

# Osteopathy



Nicola Sell & Gugan Hair

**Leeds Complementary Therapy Centre**

249a Otley Road West Park

Leeds LS16 5LQ Tel. 0113-2745126

[nsell@e-osteo.co.uk](mailto:nsell@e-osteo.co.uk)

[g.hair@e-osteo.co.uk](mailto:g.hair@e-osteo.co.uk)

[www.e-osteo.co.uk](http://www.e-osteo.co.uk)

It's been a while but we're delighted to send you the first issue of our new look newsletter. We hope you agree the wait's been worthwhile.

We'll be mailing four times a year from now on, sharing timely advice on caring for your body and keeping you up to date with the treatments available at the Therapy Centre. In this issue, we look at how a body MOT and correct posture sitting down can keep pain at bay.

We hope you enjoy reading our newsletter. To make sure you receive further issues we'll add your name to our mailing list, but if you'd rather not receive them just click the 'Unsubscribe' button at the top.

Keep healthy!

Nicola and Gugan

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## **Give your body an MOT – not just your car**

We all give our cars an annual tune-up, so why not our bodies? After all, we wouldn't risk driving mile after mile with the engine clunking unnaturally without getting it repaired, yet so many of us ignore bodily aches and pains until something actually goes wrong.

At the Therapy Centre we often see patients who are in spasm or a great deal of pain having endured physical discomfort for months, or even years without doing anything about it. Not only is a joint likely to become repeatedly inflamed over this period, it will also take longer for osteopathic treatment to relieve the pain. Worse, there could be permanent joint damage.

So what's the answer? Just like your car's MOT, book yourself in for regular, preventative osteopathic check-ups. Our treatment will help stretch the muscles and joints thereby decreasing muscle tension, improving joint mobility and reducing your susceptibility to injury and pain.

### **Four steps to easing muscle tension**

Of course with so many of us leading very sedentary lifestyles sitting at a desk all day working at computers, it's easy for muscle tension to build up.

But, by following these four simple steps, you can help prevent this happening:

#### **Step 1: Get our posture right**

Sit right into the back of your office chair and pull the chair under the desk. Check your position by looking at the computer screen before you turn it on – your eyes' reflection should be visible about a third to half way down.

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### **Step 2: Think in 90 degree angles**

Position your keyboard so that you can operate it comfortably while supporting your forearms on the desk. Knees and elbows should be at 90 degrees.

### **Step 3: Take a break**

Don't get stuck behind your desk. Take a break every 40 minutes or so to give your body a stretch.

### **Step 4: Give your eyes a rest**

Reduce eye strain by looking away from the screen at intervals and turning your attention to something else. Take in the view from the window, see what's going on elsewhere in the office or review some paperwork.

Adopting these simple measures could make all the difference to your overall physical comfort. For further advice, or to arrange your body MOT, just call the Therapy Centre on *0113 274 5126*.

External news links

### **Wii and iPhone strain on the increase, says the British College of Osteopathic Medicine**

**Read more...**

[www.bcom.ac.uk/news](http://www.bcom.ac.uk/news)

### **Osteopaths support London Olympics**

**Read more...**

[www.osca.org.uk/index.php?page=sportscare-opportunities](http://www.osca.org.uk/index.php?page=sportscare-opportunities)

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## **15 million drivers at risk of whiplash due to bad seating positions**

**Read more...**

<http://www.osteopathy.org/OHJS6489921>

We also now stock items from Forever Living  
Forever Living Products (FLP) are the world's largest grower, manufacturer, and distributor of Aloe Vera products. Founded in 1978 the Company is dedicated to supplying products that help people, rather than adding a few drops of Aloe Vera gel to a product, FLP start with fresh potent stabilised Aloe Vera and then add just enough of other ingredients to create a whole range of natural health and personal care products.

Forever Living Products is an ethical company. Their ranges of products are high quality, and not tested on animals. Based on natural ingredients, FLP use Aloe Vera as the main component in the product, rather than adding a small quantity to a conventional product.

Forever Living Products have developed an experience in Aloe that is second to none, and hold patents on the stabilisation process that enables them to use Aloe Vera directly. Forever own some of the world's largest beehive resources and their Bee Products come from their own hives and forever use state of the art patented equipment to gather and preserve the ingredients, in conditions that nature intended.

Aloe Vera contains over 75 known active ingredients including 19 of the 20 amino acids the body required by the body and 7 of the 8 essential amino acids as well of an abundance of vitamins or minerals

To discuss you needs or buy these products please talk to Nicola Sell or Gugan Hair or go to [www.nicolasell.myforever.biz/store](http://www.nicolasell.myforever.biz/store)

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West Park

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[www.e-oste.co.uk](http://www.e-oste.co.uk)

## **Nicola Sell Osteopath**

DO MSc

[nsell@e-oste.co.uk](mailto:nsell@e-oste.co.uk)

Appointments on

Wednesday

9.30-2.30

and on Thursday 12.00-

7.00pm

## **Gugan Hair Osteopath**

BOst (Hons)

[g.hair@e-oste.co.uk](mailto:g.hair@e-oste.co.uk)

Appointments on

Wednesday

9.30-7.00

and on Friday

9.30 -6.00

Leeds Complementary Therapy Centre  
249a Otley Road  
West Park  
Leeds, England LS16 5LQ

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