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Amazing Natural
& Alternative
Healthcare Tips
from the Professionals of
The Perrymount Clinic

Volume 1



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www.theperrymount.com

 **THE PERRYMOUNT**
OSTEOPATHY & NATURAL HEALTH CLINIC

Hi, welcome to our Natural Health Tips Ebook, Volume 1

My name is Christian Bates and I have been an osteopath and naturopath since 1997 and am the founder of The Perrymount Clinic in Haywards Heath. At the The Perrymount we love helping our patients and clients when they visit us at the clinic.

But we want to help you more than that!

Another way we can continually help you and your family is to pass on our natural health knowledge through educational material that are available for you to read at home.

The talented health professionals from The Perrymount Clinic have all written on their own favourite topics, which means there will be tips in here for everyone as we cover such a wide range of specialities. You will learn something that might benefit yourself, your mum, your dad, son, daughter, grandchildren or grandparents.

Some of the tips give you access to downloads that take you into greater detail on that health tip so look out for the links. There are food plans, diagrams, charts and infographics for you to view and learn more. I believe half of health is in the education as to WHY you should do things or make changes. Lots of people don't like being told what to do until they understand why they are being advised to do it. And I love this, I'm the same, I like to understand. So click on the links and take advantage of these free downloads too.

Enjoy the tips and if you would like to speak to any of us just call 01444 410944 and we will help you the best we can.

To your health,



Christian

Christian Bates
Osteopath & Naturopath
BSc (Hons) Ost Med, DO, ND

P.S. If you have genuine health concerns then please visit your doctor or a health professional. The tips given here are fun lifestyle alterations and are not to be taken as a replacement for professional advice that you would get in a personal health consultation.



MEET THE PERRYMOUNT HEALTH TIPSTERS



Christian Bates

*Osteopath, Naturopath,
Baby Specialist & The
Perrymount owner*



Mary-Jane Sharratt

*Homeopath, NAET Allergy
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Jacqui Black

Sports Osteopath



Sophia Barlow

Associate Osteopath



Anne Lewis

Sports Massage



Maria Winslow

Skincare Specialist



Elle Winslow

Skincare Specialist



Neeta Still

Podiatry (Feet!)



Elizabeth Bailey

Reiki and Reflexology

To read more about The Perrymount's professionals please
visit: www.theperrymount.com



01

Heard of a Low FODMAPS diet? A food plan that helps IBS & colicky babies

Christian Bates - Osteopath & Naturopath



FODMAPS stands for, wait for it...

Fermentable, oligo, di, mono-saccharides and polyols! Quite a mouthfull! Basically, these foods contain particular sugars that "ferment" or cause wind. Because of this people with Irritable Bowel Syndrome or other digestive issues do well to avoid or decrease them. I actually also use this food chart to help breast feeding mothers reduce the wind in their babies. You can download the entire list with instructions on its use here:

www.theperrymount.com/health-tips-volume-one



02

Eat oranges when you have a cold. WRONG!

Christian Bates - Osteopath & Naturopath



I really like this tip as it goes against common knowledge. Lot's of people eat oranges or drink orange juice when they have a cold or the flu, which is a virus. They drink it believing that the vitamin C will boost their immune system. Orange juice is highly alkalisng as it contains lots of potassium. Oranges taste acidic but once digested they are alkalisng, like virtually all fruits and vegetables. This is the interesting bit, viruses thrive in an alkaline environment, so if you are alkalisng your body with lots of orange juice you are fuelling the virus! What you need to do is actually acidify your body and acidic foods are meats, so you may well be better off eating a steak. As with all things about the human body there are slight variations on this just to complicate things but have an experiment yourself. To download a full e-book on "A Naturopathic Approach To Colds And Flu" click the link below.

www.theperrymount.com/health-tips-volume-one



03

You can lose weight in your Sleep!

Christian Bates - Osteopath & Naturopath



When the sun is out, or inside lights are on at night, we release the stress hormone cortisol which keeps us awake but also prevents us burning fat. Reduce your cortisol load by going to bed around 10.30 pm. When it is dark minimise bright lights indoors and also the use of TV and computer screens etc. Instead of using bright overhead lights switch to dimmer side lights. The overhead ceiling lights have a stimulatory effect as they mimic the sun in the sky. Going to bed at a sensible time will calm your stress hormones and assist in weight loss!



