

The Manor Lodge Clinic

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heal and restore your body

Visit us at www.manorlodgepractice.co.uk

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Manor Lodge News

Through our newsletters we hope to bring you relevant information on osteopathy, health and nutrition as well as a few exercise fads on the way.

Whats in this article

- Vitamin D: Why you want to get some
- Yoga for chronic back pain
- Boost your body with fats
- Exercise of the month

For more information on The Manor Lodge Practice you can visit our website or find us on Facebook.

A note on Vitamin D;

“get me some of that!”

Vitamin D; the sunshine vitamin could be the missing link in your diet right now, here is why...

Vitamin D is needed for healthy bones, cell growth and repair, as well as optimum nerve, muscle and immune function. It is produced by the body as a result of the interaction of sunlight/daylight with the skin. Vitamin D can only be stored by the body for around 60 days so we need regular exposure to daylight in order to ‘stock up’.

In an ideal world, we would be exposed to plenty of summer sun so that our bodies will have enough vitamin D stored for winter. Not true for 2015! In fact, it is thought that more than 50% of the UK adult population aren't reaching their quota for vitamin D.

There are 3 main reasons for vitamin D deficiency:

1) Your vitamin D requirement suddenly increases

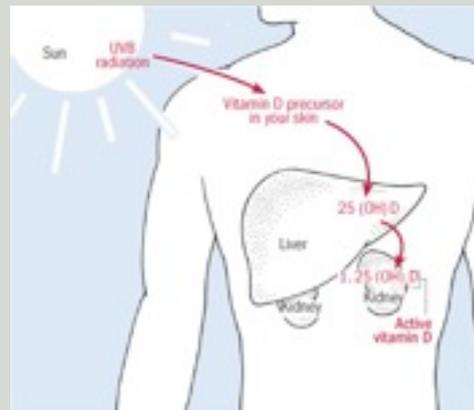
e.g. Pregnant women and children need more vitamin D for healthy cell development, especially for nerve, muscle and bone health which is why many children's cereals are fortified with certain vitamins including vitamin D.

2) Your body is unable to make enough vitamin D

e.g. If you are elderly or housebound you may spend less time outdoors and have less sun exposure. While some diseases make it more difficult

for the body to absorb vitamin D through the gut e.g. abdominal diseases such as Crohns and Coeliac.

3) Your diet is lacking in dietary sources of vitamin D. If you follow a vegetarian or vegan diet you may struggle to include enough vitamin D into your diet simply because the richest sources tend to come from animal products*.



As osteopaths it is important for us to recognise different groups of people who may be at risk of vitamin D deficiency** as it can present as muscle weakness and bone pain - symptoms that are common place in our practice.

If you are going to use a supplement check that the supplement contains vitamin D3 rather than vitamin D2 since trials have shown that it is more effectively absorbed by the body. Vitamin D deficiency is associated with many modern diseases; diabetes, heart disease, cancer, auto-immune disorders as well

so it is very important that you try to get as much vitamin D into your diet as you can especially if you are already suffering from any of the above. Don't delay, get your vitamin D quota today!

*Great dietary sources of Vitamin D include oil fish such as salmon, tuna and trout or a simple cod liver oil supplement. Eggs, milk, tofu and fortified cereals are also good sources of the vitamin.

**Other symptoms may include feeling run down, mentally foggy and fatigued.

Got back pain? Do yoga

New research suggests yoga is more effective for chronic low back pain than more conventional methods, including manual therapy (eek!).

The research was based on patients with non-specific low back pain (not including those with acute pain or associated nerve pain) taking part in one 75 minute workout, once a week for 12 weeks and showed a positive correlation between movement and improvement. This evidence reinforces what osteopaths have been saying for years - that movement is better than rest.

Many of the patients we see are too scared to move and just need suggestions of exercises that they can perform comfortably at home. Staying 'stiff' or moving awkwardly while you're in pain only maintains your symptoms for longer than necessary, while its not always a great idea to carry on with all your daily chores, keeping moving is advisable.

Your osteopath will be able to show you some simple moves to try at home or for more information about the trial or to view a video of the types of moves used in the rehab program visit <http://www.yogaforbacks.co.uk/>.

Not all fats are bad - Lets talk Omega

Fats have a bad reputation (its probably the name) but what we need to realise is that we *need* fats in our diet for cell growth, energy, hormone production and many more vital processes in the body.

There are 3 types of fats

1. Saturated (bad) 2. Unsaturated (good) 3. Essential* (necessary).

The third group are especially important because, unlike the other two, our body cannot make them. These truly essential fats are Alpha Linolenic Acid (ALA/LNA) and Linoleic Acid (LA).

Great sources of ALA include flaxseed (oil / ground / whole seeds), walnuts as well as oily fish (salmon, sardines, tuna) and eggs.

Great sources of LA include olives and olive oil, chicken, turkey, beef, sausages, peanuts, almonds, wholegrains and butter.

If you are trying to follow a low fat diet this january, remember to include some of these 'good fats' to keep your body running smoothly.

Strength: Yoga

'Tadasana'



Also known as Mountain pose. The name of this pose evokes images of a stable rooted base of support and a crown that reaches for the heavens.

This is a strong pose that promotes postural strength and supports the natural curves of the spine and arches of the feet. It also helps develop good balance.

How to do it:

Stand with feet together, look straight ahead and open your palms to the front - opening the chest.

Engage the arches in your feet so that you 'lift' up' through the arches and legs, think tall and imagine someone has a string attached to your crown so that there is a gentle 'lift' occurring at the back of your head.

Feel how your abdominal and pelvic floor muscles engage in this pose.

Try to relax the abdominal diaphragm so that you can take long, big breaths in and out.

Stay in the pose for as long as you need until you feel grounded to the floor and relaxed in yourself.

Advanced option:

Close your eyes and feel how your body adjusts to the lack of visual stimuli. NB: It is not advisable to close your eyes if you are prone to poor balance / falling.