

December 2021/January 2022



DO YOU NEED TO BELIEVE YOU CAN HEAL IN ORDER TO HEAL?

The art of healing is always a combination of things...both physical and mental. One of the big factors in my own discovery into the body's ability to heal itself came from reading the works of best-selling author and retired paediatric surgeon, Dr Bernie Siegel.

Dr Siegel has written over a dozen books since the late 80s on the relationship between the body and its own healing, as well as the crucial role played in treatment by caregivers. He set up Exceptional Cancer Patients (ECP) back in 1978, which is a non-profit organisation that encourages and helps patients suffering from serious illnesses to use group psychotherapy and other treatments to help them recover.

Through his time working with people dealing with serious illnesses, who healed and who didn't, led him to discover, in his opinion, three crucial things that really impact a patient's ability to heal from these serious illnesses. I'm going to run through them now with you because no matter what health challenge you have your ability to overcome it is massively enhanced by understanding these incredible three things...

1. THE PATIENT'S BELIEF IN THE BODY'S ABILITY TO HEAL

This might sound like a slightly theoretical subject... dare I say even woo woo? But it's been proven time again that having faith in our bodies inborn ability

to heal has a massive impact on healing. Yes, your body was designed as a self-regulating self-healing organism and to do just that!

Sometimes we don't give full credit to this, just think how amazing it is that a simple thing like a cut that once bleeds heals all by itself.

Your body is constantly striving for healing and homeostasis no matter the problem. There's a saying that 'all things can heal, within the limitations of matter'...this simply means while your body can heal itself from a cut, a leg that's been cut off can't be regrown.

That is the limitation of matter, but simply understanding and diving into the belief that the body can heal has been shown to improve healing.

2. THE PATIENT'S BELIEF IN THE 'TREATMENT' OF CHOICE.

It goes without saying that one should have some confidence in the treatment of choice to gain healing in anything. These days, it's incredibly difficult with social media and everyone's opinions flying around to know what will move towards health and what won't.

Case in point, recently even 'one of the most "trusted" pharmaceutical companies on the planet was fined £25 MILLION in patient collusion 'bribing' which makes it even more difficult to know what research to believe! [BBC].

Evidence-based medicine and research is certainly one way to gain faith in a treatment of choice, but it's important to realise that the definition of research-based medicine includes a direct reference to localised patient experiences and results.

3. THE PATIENT'S BELIEF IN THE PERSON PROVIDING TREATMENT

There's a lot to be said for bedside manner. So often specialists are renowned for being bad at bedside manner, with little thought to how this affects the healing process. In fact, no credit is ever given to this affecting the healing process but again evidence suggests that a relationship, a trust relationship, between provider and patient massively impacts healing ability.

It's important to believe in the person you're receiving their treatment from, which should go without saying. That's why we put a lot of emphasis on educating everyone who comes in to see us about both Chiropractic in general and anything specific to their treatment. For example, did you know that in a comparative study comparing hours of clinical study of different classes of doctors, Chiropractors were found to spend around 30 more hours training on anatomy than a doctor of medicine?

So, what does this all mean?

In closing, I was once taught that the key element of change or betterment is awareness. It is clear from the above that healing is not a straight black and white process. Everyone would have taken something different from this. One patient may have been inspired to research miracles that have been believed to have occurred from the body and are now encouraged that their body can do the same. Another patient might have simply taken comfort from realising that for the first time chiropractors have a master's degree qualification and have around 355 more hours of study compared to other doctor students [US based]. While another patient might simply have sped up the healing process by drawing comfort from the fact that thousands before them have had amazing results from Chiropractic care, thereby setting them up for success!

Whatever it is for you, even the smallest of differences from any of those three points can make massive improvements to your continued health.



Dr Mark Fairclough

It's Time To Listen: HOW MINDFULNESS CAN TRANSFORM YOUR PHYSICAL & MENTAL HEALTH

As winter starts to settle in, it's normal to feel a little lower than usual. The long, cold nights and the dark mornings make it harder to find motivation. Less time spent outside means less sunshine, fresh air and time in nature - all important things for physical and mental health.

But winter isn't a time to feel down, it's a time to make self-care a priority and start living a mindful lifestyle.

Living mindfully means listening to your body. As the fast-paced summer months are behind us, it's the perfect time to slow down, take some time and really reconnect with yourself.

When we talk of mindfulness, people often think about meditation, but it's more than that. It's about focus, connection and living in the moment. Becoming aware of what's going on inside your body and around you at any given moment.



Mindfulness Has Many Benefits:

Reduced Stress & Anxiety

Living mindfully has been shown to reduce stress and improve mental health. Most worry, anxiety or fear comes from thinking about what might happen in the future, mindfulness requires that you focus your thoughts and energy only on “the now”.

Reduced Depression

Much in the same way that anxiety comes from the future, depression can have its roots in the past. By choosing to live mindfully, you can start to let go of the things that happened and live in the present.

