

**NEWSLETTER  
AUTUMN  
2019**

[www.chc-lee.co.uk](http://www.chc-lee.co.uk)



**MAINTAINING YOUR HEALTH & WELLBEING**

*Let Us Take Care Of You*

**3 SIMPLE STEPS  
TO MINDFULNESS  
FREE TASTER !**

**SEPTEMBER  
THERAPY SALE !**

**ACUPUNCTURE  
TIPS FOR A  
HEALTHY  
AUTUMN**

*Benefits of  
Reflexology*

*Take a Deep  
Breath &  
Relax*



**4 MYTHS & MISCONCEPTIONS  
ABOUT OSTEOPATHY**

**5 ELEMENT HOLISTIC  
PERINATAL CARE &  
BEYOND- the Daisy  
Foundation**

**TRY-OUT !**

**NEW Booty  
Barre Class!**

*It's Good to Talk*  
– Psychotherapy &  
Counselling at  
**CHC Lee**

**WELCOME  
to this  
Autumn's  
issue!**

*We've packed  
in lots of  
exciting  
NEWS and  
OFFERS for  
you this  
season.*

*Happy  
Reading and  
Enjoy!*

*We look  
forward to  
seeing you at  
the Practice  
soon.*

*Best wishes  
from all the  
Team at CHC  
Lee,*

*Renée Pryce,  
Editor*



## COMPLEMENTARY HEALTH CENTRE

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**“Check-in with yourself like a compassionate friend”**

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**SIGN-UP !**

**NEW**  
Mindfulness  
Course!



## How to Incorporate Mindfulness Into A Busy Day

*By Hayley Saunt, CHC Mindfulness Practitioner*

Mindfulness sessions are coming to CHC Lee this Autumn. Before going any further, it may be helpful to explore what mindfulness actually is. Jon Kabat-Zinn, seen by some as the father of modern secular mindfulness, defines it as: “paying attention, on purpose, to the present moment, non-judgementally.” Dr Mark Williams of Oxford University adds that mindfulness can help us to examine ‘the weather pattern in the head’. It can be viewed as ‘checking in’ with yourself like a compassionate friend or family member might. It is also about becoming more aware of your surroundings and being introduce mindfulness into our own lives as we go about our daily routine. **HERE ARE 3 WAYS TO GET STARTED:**

### And breathe

our breath or breathe fairly shallowly. Or just don't notice that we are breathing at all. So next time someone or something is testing your patience try tuning in to your breath and noticing the ‘in’ and the ‘out’ for a few moments. Connecting with the breath is a fundamental part of mindfulness practice and is something that can be done any place, any time.

### Go for a mindful walk

Set your mobile phone timer for 5 or 10 minutes at lunchtime and take yourself out in the fresh air. Get out of the office, or where-ever your place of work is, and try to look at the world with a child-like curiosity. Walk without a particular purpose. This activity may help you to tune out the constant thought stream in your head. You may try using your senses more, focusing on what can be seen, heard, smelt and touched. Take the opportunity to have a fresh perspective on the paths that are trodden everyday, noticing new things if you can. This attempt to get offline and outdoors will most likely, refresh you.

### Stretch

Regular gentle movements like shoulder rolls, side bends, or raising the arms over the head can help people to notice areas of tension and discomfort in the body. Always be aware to not push yourself too hard and only do what feels comfortable. These movements can be done at a desk or on the move go some way to re-connect mind and body if really attended to in the present moment.

Would you like to [FIND OUT MORE](#) about mindfulness? Build your own practice? Then [sign up](#) for Hayley's up-coming Taster Session 6.30pm on 11<sup>th</sup> September or enrol on this term's course. [www.chc-lee.co.uk](http://www.chc-lee.co.uk)

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**“Re-align  
your natural  
balance”**

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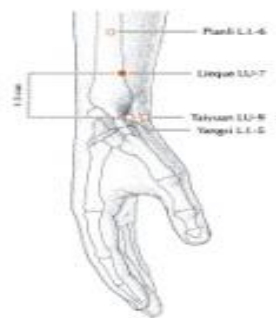
## Acupuncture Tips for a Healthy Autumn

**By Suzie Maddison, CHC Acupuncturist**

Although we are enjoying the September warmth, Autumn is fast approaching and with the change of seasons we need to consider re-aligning our natural balance. Autumn is about letting go of the excesses of the summer and focusing on what we need for winter. So, how can we keep healthy and prevent illness at this time of year?

