

IN A NUTSHELL



WALNUT GROVE CLINIC. Slade Road, Portishead, North Somerset. BS20 6BB
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Who's Who?

Osteopathy

Zara Ford
Alex Prince
Sam Maddock
Kathryn Harper
Steve Harper

Traditional Chinese Medicine/Acupuncture

Dr Zhang Tong

Sports Massage

Lorraine Shaw

Holistic Massage

Michelle Jenkins

Physiotherapy

Linda Isaacs

Hypnotherapy/ Psychotherapy

Jackie Fisher

Homeopathy

Wendy Heath

Nutritionist

Philippa Parish

Pilates/Personal Trainer

Simon Perry

Clinic Manager

Pat Baines

Reception

Sheelagh, Raffy & Sue

Philippa our Nutritionist

At school Philippa was interested in all the sciences, which she studied for A levels and went on to study Food Science at Reading University.

She worked in the Food Industry for 17 years, where she gained invaluable knowledge of the content of processed food and food additives.

In 2005 she gained a Diploma in Nutritional Therapy from the Institute for Optimum Nutrition in London. She is a member of the British Association for Nutritional Therapy, and The Nutrition Therapy Council.

Philippa offers help to the Indigo Project, a charity that gives support to children who self harm.

She also works as nutritionist at Clover House in Saltford, near Bath, a clinic that specialises in treating children aged 3-20 using three therapies: nutrition, massage and imagery.

She is a qualified swimming teacher and in her spare time likes playing badminton and hockey, jogging, swimming and cycling. Once a year she goes skiing and has been learning snow-boarding (but keeps falling over).

As a Nutritional Therapist, Philippa uses her knowledge and her experiences to help her clients understand the biochemical reason for their problems and how foods (good and bad) play a part in their current situation and recovery.



Philippa Parish



Lounge
View from back garden
Patio area

Cottages for Rent

Warm comfortable Cottages backing onto beautiful Chesil Beach. Sleeps up to 8 people in 3 bedrooms.

This is the perfect base for a beach side holiday. Close to many water sports, fishing activities, cycle trails, walking, climbing, and bird watching.

For more information contact Pat at Walnut Grove Clinic. Telephone no. 01275 818303 or visit the Websites: www.Beachcomberscottage.com
www.Pebblepickerscottage.com

ARTHRITIS

Arthritis, which involves inflammation of the joints (accompanied by pain, swelling and deterioration of the joints), is a common problem in modern society. It was once a problem largely confined to the elderly, but is now affecting people at younger and younger ages.

There are two basic types of arthritis. Osteoarthritis is a non-inflammatory degenerative joint disease that affects the tissue and fluid between the bones. This results in pain, stiffness or restricted movement and weakness. It can develop over time from everyday wear and tear on the joints or even a lack of enzymes in the diet.

Rheumatoid Arthritis is an autoimmune disorder. Theoretically, the body gets confused and attacks its own joints.

Most arthritis sufferers are using non-steroidal anti-inflammatory drugs. Initially, these drugs may knock out the pain and seem like a solution, but they are not removing the cause. Other arthritis sufferers opt to use corticosteroids or undergo surgical repair or replacement. Killing pain does not get rid of the causes of arthritis. In natural therapy we are seeking to eliminate root causes.

Arthritis is caused by irritation to the joints. The irritation must come from somewhere. Remove the irritant causing the problem and irritation to the joints ceases.

In working with arthritis naturally, start by drawing better circulation into the affected areas to help them to heal. Massage and gentle stretching exercises combined with topical application of Tei Fu Essential oils or Deep Relief oils will also help ease pain.

Glucosamine is an amino sugar normally found in the human body and is the base material for making up mucous membranes, ligaments, tendons and synovial fluid in the joints. It helps joints to heal.

These products could also help: Aloe Vera, Evening Primrose oil, Everflex, Flax seed oil, Liquorice Root and Magnesium.

Don't ignore minor injuries – After a sprain, remember the rules of **RICE** and **HARM**:

- **Do:** **R**est, **I**ce (apply a bag of frozen peas wrapped in a tea towel to the area), **C**ompression (for example, a tubigrip), **E**levation.
- **Avoid:** **H**eat, **A**lcohol, **R**unning (any exercise will exacerbate the swelling), **M**assage.



What am I?

I am the beginning of the end and the end of time and space. I am essential to creation and I surround every place.

What always runs but never walks, often murmurs, never talks, has a bed but never sleeps, has a mouth but never eats?

When young, I am sweet in the sun. When middle-aged, I make you happy. When old I am valued more than ever.

Answers: The letter "E", A River, Wine

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