



WeaverHouse News



Winter 2016

www.weaverhouse.com

01270 629933

WINTER EDITION



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Sudoku - Medium to hard

Hi Everyone.

I trust you all had a lovely Christmas and New Year !

Things have been really busy here at WeaverHouse. We have 2 new Osteopaths that have joined the team – Garreth Wagg and Katy Teasdale. Both offer very different treatments.

Garreth is more hands on to his approach, where as Katy offers a cranial approach and specializes in treating babies, with I have to say, amazing results !!

The weather has been amazingly warm here in Nantwich, and the days are slowly beginning to stay lighter towards the early evening. Spring will be here in no time at all!

I do hope that 2016 brings you all health and happiness.

We look forward to seeing old, new, and present clients at the practice throughout 2016.

Keep dry and stay warm !!

***Kindest Regards, Andy
Practice Manager***

Do you know our opening hours ?

Mon and Fri 8am to 6pm

Tue, Wed, Thurs 8am to 8pm

Sat 9am to 2pm

Tel 01270 629933 Fax 01270 626711 Contact us at info@weaverhouse.com

For more information please visit www.weaverhouse.com

****FREE BACK CHECK **FREE BACK CHECK****

Due to the massive success of our Free Back Check campaign, we have decided to make this a permanent offer for new and existing clients, their friends, and family. We have specially printed gift cards available that entitle you to offer anyone you know, a completely free back check with no obligation. The check lasts for 15 minutes, and a case history will be taken. If you would like to take advantage of this offer, please ask your Osteopath for a gift card. You can also ask one of our reception team.

New Year New You ?

Marie Easom, our Hypnotherapist here at WeaverHouse offers Hypnotherapy to help with Stopping Smoking to the fear of flying. Marie is at the Practice here in Nantwich every Wednesday from 2-8 pm. There are always special offers and promotions on Hypnotherapy treatments, including a completely free, no obligation consultation. To see if Hypnotherapy could work for you. Call 01270 629933 now, to book your free consultation – New Year, New You !!

Canine Osteopathy !

Katy Teasdale, our newest addition to compliment the WeaverHouse Osteopathy Team also treats our Canine Companions ! If you think your dog, or indeed your vet thinks your dog, is suffering from a bad back, give the practice a call. They will be able to advise you of appointment availability as well as also give you a chance to talk to Katy about your concerns and ask any questions you may have before attending for the appointment. You can also find out more at www.weaverhouse-canine.com



Focus on Cranial Osteopathy

Here, our resident Cranial Osteopath Katy Teasdale explains a little about the treatment she offers here at WeaverHouse –

What is Cranial Osteopathy?

Cranial osteopathy is a refined and subtle type of osteopathic treatment that encourages the release of stresses and tensions throughout the body, including the head. It is a gentle yet extremely effective approach and may be used in a wide range of conditions for people of all ages, from birth to old age. Osteopaths may have different specialities including sports injuries, paediatrics, and visceral osteopathy (treating the internal organs of the body). Cranial osteopathy embraces all of these.

Involuntary Motion

Cranial osteopaths are trained to feel a very subtle, rhythmical shape change that is present in all body tissues. This is called Involuntary Motion or the Cranial Rhythm. The movement is of very small amplitude, therefore it takes practitioners with a very finely developed sense of touch to feel it. This rhythm was first described in the early 1900's by Dr. William G. Sutherland and its existence was confirmed in a series of laboratory tests in the 1960's and '70's. Tension in the body disrupts the rhythmical motion expressed in the body tissues. Practitioners compare what your rhythm is doing to what they consider ideal. This shows them what stresses and strains your body is under at present, and what tensions it may be carrying as a result of its past history. It also gives them an insight into the overall condition of your body, for example if it is healthy, or stressed and tired.

Accumulation of stress and strain in the body

When we experience physical or emotional stresses our body tissues tend to tighten up. The body may have been able to adapt to these effects at the time, but a lasting strain often remains. Any tensions which remain held in the body can restrict its free movement. Gradually the body may find it more and more difficult to cope with accumulated stresses and symptoms may develop.