04

Arnica, not just for bruises

Mary-Jane Sharratt - Homeopathy, Allergy Elimination, Emotional Freedom Technique



Arnica is known as a great homeopathic remedy for bruising but it's also excellent for any physical over-exertion too, such as a long run or energetic work-out or even the first afternoon of the year in the garden. Take one tablet every two hours to reduce muscle stiffness the following day.



Busy life? Look at a leaf

Mary-Jane Sharratt - Homeopathy, Allergy Elimination, Emotional Freedom Technique



Many of us have really busy lives and spend all our time running around. Making a routine of having five to ten minutes quiet time without television, radio or computers can make a huge difference to our stress-levels for the rest of the day. In dry weather, spend the time outside, perhaps looking at a tree, leaf or a flower in great detail.



Listen to your body

Anne Lewis - Sports Massage



We don't often stop and listen to ourselves but if we did, we would realise much sooner when something wasn't right, or indeed when everything is feeling fantastic. Once you've learnt how to 'tune in' you then need to take the appropriate action. Do you need to stop and rest or stretch that tight, tired body? Or are you feeling like you're firing on all cylinders and ready to take on the world? Every body is different at different times on different days. What is yours telling you right now?



Pain & Exercise

Anne Lewis - Sports Massage



I'm often asked when and how much to exercise when something isn't quite right. Every body, niggle, pain or injury is very individual to you and each circumstance will be different but my general advice is as follows. If you're pain is 5 out of 10 or above, don't exercise and try some self management techniques. If you have pain within 24 hours of your activity, don't exercise, and try some self management techniques or seek help. If your problem is getting worse, don't exercise and definitely seek some help.



An essential skincare routine

Maria & Elle Winslow - Skincare specialists



Exfoliating is an essential for all skin types with physical or enzyme based exfoliants for different skin types. Exfoliating is good for congested spotty skin, dry skin, ageing skin, the list goes on. After exfoliating you have instantly brighter skin every time.



Turn the heat down!

Maria & Elle Winslow - Skincare specialists



Hot showers are drying to the skin as they draw moisture from the skin leaving your skin dry and dehydrated on the face and body. Why not aim to reduce your time in the shower to under 3 minutes and keep the heat down.



10

Calm and centred

Elizabeth Bailey - Reiki & Reflexology



To calm and centre yourself - Place the palms of both hands (one hand on the top of the other) over your 'Solar Plexus' energy centre area - the soft area between the base of your ribs, approximately a hands width above your naval. If safe to do so, close your eyes, and breathe in and out slowly and deeply. Imagine you are breathing through your hands to the area for x 3 deep slow breaths, return your breathing to your normal rate of breath and continue to soothe the area of your Solar Plexus for as long as feels right for you, and you feel calmer, more centred and focused.



11

So simple, but so important..

Neeta Still - Podiatry



Do your shoes fit? Incorrect fitting shoes will cause corns, callouses and blisters through abnormal pressures. As you get older, the feet alter their shape therefore shoes should have adequate support and cushioning. Have your feet measured as different styles of shoes will vary in size.



12

Do you wear high heels too often?

Neeta Still - Podiatry



If you wear high heels often you will want to follow these tips to avoid the detrimental affects they can have on your body. 1) Keep high heels for special occasions. 2) Save backless high-heeled shoes for evening glamour. Backless shoes force your toes to claw as you walk, straining the muscles if worn over a long period. 3) You will want to stretch out you lower leg muscles (calves) after wearing heels to keep a good range of movement as heels can excessively tighten them. 4) Vary your heel heights from day to day, one-day wearing low heels, and the next day slightly higher heels



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Top Reflexology Tips 1

Elizabeth Bailey - Reiki & Reflexology



Did you know there are thousands of nerve receptors in our feet, hands and ears, that correspond to all organs and systems of the body? Walk barefoot as much as possible to help stimulate your circulation, clear your mind and re-balance your emotions. Scrub the soles of your feet daily with a body brush to revitalise your energy levels and re balance the body's elimination processes.