Better Weight Control

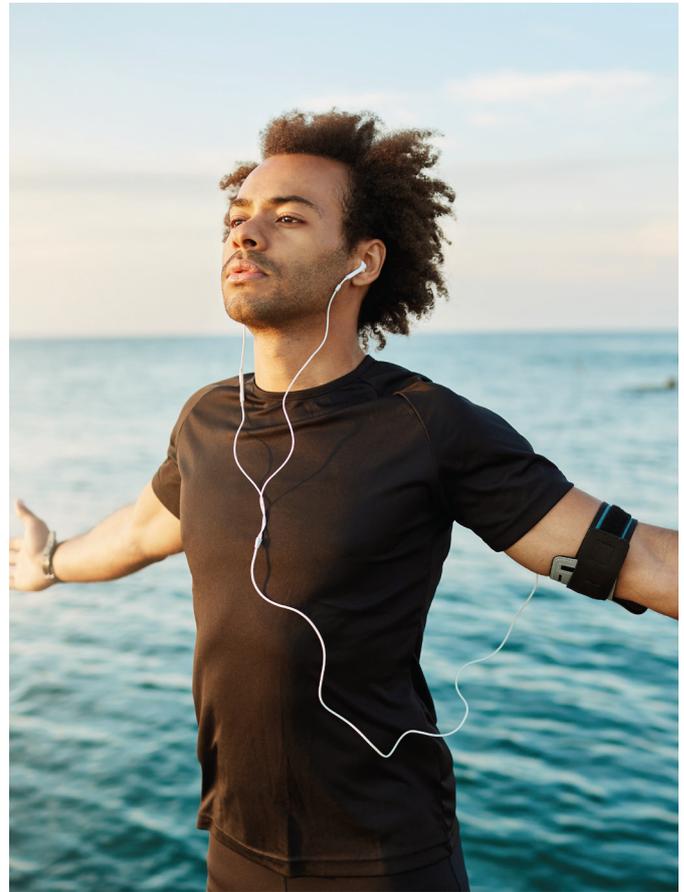
When you truly connect with your body, tuning out the noise from inside your mind and the world outside, you start to learn what your body is really asking you for. Many people eat for boredom or to soothe unpleasant emotions, but with mindfulness, you learn to recognise these coping strategies and start to eat only when your body needs fuel.

More Productivity

Procrastination can be reduced and productivity enhanced. By working mindfully, you'll be able to block out all the distractions from social media, your mobile phone or the environment around you and focus solely on the task at hand. Helping to end procrastination and make better use of your time.

Better Health

With mindfulness, it becomes easier to recognise when your body is out of alignment or balance. You'll become more in tune with your body, hearing what it's trying to tell you and allowing you to meet its needs, whether that's with diet changes, more sleep or treatment and therapies.



How To Implement Mindful Living Into Your Life

1: MEDITATE

Meditation is a simple way to reconnect with yourself and start living mindfully. There's tons of mindful meditations available on YouTube or Spotify or you can find apps with guided mindfulness too.

2: CONNECT WITH YOUR SENSES

Take a moment to stop and think about what your senses are experiencing right now? Often in modern life, we rush from one place to another without paying attention to the information our senses are sending us. What can you smell? What can you hear? What can you feel on your skin?

3: SLOW DOWN

Again, another effect of a fast-paced life is that we never take the time to really enjoy the moment. When did you last stop and really appreciate the smile on your child's face? Or the comfort of your bed? Or the warmth of your pet? These little moments help you stay in the present and start to enjoy all that life has to offer.

4: BREATHE

When we breathe deeply, a chain of reactions occur within the body. Toxins are removed, oxygen is circulated and endorphins (happy hormones) are released. In our high stress lives most people get stuck in a pattern of shallow breathing. This increases stress and prevents you from relaxing and enjoying the present.



WORDSEARCH CHALLENGE



U	Y	M	R	T	B	V	Y	Y	E	E	E	I	M
S	I	L	L	I	S	R	U	L	Y	T	S	U	S
E	I	G	S	I	M	I	I	F	L	U	A	R	E
U	I	F	T	R	M	N	Y	E	T	A	M	M	N
I	S	A	I	N	I	B	R	B	S	F	T	T	S
N	S	I	L	E	N	F	R	M	E	B	S	N	E
L	S	A	B	A	D	E	E	R	I	F	I	E	G
I	E	S	Y	N	F	T	M	T	E	A	R	M	N
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R	B	A	U	B	L	E	T	N	M	A	C	A	F
B	F	A	D	I	R	I	C	I	F	S	S	E	F
M	A	H	L	U	V	F	U	I	R	I	L	R	U
T	M	T	R	E	E	E	F	S	N	M	V	T	T
E	F	N	A	A	T	Y	T	I	L	I	B	A	S

- ABILITY
- BAUBLE
- CHRISTMAS
- FESTIVE
- HEAL
- MERRY
- MINDFUL
- SENSE
- STUFFING
- TREATMENT

Festive FUN FACT!

The famed red-nosed reindeer was almost named Rollo or Reginald - it doesn't quite sound the same, does it?!

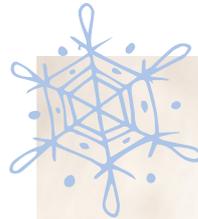
WHERE TO FIND US:

Care For Health

Fox House, Station Approach,
Godalming, GU7 1EU

01483 425544

Monday	07.20-13.00	13.40-19.20
Tuesday	07.20-13.00	13.40-19.20
Wednesday	07.20-13.00	13.40-19.20
Thursday	07.20-13.00	13.40-19.20
Friday	10.20-13.00	13.40-18.00
Saturday	08.20-13.00	Closed
Sunday	Closed	Closed



Apple, Parsely & Prune Stuffing

Serves: 12
Prep: 30 minutes

INGREDIENTS

- 1 onion, finely chopped
- 4 apples, peeled, cored & chopped
- 8 slices thick bread - crumbled
- 113g butter, melted
- 3 sticks celery
- 12 prunes, pitted & chopped
- 1½ teaspoons salt
- 85g parsley, finely chopped
- 1 teaspoon sage, chopped
- 1 pinch ground mace
- 1 pinch ground nutmeg
- 1 pinch ground cloves

INSTRUCTIONS

Thoroughly mix all ingredients together in a bowl, cover and chill overnight.

Use to stuff as desired or spoon into a oiled dish, cover with foil and bake at 180 °C

