



HOLCOMBE  
HEALTH CLINIC

# HOLCOMBE HEALTH CLINIC NEWS

spring 2021



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Hello everyone. It's been a while but we are so happy to be back with another edition of Holcombe Health Clinic news.

Spring is in the air and as the country slowly eases out of lockdown, we wanted to get in touch, let you know what we have been up to and what we are looking forward to: an embracing of fresh beginnings with our independent therapists opening again and new ones starting. Also look out for the announcement of our referral scheme offering a free 15 minute treatment of your choice with participating therapists.

As physiotherapy is classified as a medical treatment, the clinic has been open throughout lockdown and we have been delighted to help some of you with treatments for your injuries and pain-related issues. We are following strict safety measures and will continue to do so, for the safety of you and our clinic team.

Read on to find out more.

We hope to see you soon and in the meantime, wishing you a very happy Easter.

Lou x





# Clinic

by Alex Horne

Not so recent but news to some is that we welcomed Chartered Physiotherapist, Julie Burge, to the clinic back in November 2020, Very much aligned with our holistic approach to the management and treatment of personal and sports injury, Julie treats by assessing the whole person and tailoring management to individual needs.

With years of experience working as a physiotherapist in both NHS and private practice settings, Julie treats all musculoskeletal conditions specialising in dizziness associated with vestibular disorders, as well as chronic neck and back pain, sporting injuries, muscle strains and joint sprains.

Outside work, Pilates, reading, walking and cycling are her passions and you might often find her on Zwift in Watopia!

Part of a global team of specialist physiotherapists keeping elite players in peak physical condition, Lou continues to work for the WTA: in January at the Abu Dhabi WTA Women's Tennis Open and more recently at the Open 6ème Sens Métropole de Lyon.

Closer to home, as one of the leading physiotherapists within the Professional Jockeys Association, Lou travels to Newmarket and Chelmsford throughout the racing season and has a busy schedule coming up.

Louis graduated in September 2020 with a first class BSc Honours in Sports Therapy and Rehabilitation with an additional Sports Massage qualification. This allows him to confidently identify both chronic and acute injuries, develop specific rehabilitation plans to resolve them and prevent further complications. Since joining the team, he has been building up a client base despite the restrictions and barriers imposed by lockdown, introducing new treatments such as interferential electrotherapy and cryotherapy.

Both Remy and Louis are benefitting from Lou and Julie's wealth of experience and knowledge, with a programme of continued professional development being maintained. They are also looking forward to being able to offer Sports Massage again as a stand alone treatment from 12th April. Slowly getting back to normal!





## Studio

by Alex Horne

The studio has not been seeing its normal signs of life for such a long time now but before we know it (after all, 17th May is not too far away!), fingers crossed, we will be welcoming you back for group exercise classes, Yogalates, bespoke yoga, as well as relaxation and meditation classes.

Prior to this date, we will be reviewing our studio schedule and timetable and will keep you updated with our new programme of activity. We post regularly with clinic and studio news, videos, blogs and useful information on our social media pages on Facebook and Instagram; simply like and follow us to find out more.

Maybe you have been struggling to relax in these difficult times? Relaxation classes using guided meditation could be the answer, so when we are allowed, come and join our small group where Geraldine will take you through the techniques to achieve an inner calm.

## Yogalates club

Formed in the first lockdown last year, our online Yogalates club has been growing and going from strength to strength. And so have all the participants! Feedback has been excellent and it has provided a fantastic, fun and positive focus every Monday and Thursday morning. A lifeline for us all; thank you for your support.

If you haven't already joined us, you still can: a monthly subscription is £25 for eight live classes with class recordings emailed the same day (for more information, call 01634 817242 or book online [holcombehealthclinic.co.uk/product/yogalates-classes/](http://holcombehealthclinic.co.uk/product/yogalates-classes/)). Via Zoom, Lou and Lisa guide us through a programme of combined yoga and Pilates exercises which really do comprise a full body workout! Benefits include:

- . building greater strength and muscle tone
- . improving flexibility, agility and posture
- . working on balance and coordination
- . a more efficient respiratory system
- . a healthy spine and stronger back
- . a flatter abdomen, toned arms and thighs

For planning purposes, any thoughts, comments or feedback about our online offer, whether you intend to return to studio classes or what you would like to see included, would be most helpful and much appreciated.



Congratulations to Glowing Health's Hannah Presland who has recently had a little baby boy, Jack. Here she is with Lisa back in July 2020 practising baby yoga (not with real babies!).



## Nutrition

by Lisa Parker

The anticipation and excitement of seeing clients face to face again in the clinic is fast becoming a reality as thankfully, a light has appeared at the end of a very long tunnel! I have been 'seeing' clients via Zoom, FaceTime and WhatsApp calls, so on the one hand it's great that I have added some technical skills to my practice, but on the other, I can't wait to welcome people back into the clinic for a more personal experience. The video calls have helped me widen my client base outside of Kent and I will continue to offer this option, alongside face to face appointments, which will of course be run according to Covid-safe guidelines.

I have also been using my lockdown downtime for some CPD and have gained qualifications in Immunity Nutrition, Advanced Clinical Weight Loss, Advanced Sports Nutrition and Advanced Fertility Nutrition.

If the pandemic has taught us anything, it is that good health must never be taken for granted. Research is still ongoing into the effects of long Covid and nutrition plays such an important role in managing symptoms and more importantly, helping to prevent disease at the root cause.

Supporting the immune system and addressing obesity are the two most 'googled' health concerns of the past year but there is still a lot of misinformation on social media on the subject of nutrition.

Hippocrates' famous quote "Let food be thy medicine" has never seemed so important, so if you are feeling ill and looking to alleviate health symptoms, or even if you are well but want to optimise your chances of good health going forward, then a programme of Nutritional Therapy could be of benefit. Advice is always personalised and your health history, goals and dietary preferences taken into account. All advice from The Nutrition Pod is based on the latest scientific studies and facts – no fad diets or celebrity endorsements!

How can Nutritional Therapy help?

- Weight loss
- Identifying nutrient deficiencies
- Immune system support
- