



# MANOR HOUSE PRACTICE

Autumn Newsletter 2018

Great News Gift Vouchers can now be purchased online via a button on the home page of our website

[www.manorhousepractice.co.uk](http://www.manorhousepractice.co.uk)

Gift vouchers can be purchased in denominations of £40, £50 and £100, payment is made via Paypal. The vouchers can be redeemed against any therapy and have no expiry date.

Don't forget the following therapies can be booked on-line at any time day and night! Osteopathy, Massage, Physiotherapy, Acupuncture, Counselling, Medical Herbalism and Shiatsu.

## Memories of 2018 and Autumn Advice

On Sunday 22<sup>nd</sup> April I ran what turned out to be the hottest London Marathon on record! My finish time was no where near what I'm happy with but it was an amazing experience that I really enjoyed and best of all my efforts raised £4150 for Alzheimer's Research which raised over £600,000 in total (enough to fund research for 3 years). A massive thank you to everyone for your support.

I also competed in my first Triathlon in May which was the extremely fun Beccles Tri. Next year I will be trying to do more triathlons and will hopefully need to make room in my home office for a load of medals!!!

My Autumn advice usually consist of explaining how we need to stay active over the winter months to prevent our bodies stiffening up and becoming prone to injury, well this year I think I'm going to give some different kind of advice. As Osteopaths we often work on the idea of the Biopsychosocial model which helps us look at each individual's health holistically and not just as a "neck ache or back strain". With this in mind my advice for the Autumn is this - look at this picture and see if you can improve one thing from each circle ie half hour walk 5 times a week, catching up with friends and family for a chat and perhaps giving your mind some space to rest by turning off "blue light" screens early in the evening and getting 7 plus hours sleep per night. It might sound basic but I've found that basic advice is often the best kind and most effective.



**Special Winter Offer - 10% off osteopathy appointments**

**We're pleased to offer our customers a 10% discount on your next osteopathy appointment. This discount is valid up until 31<sup>st</sup> January 2019, one booking per patient. To claim your 10% discount simply quote reference 'Winter Newsletter' when you make your booking and then either print out or bring a copy of this email on your phone to show us when you attend the appointment. Offer excludes virtual osteopathy.**

**Wishing you all a healthy, happy Autumn/Winter**  
*Best Wishes Kathryn Macdonald MD*