



“walk back to health...”

Well Autumn is here, the leaves are beginning to fall and the nights are drawing in, make the most of these last few weeks of light in the early evenings by getting wrapped up for brisk walks in the fresh air.

As you will know October is Breast Cancer awareness month, Dublin city marathon and World Spine Day on October 16th. As usual the practitioners have done some articles on the relevant topics for the month. Also keep checking our website for the latest offers and clinic news.



Breast Cancer & Acupuncture

Persistent fatigue a common symptom for breast cancer survivors.

The American Association for Cancer Research have presented results at third AACR conference which identifies persistent fatigue as a common symptom in women who have successfully completed breast cancer treatment programs. These men and women may also experience pain, sleep disturbance, depression, anxiety, weight gain and treatment induced menopausal symptoms. These findings would compare with my own clinical experience in treating breast cancer survivors, the transition from active treatment to cancer survivorship can be difficult.



In my opinion Acupuncture can make a significant difference to patients suffering from any of these symptoms as it treats the individuals core energy levels.

As a result of controlled clinical trials, acupuncture is acknowledged by the WHO to be an effective treatment for adverse reactions to chemotherapy and radiotherapy, depression, neck and shoulder pain, nausea. It also acknowledges a therapeutic effect in the treatment of insomnia, obesity / weight gain although without any controlled clinical trial data.

Refs: Source: American Association for Cancer Research (AACR)
Article Date: 02 Oct 2010 - 1:00 PDT
www.medicalnewstoday.com

Acupuncture Review and Analysis of reports on controlled clinical trials
www.who.int/topics.com

Amanda Hughes - Acupuncturist

Fitzwilliam Health Clinic Treatments

Chiropractic
Dr Gemma Bailey
Dr Patrick Ryder
45 mins: €60 (new client)
15 mins: €40 (regular visit)

Physical Therapy
Kevin O'Toole
1 hour: €65

Acupuncture
Amanda Hughes
1 hour: €65

Skin Clinic
Amanda Hughes
1 hour: €65

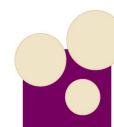
Sports & Remedial Massage
Kevin O'Toole
1 hour: €65

Chinese Herbal Medicine
Amanda Hughes

Pilates
Leslie Kelly
One 2 One - 1 hour €65
Classes - 8 weeks: €140

Naturopathy
Una Lynam
1 hour: €65

Gynaecology/Fertility Clinic
Amanda Hughes
1 hour: €65



FITZWILLIAM HEALTH CLINIC

FITZWILLIAM HEALTH CLINIC

Fitzwilliam Health Clinic,
19 Fitzwilliam Square South,
Dublin 2.

Phone: 01 6618949/52
E-mail:
info@fitzwilliamhealth.ie
www.fitzwilliamhealth.ie

“walk back to health...”

World Spine Day - 16th October 2010



As it is world spine day next week we are offering our current clients €5 off a Spinal Adjustment on Thursday 14th October, Friday 15th October & Saturday 16th October - Please mention World Spine Day to avail of your discount when booking your appointment.

We are also offering new patients €20 off an Initial Consultation on the above days or a free 15 min Spinal Assessment throughout October. Pass this info onto your friends and family and get them to mention the Worlds Spine Day offer when booking in.

What Chiropractic can do for you!

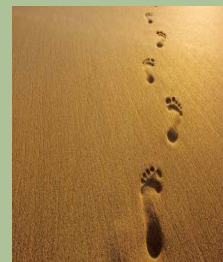
Chiropractic treatment is a comfortable, safe, effective healthcare for problems relating to bones, muscles joints and nerves. In particular Chiropractors endeavour to identify and correct functional problems of the spine and nervous system.

We can help you your friends, family and colleagues with the following conditions:-

- Neck pain
- Migraine/Headaches
- Mid-back and rib problems
- Lower back pain
- Pelvic dysfunction
- Sciatica
- Disc problems
- Arthritic & joint pain
- Extremity injuries
- Stress related symptoms
- Children's Clinic

10 Tips for a Happy Spine

1. Exercise regularly. This does not have to be anything overly strenuous. Something as simple as a daily walk can make a huge difference.
2. Eat A healthy diet. Proper nutrients allow the body to repair itself easier
3. Maintain good posture. Are you sitting up straight as you read this?
4. Stretch your spine before and after sports. This will also help to loosen up the surrounding muscles.
5. Don't overload your backpack or purse? Remember to carry it over both shoulders to balance the load (if possible).
6. Stretch your legs and back after each hour of sitting. Whether in a car or at a desk, stretching regularly will help to keep you from tightening up or injuring yourself further.
7. Never cradle the phone between your neck and shoulder.
8. Sleep on your back or side, not on your stomach. This helps to keep your spine in line and reduces the risk of hurting your neck while you sleep.
9. Invest in a good chair, pillow and mattress. When you think about the amount of time you use these things each day, it's worth it.
10. Have regular spinal check-ups. It's much easier to prevent a problem than to correct one.



“walk back to health...”

“walk back to health...”

Marathon Training Program: Tapering

Many runners fail to realize that one of the most important aspects of marathon training is the taper phase. Reducing weekly and long run mileage during these final two weeks is vitally important so that you will be fully recovered from previous workouts while at the same time, be completely rested for the big event. For the sake of the discussion that follows, we will assume that marathon is scheduled on a MONDAY. Furthermore, I will refer to the taper period as the time that spans the two-week period prior to the marathon right up to SUNDAY night (the day before the race). Topics that will be presented in this letter among others, will include physical preparation, nutrition, and general tapering considerations.