### Don't forget the Scarf!

Acupuncturists are always going on about wearing scarfs! In the cooler months the Lung is the first organ to be invaded by external pathogenic factors. As the weather turns cold the wind picks up the lungs are particularly vulnerable. Pathogenic factors such as wind and cold invade the body at the back of the neck so keeping that area protected is very important in the autumn.



### Acupressure on Lung 7

This common point helps promote the descending function of the lungs making it a great point for cough, shortness of breath and nasal congestion. It is also one of the most effective points to use acupressure on for neck pain and stiffness. It is easy to find. Make a thumbs up sign, you will see a depression at the base of your thumb, from there Lung 7 is located two finger widths up your arm.

### Eat Warm Foods

Now is the time to ditch the salads and start keeping our bodies warmer on the inside so in autumn eat warm cooked food. Instead of cereal, choose porridge and trade salads for oven roasted vegetables.

Root vegetables such as beetroots, turnips, carrots, parsnips, sweet potatoes, squash are ideal. If you're craving fruit, reach for something seasonal such as apples, pears or grapes.

You could try this warming dish sourced from BBC Food:

#### Satay Sweet Potato Curry

*1 tbsp coconut oil*  
*1 onion, chopped*  
*2 garlic cloves, grated*



1 thumb sized piece of ginger, grated  
 3 tbsp thai red curry paste  
 1 tbsp of smooth peanut butter  
 500g sweet potato, peeled and cut into chunks  
 400ml coconut milk  
 200g bag of spinach  
 1 lime, juiced  
 cooked rice to serve  
 dry roasted peanuts – optional



1. Melt 1 tbsp coconut oil in a saucepan over a medium heat and soften 1 chopped onion for 5 mins. Add 2 grated garlic cloves and a grated thumb-sized piece of ginger, and cook for 1 min until fragrant.
2. Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter and 500g sweet potato, peeled and cut into chunks, then add 400ml Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.
3. Stir through 200g spinach and the juice of 1 lime, and season well. Serve with cooked rice, and if you want some crunch, sprinkle over a few dry roasted peanuts.

## Reflexology in Relation to Stress & Ill Health

*By Kathy Newton, CHC Holistic Massage Therapist and Reflexologist*

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**“Bring about a deep sense of relaxation and wellbeing”**

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Stress is a complex condition that affects almost every part of our body in some way. When our bodies are in stressful situations our adrenals release cortisol into our blood stream which can affect the balance of other hormones our bodies produce leading to serious health problems.

Reflexology is a non-intrusive complementary therapy based on the theory that different points on the feet lower leg, hands, face and ears correspond to specific areas of the body. A reflexologist works holistically stimulating these points to increase circulation throughout the body to clear blocked pathways and rid the body of toxins and bringing about a deep sense of relaxation and wellbeing so the body can relax and return to homeostatis or balance.

You don't have to be stressed to enjoy a reflexology treatment. It is a wonderful treatment to balance your whole body and provide a deep feeling of wellbeing. The only way to know if it will benefit you is to try it.

## Ways To Stay Active & Look After Yourself In Autumn

*By Kelly Harry, CHC Chartered Physiotherapist*

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**“Autumn is a great time to get started to keep you healthier and more positive”**

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We often think of January as a time to get fit, clear out old habits and motivate ourselves, but I feel the autumn is a great time to get started, it's easier to exercise now that it's cooler, and being more active will help keep you healthier and more positive through the coming months.

To stay healthy and improve health, it is recommended that we do exercise that is aerobic and includes strength/flexibility work, but this doesn't have to be hard. There are so many forms of exercise out there that the key is to find something you enjoy. This might be gardening, dancing, going for a walk in your lunch break or getting off the bus a stop earlier and walking home. Riding your bike counts and it can be an eco-friendly and cost effective way to travel.

So have a think about the things that you enjoy. You're more likely to stick to an activity you find fun, especially if you can fit it into your day to day life. So what are some of the barriers to exercise and what can we do to get around them? Here are some common questions that I get asked and here are some simple solutions to them:

### **1. I don't have time for exercise, I'm just so busy at work. What can I do?**

Firstly, make your work station work for you. It's so easy to get engrossed in something and forget to take breaks and look after your posture. Time and time again I see patients with neck, back and upper limb pain caused by poor positions at work. Over time, the desk that may have been perfectly set up for you becomes cluttered and uncomfortable. It may be that you hot desk so are never in the same place to feel you can sit properly.

