



MANOR HOUSE

PRACTICE

January Newsletter 2018

Happy New Year to all our patients. Last year we delivered over 7,000 appointments to help people.

Update on our online booking service.

It is now available for Osteopathy, Physiotherapy, Acupuncture, Medical Herbalism, Shiatsu, Counselling and Massage with Cath Hutchison and Beckie Smith.

Focus on Food Herbalism -

Coffee

U.S. and Italian research has shown that 3 or more cups of caffeinated coffee daily has the following effects -

Reduced risk of **Type 2 Diabetes** by 11%, 'significantly' lower incidence of **Parkinsons Disease** AND helps control movement in sufferers of Parkinsons. Lowers the risk of **Liver Cancer** by more than 50% and reduces risk of death from **cirrhosis** by 66%. 4 cups of coffee reduces risk of **heart disease** by 11%.

Blackcurrants

Blackcurrants have really high levels of Vitamin C compared to other fruits, it's the vitamin C that offers the benefits that have been researched. These include **improved memory** in older people, better **recovery from exercise**, looks after your **eyesight** and preserve **healthy teeth and gums**.

News from the practice

Beckie Smith, Sports Massage Therapist is available for appointments on a Saturday.

Kathryn has had her London Marathon place confirmed, she will be running for the charity Alzheimers Research UK - Kathryn feels supporting this charity could help get one step closer to finding a cure for this most cruel disease that steals away people from themselves and their loved ones long before their time.

Kathryn started her training in October and is running 3 times a week. She completed a 5 mile run on Boxing Day and is signed up for a half marathon on 4th February, which should give her race experience and an idea of her expected London Marathon time. The London Marathon is on Sunday 22nd April.

Please support her when in the practice OR via her 'just giving' page on the link below. She has pledged to raise £2,500.

<https://uk.virginmoneygiving.com/KathrynMacdonald1>

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 31st March 2018, one booking per patient. To claim your 10% discount simply quote reference 'January 18' 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 Winter
Best Wishes Kathryn Macdonald MD