



Clinic Newsletter

Snow & Ice!

The prolonged spell of cold weather this winter has resulted in packed snow turning to ice and lots of slips and falls. Please remember the RICE protocol if you are unlucky enough to be one of those injured.

Put ICE (or anything cold e.g. cold pack, cold bottle or can, frozen peas) on the bruise or strain as soon as possible and keep it on for 10 to 15 minutes. This will reduce the potential bruising significantly. Please keep a thin cloth between you and the ice to avoid 'burning' your skin.

REST the area to avoid further injury and to reduce blood flow and therefore reduce bruising.

COMPRESS a joint injury with an elastic bandage to reduce potential swelling and protect from further injury. Instant ice bandages are great and should be in your first aid kit. I use Xanamed RecoverIce Ice Wrap 2m Large.

ELEVATE a joint injury to reduce blood flow and potential swelling and bruising.

Continue to protect the area from injury for as long as any bruising or pain is evident. Using supports/tubigrips enable you to function at near to normal levels so that the injured structures heal with normal patterns. See the Clinic Guide for Muscle Strains for more information on healing injuries.

Boosting Your Immune System

1. Make and drink soups and, preferably with plenty of vegetables and add meat or fish - you keep all the goodness in the liquid. Or try the potassium broth recipe.
2. Lemon juice - drink, add to salads, tea or water. Best alkaliser and source of vitamin C
3. Apple cider vinegar - use in salad dressings or drink in a little water before meals. It is anti-fungal and boosts digestive balance and enzymes.
4. Echinacea - as tablet or tincture for 6 weeks at a time (with a 2 week break). It boosts immune system and is anti-viral. (not for those on immuno-suppressants).
5. Get a good nights sleep. Important to allow your body and mind to repair itself. Continued overleaf...

Potassium Broth

You will need:

- Thick potato peelings
- Sliced carrots
- Sliced celery
- Parsley
- Onions /Garlic/Seaweed [optional]

Method:

Use generous quantities in a large pan. The precise amounts are not important, just use a lot of thick potato peelings, and discard the centre of the potatoes, which is the acid part. Celery makes a great balance, and some carrots add sweetness. The onions and garlic are for flavour and for their antiseptic qualities. Seaweed (arame, wakame or hijiki) is not a traditional ingredient, but if you have a handful, it will add a whole range of minerals.

Cover with several inches of spring water. Simmer very gently until the vegetables are soft.

Strain off the broth (if desired eat some of the veggies while fresh and warm in a bowlful of the broth; discard the rest or give to your hens) and drink straight away (it will store in the fridge for a day or so).

This is an alkalising broth, and is ideal for the colder days. It will taste more or less sweet depending on the proportion of carrots to celery. Do not reheat it, or it will lose its qualities. Instead pour some into a preheated mug and top up with warm water.

You can have several servings in a day, two or three times a week, throughout the winter. It's delicious!

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Sprouts (no not brussels!) and Sprouting



Sprouts are living, baby plants - every seed is a treasure-trove of latent energy which bursts forth when that seed germinates, converting the stored inactive nutrients into a highly nutritious sprout, alive with phytonutrients, protein and a vast array of vitamins and minerals.

Sprouts supply the highest amount of vitamins, minerals, enzymes, etc. of any food per unit of calorie - all necessary for the body to function optimally. In addition to providing the greatest amount of these nutrients as well as proteins, sprouts deliver them in a form that is easily digested and assimilated. In fact, they improve the efficiency of digestion. Sprouts nourish and strengthen the whole body, including the vital immune system. Sprouts are also deliciously fresh and colourful!

Sprouts are very inexpensive (even when organic), always fresh (they grow until you chew them) and have the potential to help solve hunger and malnutrition problems in our communities and in developing countries, because they are so rich in nutrients, affordable, and easy to transport before sprouting. Sprouts are precious in winter, when the quality of fresh fruits and vegetables is declining as their price increases.

Much of our fresh produce is transported hundreds if not thousands of miles. Though we may garden in the summer, winter stops all but the most dedicated, or most southern, gardeners. Home sprouting can supply delicious fresh food, without the environmental drawbacks of the industrial-farm produced fresh produce, and at a fraction of the cost. Sprouting at home takes only a few seconds a day and can produce a good part of your daily requirements of the nutrients you need from fresh produce. The hassles are minor, the costs are low, and the freshness is wonderful. If you can supply a jar, some screen or netting, and rinse the sprouts twice a day, you can grow delicious organic sprouts in 4 to 6 days. I recommend the GEO Sprouter (it is simple to use and has good air circulation) and seeds from www.energiseforlife.com



Common seeds for sprouting include alfalfa, fenugreek, lentils, peas, radish, red clover and mung beans. You can sprout any clean seeds, beans or hull-less grains but if you are new to sprouting it is best to start off with organically grown sprouting seeds. These can be bought in many wholefood shops or on the internet and often come in mixed packs for flavours. They can be eaten raw or cooked, added to salads, soups, stews, sandwiches or pureed into dips.

Boosting Your Immune System continued...

6. Get plenty of fun exercise - it stimulates natural endorphins and your metabolism.
7. Preferably outside - sunlight is the best source of vitamin D, vital for your immune system.
8. Avoid sugar (which means alcohol too!) - it feeds harmful bacteria and fungi and upsets your metabolism disturbing your energy balance, weight distribution (fat/lean muscle) and emotional balance.
9. Nurture yourself - listen to your body and mind. Do something nice for yourself and appreciate the good things in your life and in the world around you. Smile. Giggle if possible....



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