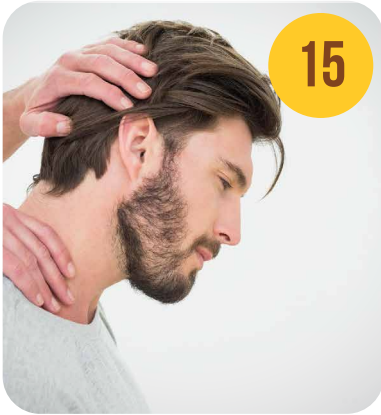
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Be patient with your injury!

Anne Lewis - Sports Massage



Unless you have suffered a trauma it's highly unlikely that your issue just 'came out of the blue'. Therefore your issue is unlikely to disappear in a flash either. Your body is amazing at healing itself but you have to give it the time and conditions in which to do it. Eating well, resting and sports massage are all really great ways to speed up your recovery. It won't happen over night so please be patient.

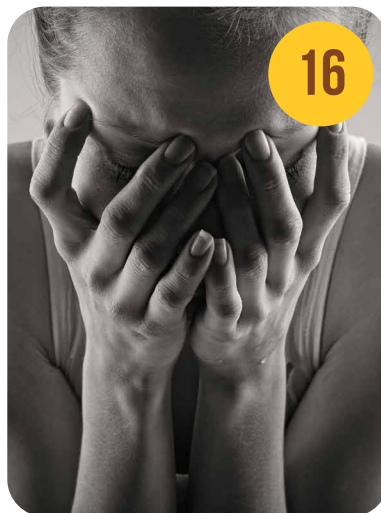


Keep moving

Anne Lewis - Sports Massage



Move, in a variety of ways. In my opinion there are two important points here. Firstly, our bodies are designed to move, not to sit or stand or lie for long periods of time, so its important to keep moving. Secondly, the amazing design of our bodies means we can move in so many different ways, from forward and back, side to side, up and down and even round and round. If you constantly use your body in only a limited number of movements then that's all it will want to do and it won't like it if we ask it to do something else. Try to use all of your body in all its ranges of movement, for a happy, healthy body.



The many detrimental effects of stress

Christian Bates - Osteopath & Naturopath



Would you believe me if I said that stress plays a role in virtually all illness to some degree? Stress is a massive trigger in modern day diseases, along with toxicity and poor food choices. This is what I would like to get across to you though. When I say stress you might think of emotional issues and this is true, it can be emotional. But the body sees stress in other physical problems too, like low back pain, an injury, over exercising, eating and drinking poorly, breathing toxic air even "electro-magnetic" stress from mobile phones, WiFi etc. The body's reaction to stressors is called the "fight or flight" response and in the long term this can be very detrimental. Download my free infographic on the detrimental effects of stress on your body, www.theperrymount.com/health-tips-volume-one. Once you see all the problems stress can cause, you will want to do something about it!



The side effects of pharmaceutical medications

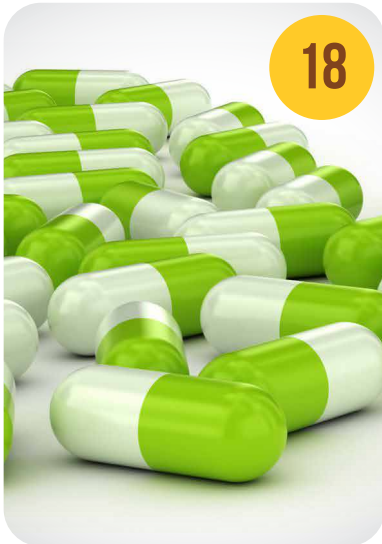
Christian Bates - Osteopath & Naturopath



It is well known that pharmaceutical medications have detrimental side effects. But did you know that lots of these side effects are due to the medication causing a deficiency in a vitamin or mineral and it is this deficiency that can also cause problems? For example, magnesium is a mineral used hugely in the body, virtually every chemical reaction uses it at some point. Some medications cause you to deplete quicker in magnesium than normal. Low magnesium can make you feel tired, have cramps and even cause palpitations. My tip if you are on medications is to eat even better than everyone else as you might be losing the nutrients from your food even quicker than the rest of us. You should also take a high quality vitamin and mineral or plant based supplement on the recommendation of a natural health practitioner.