You can follow the simple leaflet below to give you tips on how to set up your work station. It also has some simple stretches you can follow to keep you moving and protect yourself.

Zone your desk and make sure that the things you use most often are closest to you. If you don't feel confident in reorganising your work space, your manager can organise a work station assessment for you. If you use a laptop, get a separate keyboard and laptop raiser. This will make your laptop work like a desktop which is much better for maintaining good posture.

[https://www.csp.org.uk/system/files/do\\_you\\_sit\\_at\\_your\\_desk\\_exercise\\_sheets\\_a4.pdf](https://www.csp.org.uk/system/files/do_you_sit_at_your_desk_exercise_sheets_a4.pdf)

Try and get out for a walk in the day, it will give you a break from the relentless sitting that office jobs can involve!



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## **“Get the kids involved”**

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### **2. I'd like time to exercise but I have children to look after. What can I do?**

Get them involved. Kids make excellent personal trainers! You could try taking them to the park and you jog as they scoot/ride their bike. You'll both get exercise and it may help that bedtime routine go quicker by tiring them out.

Children like being copycats so practice stretching with them and turn it into a game. Many kids now do yoga at school so they're used to the poses. Cosmic kids on YouTube is full of their favourites including Frozen, Moana and other Disney yoga. Practice with them and you'll both benefit.

There's lots more out there for kids too these days. Parkrun hold junior events where you can walk, jog or run alongside them over a 2 km course. Events are held all over the country and there are courses nearby.

<https://www.parkrun.org.uk/events/juniorevents/#10.36/51.4861/0.0128>

### **3. I'd love to be more active but I'm worried about falling especially if it's wet and slippery outside. Being unsteady is just something that happens as we get older, isn't it?**

Although we can become more unsteady as time goes by, a major contributing factor is the loss of muscle mass as we get older. We can slow down the progression and improve what we have with simple exercises that can be done at home. The Chartered Society of Physiotherapy has produced a video, shown below, that demonstrates simple exercises that can be done to help with strength and confidence. With falls can come injuries so it's really worth working on your fitness to prevent any unnecessary problems.

#### **Falls Prevention Exercises Video [CLICK HERE](#)**

*Autumn is a really great time to get out and about so I hope these tips give you some pointers on what can be done.*

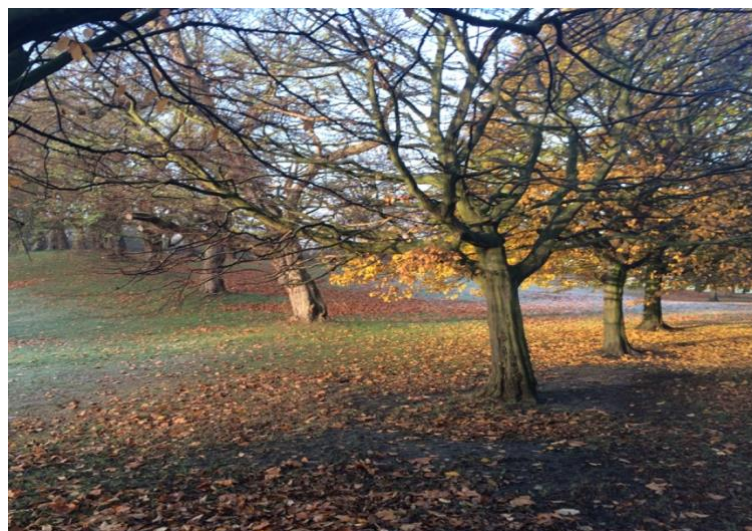
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## **“There's a myth that falls are part of getting old.**

## **The surprising truth is our risk of falls decreases with - exercise”**

Chartered Society of  
Physiotherapists

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## Take a Deep Breath

**By Rosemary Patten, CHC Aromatherapist, Reflexologist, Massage Therapist, Reiki Practitioner/Teacher and Author.**

The one thing I repeat to my clients again and again is to breathe....

