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NICKY SNAZELL'S

Wellness & Physiotherapy Newsletter
January 2020

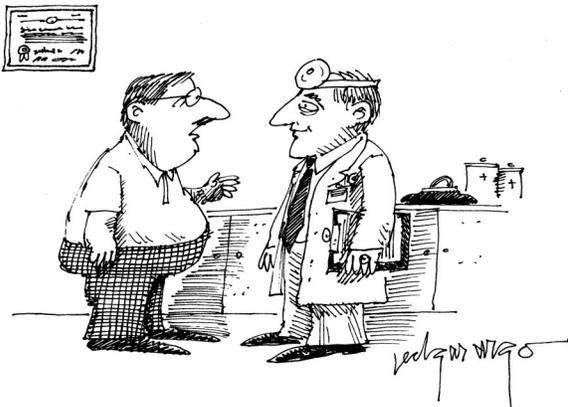
Happy New Year!

It's that time of year when we have just battered our bodies with too much food, mostly too rich and too much alcohol. Our bodies are reeling from this unhealthy onslaught and it should be no surprise that there is a lot of illness every January because our bodies' defences are down. Sound familiar?

All the holiday companies start heavy advertising straight after Christmas and the fact that most of us are heavier than we would like to be doesn't paint a pretty picture of what we will look like in a swimming costume.

No wonder then that New Year is a time when many think about exercise, weight and diet, but because it takes effort, most enthusiasm has disappeared by February.

This is a shame because instinctively we all know that being overweight, eating a poor diet and lack of exercise is not good for us. So why do we do this?



"THIS WEIGHT IS RUINING MY GOLF GAME... IF I PUT THE BALL WHERE I CAN HIT IT, I CAN'T SEE IT, AND IF I PUT IT WHERE I CAN SEE IT, I CAN'T HIT IT."

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Maybe it's because we need a constant watchful eye and taskmaster. Maybe it's simply lack of knowledge of what to do to fix it. Maybe it's our belief system.

In many ways our belief system is the most important as we simply won't go where we believe we shouldn't.

When it comes to health, our beliefs, like most things, are based on what we were taught as a child and the norm we see around us now. That means we believe we should go to see our GP when we are sick and to hospital when the sickness is bad or we need surgery.

This is a 'stop me from being ill' approach to health. It is fundamentally different to a 'make me healthy and well' approach.

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Wellness—A Fundamentally Different Approach to Health

Sadly the former, an illness approach, is what most of the population believes is correct, and yet all evidence before our eyes tells us that most people are overweight, unhealthy, suffer early onset diseases and death, are reliant on ever increasing amounts of toxic drugs and probably end up in nursing homes.



There is an alternative and it's called Wellness and the benefits are huge, provided you are prepared to question your beliefs. By the way, another thing we were

taught as children is that it's better to 'nip things in the bud, rather than wait until the problem gets big'. Rather like stating common sense. Yet this is the complete opposite of an illness approach to health, which by definition is the opposite of common sense. You wouldn't do this with your car would you?



So what does Wellness mean? Wellness really is common sense. For example it's better to strive towards optimum health, encouraging good habits to grow your reserves in your wellness bank. Then when an illness does arrive, your body is much better prepared to cope with it.

Wellness means taking preventative actions to

ensure you won't get so sick and you won't suffer so many aches and pains. It means you can have a more active and pain free life.

To get the best outcome from modern orthodox treatment you need to continue healthy habits to nourish and sustain your immune system. That's why I believe it is so important for a therapist or medic to weigh up your healthy habits and give you a wellness score before prescribing a dosage of treatment.

At my clinic we have the 4 keys to health questionnaire and books to get you up to speed with your health. A simple traffic lights approach to mind, fitness, nutrition and life style plays a key role in deciding which treatment modality to start with and the intensity and frequency of treatments.

If you have a chronic condition such as arthritis, hypermobility, fibromyalgia, degenerative discs, or you are a sports veteran, I can't recommend enough to have wellness treatments to keep optimum health and avoid breaking down again.

For those of you with a recent or acute condition, first we need some firefighting to settle the condition down. But once done, it really makes sense to start thinking about prevention so that the problem doesn't happen again.

Wellness Offer

We strongly believe that every time we start a patient on Wellness we are helping that person start a new journey on a road to a better life. We are delighted that the majority of our patients agree and are on a Wellness program.

You could be too and now is the time to start. We are offering a £10 voucher towards a Wellness consultation in January. The first 30 to attend will also get a free copy of Nicky's '4 Keys To Health' book. Do it before the February lethargy sets in.