Want to see which medications cause deficiencies? Download our guide sheet by clicking here:

www.theperrymount.com/health-tips-volume-one



Are you on a statin? You will want to take this supplement



Christian Bates - Osteopath & Naturopath

I have given statins their very own "tip" as their use is just so common and can cause major side effect issues. What is really interesting is that statins block the pathway to making cholesterol, so they are used to lower cholesterol. What users of statins are never told is that they also block the pathway to make something called Co Enzyme Q10 (CoQ10), a very important nutrient. In a nutshell if you are on a statin drug then you will be causing a deficiency in CoQ10; this can give you lots of side effects including fatigue, muscle aches, forgetfulness and even some heart issues as the heart uses CoQ10! So a massive tip, if you are on statins also take a CoQ10 supplement. I recommend the one from Nutri called CoQ10 100mg (Nutri - 0800 212 742).



Do you know the main cause of back pain that osteopaths see?



Christian Bates - Osteopath & Naturopath

Poor Posture!

This is a big deal as it applies to everyone! You must make sure you have good posture, particularly when doing what you do most often through the day, so if it is standing then stand well, sitting at the PC, sit well, driving all day, sit well in your car.

The spine basically has 3 curves to it and your weight should be evenly distributed through them to give minimal strain on the ligaments and muscles. Compensations occur if the posture changes in one curve, adding strain to that curve and the others, creating opportunity for injuries. Take for example slouching over a PC, your head and neck are thrown forward and to compensate the low back curve flattens and this predisposes to disc injuries. You can experiment and try this yourself. You must basically check your posture from head to low back and make sure all is in alignment, not just the part of your spine that hurts. You probably need a spinal assessment by an osteopath to fully examine this. Osteopathy can gently correct these incorrect spinal curves by loosening muscles, correcting posture, and freeing off spinal joints. We also prescribe exercises or lifestyle changes to help you stay well into the future too.

This is a brief summary of a full back pain help e-book that is available here:

www.theperrymount.com/health-tips-volume-oneff



Ever wondered why flamingoes aren't stressed?



Mary-Jane Sharratt - Homeopathy, Allergy Elimination, Emotional Freedom Technique

If you are experiencing extreme stress and anxiety and can't focus on anything, try standing on one leg for thirty seconds. The action of trying to balance will bring your awareness back into your body and help to connect you to the ground.

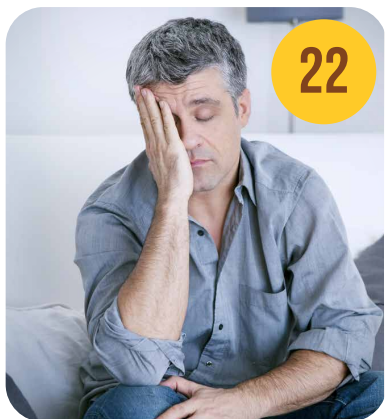


Your correct workstation posture



Jacqui Black - Sports Osteopath

If you have a desk job check your eye level is level with the top of your computer screen. When sitting in your chair your elbows should just graze the top of your desk. If this needs to be adjusted get some advice to make sure the height of your chair is correct. Jacqui is trained in ergonomic workplace assessment

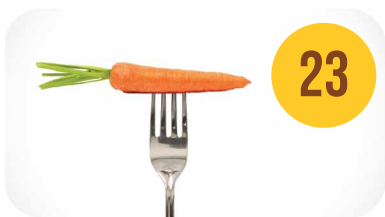


Do you have an abdominal slump?



Sophia Barlow - Osteopath

Many patients present to our clinic with concerns about their seated posture at a desk. These concerns often focus on their shoulders, which are feeling tight and achy. The root cause of this problem is often due to tired abdominal muscles, which causes the person to slump forwards and then in turn hyper-extend their necks in order to see the screen from a new lower position. If you are feeling tired at your desk and feeling that abdominal slump coming on, take a break, walk around the office for 30 seconds then sit back down and think about the strength in your abdominal wall supporting your frame, neck and shoulders.



Carrots for gut health



Christian Bates - Osteopath & Naturopath

Raw carrots are known to grab hold of gut toxins before they circulate to the liver. Add a grated raw carrot each day to your salad at lunch to help easily clean up toxin build up from daily life.



