



# Clinic Newsletter

## *New Osteopath in Moffat*

We are very pleased to welcome Florence Leo M.Ost, who joins the Moffat practice this month.

Florence obtained her M.Ost Masters in Osteopathy from the British School of Osteopathy in June 2010. Prior to this, she spent four years working within a neurological rehabilitation unit at the Wellington Hospital in London. This gave her additional insight into the remedial care and rehabilitation of the whole spectrum of neurological complaints and disabilities alongside her traditional osteopathic techniques.

She also spent two years working in the orthopaedic, cardiac and ICU physiotherapy unit at London Bridge Hospital and so is experienced in lymphatic and postural drainage techniques as well as post-operative rehabilitation.

Florence was born and raised in France and, before moving to London, spent a few months working as an assistant in the paediatric emergency department at C.H.U. (Centre Hospitalier Universitaire) Bordeaux, France. In 2009 she completed a cranial osteopathy diagnosis workshop with Luc de Moal D.O. and is continuing her cranial osteopathy training as she is keen to expand her treatment of infants and children.

She has a keen interest in sport injuries and chronic pain presentations and tries to find a tailored, whole person approach to assist her patients towards recovery. Florence speaks fluent English and is also proficient in Arabic!

Initially, Florence will be working on Tuesdays, Wednesdays and Saturdays. If you think you, or anyone you know, may benefit from a consultation with Florence please call or visit us and Mike will arrange an appointment.

## *Hay fever Remedies*

Hay fever can occur at any time between February and September depending on the pollen responsible. If you are one of the 15% of the UK population affected, here are some remedies you can try to reduce your misery!:

The best way is to **avoid** the pollen:

- Keep windows, doors and car windows closed and wash or wipe down pets with a damp cloth after they have been in grass..
- Rinse your face and eyes with cool water after exposure.
- Apply vaseline to your nostrils and eyelashes to catch the pollen

**Enhance** your immune system:

- Use local honey - 2 teaspoons daily to enhance your resistance to local pollens
- Try replacing your usual tea or coffee with nettle tea - it can reduce your reaction to the allergens in the pollen. Butterbur herbal extracts may also help.
- Consult a naturopath for help in improving your overall health

**Relieve** an attack:

- Use antihistamines from your pharmacist e.g. acrivastine is quick-acting and cetirizine is long-lasting.
- Try asking your G.P. about Capsaicin nasal spray, made from an extract of chillies, capsaicin is useful for soothing many inflammatory conditions including hay fever.

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## Some General Anti-Ageing Recommendations (or how to live healthily!)

- Eat organic whole foods
- Use so-called “staple” foods as garnishes as opposed to using such foods as the dominant part of your diet. For example, use a handful of rice with a curry or stir fry instead of making the rice the largest portion of the meal. Ask in clinic for the guide about healthy eating or check out the clinic guides on the website [www.juliawilliams.co.uk/Injury\\_Guides.html](http://www.juliawilliams.co.uk/Injury_Guides.html).
- Eat complex meals with fats, protein and complex carbohydrates. A roast dinner with plenty of meat and vegetables is good for most people.
- Fill half of your plate with colourful vegetables.
- Slow cook food on a low heat whenever possible, preferably in one pot to avoid losing juices and nutrients. Steam vegetables if cooking them separately
- Snack on berries (fresh, frozen or dried), nuts and seeds, oatcakes and dark chocolate.
- If you are going to have an indulgent day, make it the full day and only once or twice a week.
- Consider a good daily multivitamin and mineral and omega-3 oil. Generally we have enough omega 6 and 9 oils so don't believe the packaging. Women of menstruating age should consider taking a mild iron supplement for a week in every month, especially if you don't eat much red meat.
- For most people, an epsom salt bath once a week provides an excellent boost and relaxes the mind and muscles.
- Listen to your favourite music and dance too! Stress and anger lead to shallow breathing which stresses the body on a cellular level - singing and dancing enhance your breathing!
- Use, wherever possible, biodegradable beauty and cleansing products and household cleaning products. Follow good hygiene principles and use a hand cleanser regularly.
- Follow the 80% (90% if you have a health problem) rule - keep it good and healthy 80% of the time and you can afford to indulge. *Moderation in everything - including moderation!*

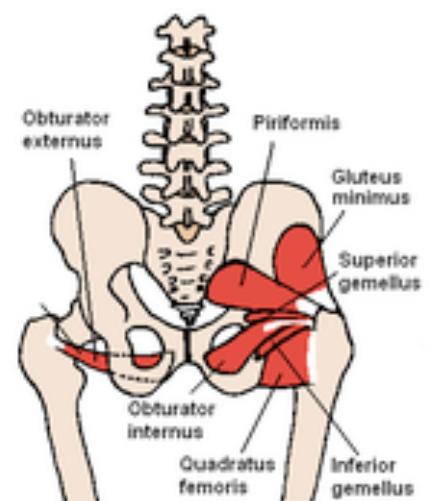
## Osteopathic Treatment for Weak Pelvic Floor

A recent trial at the German Academy of Osteopathy (AFO) (IJOM 13, 2010) found good improvements in the level of symptoms of women suffering from urinary voiding dysfunction (stress incontinence) and recurrent cystitis. The treatment aimed to strengthen the pelvic floor.

The pelvic floor can become weak either by direct trauma e.g. childbirth or, more commonly, due to a dysfunction in the pelvic girdle such as that caused by a sacroiliac joint strain or other low back injuries.

Unstable or injured low back or pelvic joints result in the local muscles becoming mechanically disadvantaged - literally it is difficult for you to use them effectively however much you try and strengthen them. Many women (and men) suddenly find a great improvement in the ease and effectiveness of their abdominal and pelvic exercises.

Interestingly, another study at the AFO looking at men with urinary voiding dysfunction due to benign prostatic hypertrophy found similar positive benefits.



Low back and pelvis. Wiki pics.