Breath is life, this is the beginning, life itself depends on breath. When we consciously breathe, we consciously slow down our breath. Our thoughts become clear, our brain pauses and our body relaxes. We are healthier in mind and body when we slow down our breath.




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**“Breath is life,  
this is the  
beginning”**

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The body is able to process, rejuvenate from this simple act of breathing. The blood supply goes to the areas to maintain our health rather than trying to run away from danger, which will keep us tense and on our guard.

As we become calmer our thoughts are more lucid and we are able to deal with situations in a more controlled way. Our heart rate is reduced and the nourishment goes to where it is needed. Helping to keep us in optimum health. The gut gets a good supply of oxygen to enable us to process our food correctly, avoiding toxins being re-absorbed into the body. The physical tension in the whole body is released, for example neck and shoulders relax.

So simple and yet the health benefits, mentally emotionally and physically are endless!

#aromatherapy #reflexology~lymphaticdrainage #reiki #meditation #healing  
#harmony #health #wellbeing #massage #nutrition #yoga #spirituality  
#chakras #mindfulness #namaste #menshealth #womenhealth

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**“Feeling Off  
Balance with  
Your Health &  
Life Generally?”  
Homeopathy  
Can Help**

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**“Boosting the body’s own capacity to heal, promoting better health”**

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## Myths or Misconceptions about Osteopathy

*By Nikki Moss, CHC Osteopath*

### 1. Osteopaths treat bones and the spine

We treat people... focusing primarily on the whole musculoskeletal system i.e. joints, ligaments, muscles, tendons, fascia. Not only the spine, but every joint and part of the body. Indirectly this has effects on the nervous system and blood circulation.. boosting the body’s own capacity to heal, promoting better general health... so it is a very holistic approach.

### 2. Osteopaths always crack bones/ joints

One of the techniques Osteopaths might use is a specific quick thrust to a restricted joint to release it. We use a wide selection of treatment modalities: soft tissue stretching or massage, repetitive joint articulation and mobilizing, muscle energy techniques, cranial release. If we feel a thrust technique or HVT (high velocity thrust) would be beneficial we explain why and how we do it and ask our patient for consent. Most patients feel instant relief but some prefer not to have these particular techniques. We would always respect the patient’s decision.

### 3. I’ve got arthritis -’ve been told Osteopathic treatment won’t help!

Osteopaths treat people and not conditions. People who have osteoarthritis and many other types of arthritis have joints that become stiff, sometimes inflamed, due to thinning cartilage and muscles that tighten. Gentle stretching and articulation helps to improve mobility and blood supply which apart from reducing pain can also slow down the degenerative process. We can also suggest exercises to strengthen and support damaged joints and provide self-help.

### 4. I’ve got a slipped disc/sciatica- Can Osteopaths help put it back?

Intervertebral discs are the shock absorbers in our spine . They can become worn and thinner, develop internal cracks or fissures . Discs can bulge at the edges and the central softer part of the disc can press on surrounding soft tissues and nerves causing either low back pain or radiating pain down one or both legs.

Osteopaths do not put discs back into place, but using various techniques, we can relieve pressure on damaged discs and improve the reasons and mechanics that may have caused the disc to weaken, tear or prolapse in the first place. Treatment speeds recovery and can be a real benefit in pain relief. It’s important for people with disc injuries to keep active, and osteopathic help and support makes this more feasible.



*Andrew Taylor Still,  
founder of  
Osteopathy*

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## Get Up and Go! - NEW Booty Barre Class

**Thursdays 7-7.45am**

**-With Tara Riley, CHC Pilates Teacher**

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**No tutu or  
slippers required  
in this fun high  
energy class!**

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No tutu or slippers required... you don't even need to be flexible!

BootyBarre® is a fun, high energy fusion class, combining Pilates, Dance, Yoga and arms. Think lengthened muscles, sculpted bum and enhanced alignment and balance — and all before 8am! [Get your first class at half price!](#) Head to Pilates and Tara on the MindBody app to book.

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## Daisy Foundation Classes at CHC Lee

**With Louise Dodimead, CHC Daisy Foundation Educator**



If you or someone you know is expecting a new arrival, or has recently welcomed a little one into the world we have lots of exciting new classes from **The Daisy Foundation**, as well as some special offers.

