

IN A NUTSHELL



WALNUT GROVE CLINIC. Slade Road, Portishead, North Somerset. BS20 6BB
Tel: (01275 818303) Website: www.walnutgroveclinic.com

Volume 4, Issue 12

December 2011

Who's Who?

Osteopathy

Zara Ford
Alex Prince
Sam Maddock
Kathryn Harper
Steve Harper
Annastasia Fraser

Traditional Chinese Medicine/Acupuncture

Dr Zhang Tong

Holistic Massage

Michelle Jenkins

Physiotherapy

Linda Isaacs

Hypnotherapy/ Psychotherapy

Gary Condon

Psychologist

Claire Semple

Homeopathy

Wendy Heath

Nutritionist

Philippa Parish

Orthotics

Lisa Williams

Pilates

Sue Gilbert
Justine Blaber

Alexander Technique

Bethan Evans

Yoga

Deborah Clarke

Clinic Manager

Pat Baines

Reception

Sheelagh, Raffy,
Sue & Carole



VOTE FOR ZARA



Zara qualified from the British School of Osteopathy in 1992 and the British College of Acupuncture in 1994.

Her first job was in Milton Keynes in a large sports injury and multi-disciplinary clinic on which this clinic is modelled.

Zara started Walnut Grove Clinic from a room at the dentist next to the Folk Hall on the High Street in October 1992 and moved to the current location only one year later. She used to live here as well but now there's no room!

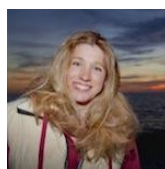
Many athletes at all levels have been treated at the clinic.

Zara went to the Sydney and Athens Olympics with the track and field teams and only missed out on Beijing as the World Speed Wind Surfing Championships was on at the same time!

Most of you know that her main hobby is windsurfing. She holds two speed world records, and is the ranked No 1 in women's speed in world right now.

Zara is amongst five competitors who have been nominated for Windsurfer of the year 2011.

Vote for Zara



Log on to
<http://ukwindsurfing.com/woty/>
closing date 31/12/11



CHRISTMAS OPENING HOURS



An Osteopath will be at the Clinic on the following days:-

21st, 22nd & 23rd December - normal working

24th - 27th inc. - closed

28th, 29th, 30th - emergency service only

1st - 2nd January - closed

3rd January - normal working hours



If you need an emergency appointment over the Christmas/New year period, please phone the Clinic before 10am and we will do our best to fit you in the same day.



Tis the season to be jolly!



Hangover

Acute symptoms such as a headache, nausea and/or vomiting as a result of recent, excessive consumption of alcohol.

The following may be helpful for hangovers along with drinking plenty of water.

Chlorophyll, Evening Primrose Oil, St John's Wort, Vitamin B-Complex.



Stress

Stress is a physical, chemical or emotional factor that causes bodily or mental tension and is a contributing factor to disease.

The following can help improve a person's ability to cope with stress in their lives.

Ginseng, St John's Wort, Licorice Root, Magnesium, Nutri-Calm, Vitamin B-Complex.



Indigestion

The following remedies may be helpful in easing ordinary indigestion.

Alfalfa, Aloe Vera, Catnip & Fennel, Fenugreek & Thyme, Food Enzymes, Ginseng, Papaya Mint, Peppermint.



Just for Christmas



What's the most popular wine at Christmas?
'Do I have to eat my Brussels Sprouts?'

What do you call someone who doesn't believe in Father Christmas?
A rebel without a Claus!

A Christmas thought
STRESSED is just DESSERTS spelt backwards



I made myself a snowball as perfect as can be
I thought I'd keep it as a pet and let it sleep with me
I made it some pyjamas and a pillow for its head
Then last night it ran away but first it wet the bed!!!!



To all our Patients

Thank you for your continued support throughout 2011 and may we wish you all A Very Happy Christmas and a Prosperous New Year.

From Zara, Practitioners and Staff.



Contact Details

Walnut Grove Clinic
Slade Road, Portishead,
North Somerset. BS20 6BB

Tel: 01275 818303
Fax: 01275 814195

Website:
www.walnutgroveclinic.com
Email:
healthcare@walnutgroveclinic.co