Had a hard, stressful day? Try this



Elizabeth Bailey - Reiki & Reflexology

This Reflexology technique is perfect to use after a busy day, or at times when you want to feel more relaxed. With your thumbs and index finger tips of each hand, gently massage the entire outer edge of each of your ears simultaneously starting at the top of the ear tip, and working down the edge of each ear in tiny circular movements. The outer edge of our ears represents our entire spinal area. When you reach each ear lobe, massage the area very gently in circular movements. The ear lobe represents our entire head area and the brain, so remember to keep your massage movements gentle.



Do you have a favourite chair to watch TV in?

Jacqui Black - Sports Osteopath



We collect bad habits through life and they become normal for us which can lead to chronic pain. For example, many of us have a favourite seat to watch TV from at home. This means you may always sit in the same posture, with your neck and spine turned in the same direction for hours every day. Don't always sit in the same seat at home try sitting at different ends of the sofa. Cross the opposite leg. Swap your texting hand over. Find your habits and change them up a bit.



Self help for grief or sadness

Mary-Jane Sharratt - Homeopathy, Allergy Elimination, Emotional Freedom Technique



One of the primary homeopathic remedies for grief is Ignatia. You can benefit from this after a bereavement, or the end of a relationship or even for home-sickness. It can also be given to animals who have lost their companion (human or animal) or when their owners go on holiday. Take up to three times a day and for animals, add a pill to their water.



How greasy is your pillow?

Maria & Elle Winslow - Skincare specialists



It is recommended to change your pillow cases weekly. Think of the dead skin cells and bacteria that land on your pillow each night! Also for more sensitive skin, try to avoid using fabric conditioner as it often contains chemicals that can irritate the skin.



Do you clean your feet properly?

Neeta Still - Podiatry



Hygiene is important for maintaining healthy feet. Feet should be washed daily with soap and warm water. Dried carefully particularly between the toes, as trapped moisture can lead to splitting and skin infections. Change socks or hosiery every day.



Do you wear make-up?

Maria & Elle Winslow - Skincare specialists



If you wear make up, I would suggest cleansing first with an oil based cleanser to remove your make up and then using your regular cleanser for a second cleanse. This enables any products subsequently applied to reach your skin, they will not sit on a layer of dead skin cells and old make up but will reach your skin to hydrate and repair your skin



A little known cause of tension headaches...

Sophia Barlow - Osteopath



We treat many patients with chronic long term tension headaches, a very common underlying factor in these headaches can be teeth grinding and jaw clenching. If you suffer from tension headaches, each time you make yourself a drink during the day, become aware of your jaw, are you clenching your teeth? If so, osteopathic treatment, coupled with regular cardio vascular exercise and a mindfulness class could be very beneficial.



Do you really have a frozen shoulder?

Sophia Barlow - Osteopath



If you are worried about having a 'frozen shoulder' come in and see one of our osteopaths. Often over diagnosed they more often than not end up being a rotator cuff injury, which rather than taking 12-18 months to clear up could be settled within 4 weeks with the right treatment. For more information on rotator cuff injuries visit our website here:

www.theperrymount.com



Finally! How to cut nails properly

Neeta Still - Podiatry



Nail cutting. Nails grow continuously throughout life, even normal, healthy nails need care when cutting. How to cut nails correctly? Nails should be cut straight across following the slight curvature of the toe. Avoid cutting down the sides of the nails, as this could lead to an ingrowing toenail. Nails that are cut too short could cause problems and be painful. File any rough or sharp edges. It maybe easier to cut nails after a bath.



When to use cold and hot packs

Jacqui Black - Sports Osteopath



For acute back pain use ice immediately for 10 minutes. Use the ice for 10 mins up to every hour for the next 24-48 hours. For chronic longstanding pain warmth and heat are generally better. BE CAREFUL don't burn your skin by going too hot!



Top Reflexology Tips 2

Elizabeth Bailey - Reiki & Reflexology



Massage your feet daily, pay particular attention to the area around your ankles to help balance your hormonal and lymphatic systems. Calm and re-energize yourself in stressful moments - 3/4 of the way up the palms of each hand, gently rub the palms of each hand with the thumbs of the corresponding hand in a clock-wise direction. This area represents the 'Solar Plexus' energy centre area of the body, which may help to calm the emotions and mind.

The Perrymount Clinic has more natural health ebooks available for you to download from www.theperrymount.com



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