Physical Preparation

- Cut back on the distance and intensity of your training runs during the two-week period prior to the marathon, eliminating long and hard efforts. See the Tapering Schedule that outlines the specific distances to run during this time.

Weeks to Go	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Total
3	12	Rest	6	8	6	Rest	4	36
2	14	Rest	7	Rest	5	Rest	4	30
1	10	Rest	6	Rest	4	Rest	1-2 Op- tional	20-22
0	Rest	26.2	Rest	Rest	Rest	Rest	Rest	26.2

- You will need to make a decision whether you wish to take either/both Saturday or Sunday as a complete leg rest day(s) on marathon weekend.
- Listen to your BODY. Remember, there are no workouts the week prior to the marathon that will enhance your preparedness for the race. An important rule of thumb is "Less is Best", particularly if you are feeling either physically or mentally tired and/or your leg muscles are fatigued/achy, etc.
- Keep stretching as much as possible during the couple of weeks prior to the marathon. This should be done every day!
- Consider getting a leg massage no more than four days before the marathon. If you've never had a leg massage, don't try it now!
- Clip long toenails and treat blisters and calluses the week or two prior to the marathon.

Nutritional Issues

The Week Prior to Your Marathon

- As you reduce your mileage during the last week, realize that you will not be burning as many calories. Thus, you may gain one or two pounds if you don't cut back a bit on the quantity of your servings early in the week.
- Use care in selecting foods to eat during this time period, aiming for nutritious and healthy items rather than snack/high fat products.
- Hydrate well the week before the marathon and in particular, during the carbohydrate loading period (three days prior to the marathon). Research indicates that carbohydrates convert to glycogen more effectively when accompanied with the consumption of water. This is the time when you may gain a couple of pounds, but don't worry about it. This will be your energy fuel during the marathon!
- As mentioned above, carbohydrate loading begins three days before the marathon. Choose foods for lunch and dinner that are high in carbohydrates (e.g., pasta, potatoes, rice, etc.). Don't neglect fruits, vegetables, and some protein sources however. Try to really scale back on fats during this time.



FITZWILLIAM
HEALTH CLINIC

FITZWILLIAM HEALTH
CLINIC

Fitzwilliam Health Clinic,
19 Fitzwilliam Square South,
Dublin 2.

Phone: 01 6618949/52

E-mail:

info@fitzwilliamhealth.ie

www.fitzwilliamhealth.ie

“walk back to health...”

The Evening Prior to Your Marathon

- Be sure to eat carbohydrate products that have been "tried and proven" during your training period. Keep pasta sauces simple, avoiding high fat varieties (e.g., alfredo, pesto, etc.). Avoid eating lots of salad items and vegetables (roughage) as these may prove to be troublesome on race day and can cause digestive problems.
- Stick to water during the evening meal. Because coffee and tea contains caffeine, these products may make it difficult for you to fall asleep easily. Keep in mind that caffeine (as well as alcoholic beverages) are diuretics which contributes to dehydration.



Experimentation

Don't try anything new the week prior to, or during the marathon.

Rest

- Aim to get lots of sleep the week prior to the marathon. Try to go to bed early Sunday night and wake up very early Monday morning. This will enable you to get into the rhythm of preparing to wake up early Sunday morning. The most important night for sleep is Saturday evening as many people find it difficult resting/sleeping soundly the night before the marathon. If you don't get a restful night's sleep Saturday, that's fine as long as you sleep well Friday.
- After your Sunday evening meal, try not to think about the marathon anymore. Instead, watch television, read (about something other than running), or find something else restful to do until you turn in for the evening.
- Prior to retiring, have two alarm systems set to wake you up (alarm clock, wake-up call, running watch alarm setting, etc.). While this may seem a bit excessive, the key here is not to leave anything to chance.
- Wake up early enough to eat, make visit(s) to the bathroom, and take care of anything you feel the need to do so as not to feel rushed. The idea in the few hours before the marathon is to relax as much as possible and stay off your feet.

Life After the Marathon

After experiencing the personal satisfaction of completing one's first marathon, many runners are interested in resuming their training immediately. While completing a marathon is quite exciting and motivating, extreme care must be taken in the weeks following the marathon regarding the rebuilding mileage of to pre-marathon levels.

The effects on the muscular-skeletal system are tremendous, as muscles have experienced micro-trauma, a fancy word for very small tears of the muscular tissue that normally occurs as a result of the physical demands of the marathon. This is a normal occurrence. These tears require adequate time to heal and regenerate. Jumping right into a heavy training schedule will slow down the recovery of muscles and soft-tissue. Even if the micro-trauma damage is minimal, the soft connective tissue and bones of the body are in a vulnerable state immediately following the marathon. To reduce the possibility of incurring an injury, a prudent approach to the full resumption of training should be taken. Some training resources state that runners should take a week or so off with no running after a marathon. Instead, it is recommended to engage in cross-training activities to maintain cardio-vascular fitness while at the same time, allowing the body to rest, recover, and heal.

My belief is that you must listen to what your body tells you. If you are experiencing muscular soreness, walking or easy cycling are ideal activities to loosen up the legs the week following the marathon.

Kevin O'Toole - Sports & Remedial Massage Therapist



FITZWILLIAM
HEALTH CLINIC

FITZWILLIAM HEALTH
CLINIC

Fitzwilliam Health Clinic,
19 Fitzwilliam Square South,
Dublin 2.

Phone: 01 6618949/52

E-mail:

info@fitzwilliamhealth.ie

www.fitzwilliamhealth.ie