After launching Daisy Baby Tinies classes in the spring, Louise is now offering [Daisy Baby Wrigglers classes on Tuesday afternoons](#). These fun and friendly classes are aimed at babies between 5 and 11 months of age and are a great way to enjoy some time with your little one while learning some baby yoga techniques as well as lots of songs and rhymes. Each week is a new journey as you look to see "What's in the Box" and discover another "That's not my..." book. Classes run in 6 week terms and as a **special introductory offer** there is **10% off** booking made in September.

Louise is also launching [Daisy Mama](#) this month (classes starting Sunday 15<sup>th</sup> September) if you are a new mum and are in need of some precious "Me

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**“The best  
elements of  
pregnancy yoga,  
active birth  
education and  
hypnobirthing”**

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Time", Louise has you covered. Daisy Mama is a weekly class for mums to help you relax, recharge, heal and calm both your body and mind, supporting you as you navigate this new phase of your life. It takes the best elements of postnatal yoga, mindfulness and relaxation and wraps all of these together in a powerful 5 element model that allows you the confidence that comes from realising you can be you. Classes run in 6 these too have **10% off**. [Early booking is advised](#) as spaces are limited!

Finally not to leave out any expectant Mummies, Louise is giving away a **free box of chocolates to all Mums-to-Be** who book [Daisy Birthing Classes](#) this month. Daisy Birthing helps expectant mums enjoy a positive pregnancy and prepare for a confident birth. A weekly class for expectant mums to help you enjoy pregnancy, stay mobile, learn about your changing baby and body, and prepare for a confident birth. Taking the best elements of pregnancy yoga, active birth and hypnobirthing and wrapping them together. Classes are 90 minutes long and are for expectant mums only. They are suitable to attend from 14 weeks pregnant right up until baby's birth, and are adapted to suit all pregnancy related conditions and birth plans with ease. A 6-week term is £80.



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**“Life’s path  
can  
sometimes  
feel like a  
maze... it’s  
good to  
talk!”**

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## Psychotherapy and Counselling at CHC Lee

Counselling or psychotherapy offers you the opportunity to talk, confidentially, to a qualified practitioner who is trained to listen to you carefully and understand and accept you. It offers you a safe place to help you to think more clearly about your difficulties and understand your feelings.

If you would like to make an appointment with one of our [experienced Talk Therapy Practitioners](#) for Psychotherapy or Counselling, please [contact us](#) at the centre and we will put you in contact with them.

Alison Graves, an Integrative Psychotherapist/ Art Psychotherapist, is our newest member of the Talk Therapy Team at CHC. Contact details are below.

### PSYCHOTHERAPY AND COUNSELLING

## NEED TO TALK?

**CONTACT COMPLEMENTARY HEALTH CENTRE  
IN LEE, 174 MANOR LANE, SE12 8LP  
WWW.CHC-LEE.CO.UK, 020 8297 8887,  
ALIGRAVES@GMAIL.COM**

*‘Life’s path can sometimes feel like a maze. If you find yourself stuck, lost, at a cross-road or in a complete dead end, it’s good to talk!’*

Ali Graves, Integrative Psychotherapist / Art Psychotherapist (HCPC registered) working at Complementary Health Centre in Lee. I look forward to supporting you on your journey, to help you gain richer insights and find routes to health and vitality.



## September Discounts at CHC Lee

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**Get £10 off a  
New Treatment  
to You**

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As our valued patient and client of the Complementary Health Centre Lee, we are offering **discounts across selected new therapies to you** this September.

**Get £10 OFF**

**Acupuncture, Homeopathy, Mindfulness, Nutritional Therapy, Osteopathy, Physiotherapy, Psychotherapy, Counselling & Tai Chi**

**Hurry! [Contact us](#) at the Centre to book your treatment!**

**You can now also [BOOK ONLINE](#) on our website home page [www.chc-lee.co.uk](http://www.chc-lee.co.uk)**





We hope you have enjoyed this Issue of the CHC Lee Newsletter!

See you soon at the Practice!

Best wishes,  
From all the Team at CHC Lee!

x



If you have any queries about our therapies, classes or anything about our centre or this newsletter you can contact us at [www.chc-lee.co.uk](http://www.chc-lee.co.uk) | [info@chc-lee.co.uk](mailto:info@chc-lee.co.uk) | **020 8297 8887.**

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