Nicky's Diary

I've been cycling over the chase on and off ever since I was a child. As much as I enjoyed it, in recent years I have found myself going for a ride less and less. I convinced myself that this was because I was so busy running a business that I didn't have time.

The truth really though was that this was just an excuse and the real reason was that I wasn't doing enough to keep fit enough to enjoy it. Eventually my bike was left in the corner of the shed to rust in peace.

Recently Alan & I started investigating electric bikes, or ebikes as they are called and after a long chat at Mammoth, took the plunge and bought one each.

What a brilliant decision! Our first ride was 2.5 hours and apart from sore bottoms was very enjoyable. The



distance you can travel is amazing and hills really are no longer an issue, as the maximum power setting provides the equivalent shove of an Olympic cyclist. If we get too tired we just switch on more power at the touch of a button, but rarely find the need to go above minimal support.

If any of you are in the position that we were and actually enjoy cycling out in the peace of beautiful countryside, then I would strongly recommend you consider an ebike. Try a visit to Mammoth in Stafford, where the team are very knowledgeable and most importantly, are local for when you need help.

A couple of tips if you do take the plunge. First, getting caked in mud up your back is initially ok, but very quickly becomes annoying. We are getting

longer rear mudguards to fix this.

We find the limiting factor is the pain in the backside caused by the shock from every rut and bump, not helped by the lack of rear suspension. A fix we are about to try is sprung seat posts. Apparently soft seats cause more problems in the long run.

Sudoku

	6				7		1	
	4		9		5	6		
7	9	1	6	8		2		4
	3	7			8	1		2
		6	1	3				
9	1			6		5	3	
			2					1
	5			4				6

8	7	6	4	9	3	2	5	1
3	4	5	7	1	2	9	6	8
2	9	1	5	6	8	4	7	3
9	8	2	1	3	5	7	4	6
7	5	4	8	2	6	3	1	9
1	6	3	9	4	7	8	2	5
4	1	7	3	5	9	6	8	2
6	3	8	2	7	1	5	9	4
5	2	9	6	8	4	1	3	7

Last months solution

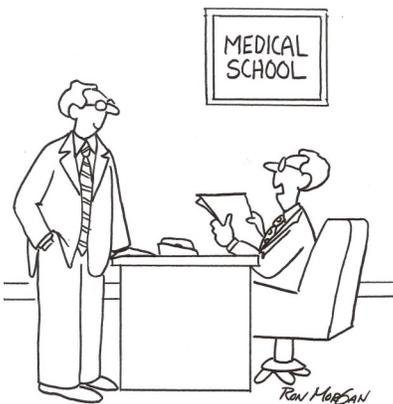
Team Training to Benefit You

I have lost track of the number of times patients have asked me to train the team to my level and there have always been plenty of good reasons why this never happened, not least the fact that I am always in constant demand to see patients as soon as possible, whilst having an ongoing waiting list.

Until now.

We have built a great team of therapists, supported by the long established admin team of Erica & Jean. The therapists team is slowly growing and will continue to do so as we go forward. This fact gives me the opportunity to focus more time on training.

I will be changing my schedule in January, by necessity, reducing patient treatment hours to allow me the time to create our own bespoke written training course, every module of which will involve a written exam to pass. My aim is that all therapists will be required to study and pass every module.



"I can't read a word of this essay of yours. Excellent work."

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Up until now, ongoing training has been with David. He has had to carry the burden largely single handed and without the benefit of sufficient time to prepare manuals. As we go forward David and I will work together to massively raise the bar and in so doing provide an

ever more powerful and united team to provide you with the best treatment resource available.

Contact Us

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

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Nicky's New Academy

The demand for high level training in dry needling is growing dramatically worldwide and it is an honour that top trainers from the UK and abroad have been seeking help from Nicky.



Jon Hobbs, Chairman of the UK's Acupuncturist Association of Chartered Physiotherapists (AACCP), and one of the world's leading acupuncture trainers, has spent several days with Nicky to grasp the concepts behind her advanced needling knowledge.

Jon considers Nicky the only practitioner in the world he can learn from.

This has prompted Nicky to once again promote the teaching of her knowledge and skills more formerly and has decided to announce her own academy. In this, Nicky is now offering advanced dry needling internships, along with teaching of her own 4 Keys to Health model, to GP's, Physiotherapists, Osteopaths and Chiropractors .

One of the USA's leading acupuncture instructors has since asked Nicky to train her.

Those of you who see Nicky for treatment may in future be asked if an Academy student can attend.