at any other time in your life.

Most of the time this control system keeps everything ticking along ok, but sometimes our bodies ability to keep things healthy gets overwhelmed and needs help. A short term example is severe dehydration, which left unchecked can cause fatal changes in blood acidity. The recent spell of hot weather will probably have caused many such problems.

Longer term trends will also exist, where there could be a gradual and steady decline in cellular health. It would be helpful to get as much warning about these long term changes as possible, so that corrective action can be taken to reverse this.

Such measurements are possible using our Bodystat Quadscan technology, which utilises a non invasive and sophisticated electrical measurement of the resistance of your internal body. The technology is used in hospitals for numerous conditions.

Bio Electrical Properties



The technology sends signals through your body at four different frequencies, because the lower frequencies are unable to penetrate the cell membranes, whereas as the frequency is increased, the penetration of the cell steadily increases. Thus by comparing the signals across the four frequencies, the technology is able to measure hydration levels both within and outside the cells. The ratios of these measurements are highly relevant to overall health.

A simple, painless and non invasive measurement will provide us with the ratios of water percentage both within and the space outside your cells, plus other useful information, including a measurement of body fat mass and fat free body mass, to far higher precision than the rather crude approximation given by BMI.

It will also provide guidance on your basal metabolic rate and overall hydration levels.

As we have mentioned in previous newsletters, a huge percentage of the population is dehydrated most of the time. The body reacts to this with a drought management control, prioritising organs vital for life over non vital parts, such as cartilage and spinal discs. Thus long term harm will be the result of long term dehydration.

Tara

Tara has sadly decided to leave us and move on to new things. She finished with us at the end of July. We wish her great success in her future.



Those of you who have been treated by Tara in the past will be able to move to any one of our remaining team of well qualified physio's or possibly may be suitable for treatment with our more than capable Sports Therapists.

Is Emotional Pain Locked In Your Body As Physical Pain?

Many patients I see have experienced chronic and sometimes severe pain in a specific part of their body. Pain that's lasted years, decades even. Pain that won't go away and no conventional treatment seems to work.

These patients are resigned to suffering their pain for life. In many cases I find that their pain is the result of an emotional problem earlier in their life. It could be that they were abused as a child or it was a traumatic injury.



I witness the unravelling of these hidden traumas every day in the clinic and it never fails to thrill me when it happens. Why?

Because then I KNOW healing can be possible.

When you find the place and time a trauma occurred, and really feel the mind-body link, then you are no longer a victim to the pain but a student as to what pain and illness teaches you.

For example, if you have been beaten as a child, you can guarantee those same areas come back to haunt you later in life, as disc prolapses, arthritis, frozen shoulders or neck ache and so on, that just won't stop aching. However, once the subconscious mind makes a link between past trauma and current pain, then physiotherapy treatment will be much more successful.

You may not realise that your memory is fluid? Yes, every time you recall something, you mould a new version of it. Memory isn't like a DVD that plays the exact same story every time, no matter how many times you watch it.

That's why as you tell yourself a story about your body, you have to be careful how you replay that story to yourself.

The words spoken by the therapist, whilst manipulating or needling you, can soothe the

disturbing memories imbedded in an ancient trauma. Both of you may not be aware to start with that there are memories associated with your current physical pain. You may thus suddenly feel emotional and that is the memories associated with your pain in a certain joint or muscle, and they are being opened up and replayed.

In the hands of a holistic, medically trained practitioner, you can unravel hidden mind body connections that are stopping your healing process.

Equipped with additional qualifications in psychology, shamanic reiki healing and neurolinguistics programming, I am very aware of the power of the mind. I feel strongly that it is of vital importance to analyse and reanalyse any block to a patient getting the healing results they want. What I am trying to say is, the mind needs to be focused and strong enough to avoid the negative side effects of drugs or surgery overpowering the body's innate ability to heal.

I believe applying both an intuitive and scientific medical approach, will achieve a much deeper understanding of pain.

I continue to be committed to teaching this wholistic (whole body) approach not only to my patients but to the future generation of therapists.

Rewrite the story of your life, starting today.

YOU are the author of your life.



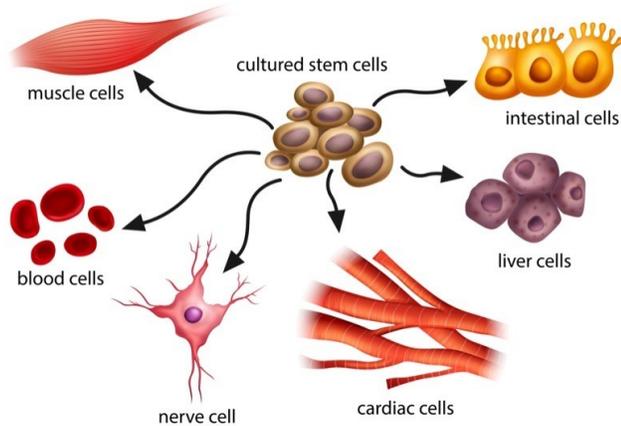
You can make today a whole new chapter – you just have to decide that you want to end one chapter of your life and start another.

Stem Cells

Stem cells, are cells that have not decided what they want to be yet. It's like an A level student looking at University courses. Stem cells have to be directed to differentiate into specific cell types.

They offer the possibility of a renewable source of

Human Stem Cell Applications



replacement cells and tissues to treat chronic diseases including spinal cord injury, stroke, heart disease, diabetes, osteoarthritis, and rheumatoid arthritis.

There are more and more clinics offering this kind of therapy often alongside shockwave for arthritic joints.

New stricter guidelines for implementation of these cells has recently dramatically improved confidence in the medical field.

Books Discount Offer

Lots of patients love Nicky's books and have gained enormous insights and help from them.

So here is a special summer discount of **nearly 50% off list price (£39)** on all three of her Human Garage Trilogy **Human Garage Trilogy £20.**

Offer ends 30th September

Team Spotlight– Carol

Complementary Holistic Therapist

After taking a redundancy package from a corporate job in New York City, I decided on a total career change. I went to study at the Swedish Institute of Health Sciences based in New York City and gained an Associate Degree in Massage Therapy. This enabled me to become a Licensed Massage Therapist practicing reflexology, pregnancy massage, relaxation and pain relief, amongst other skills.



I returned to England after 22 years in the USA. Since my return I have continued to add further skills to my toolbox including Reiki, Crystal Therapy and Sound Therapy in the form of tuning forks, singing bowls, gongs and shamanic drumming. I work in partnership with my clients with a holistic approach to encourage ownership of their healing process so that it continues after they leave the treatment room.

Reading is one of my immense pleasures and I have always joined the local library wherever I have lived. My bookshelves contain an eclectic mix of cookery, gardening, religion, maps, folk lore, spiritual life and healing, to name but a few.

My spirituality is very important to me as it allows me to fully connect with myself. Interests in cookery and gardening have also helped me create a nurturing life for myself by enabling me to feed and nurture my soul by creating sumptuous meals as well as enabling me to change a grass wilderness into a wonderful retreat with plants and shrubs that attract bees and insects.

Contact Us

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

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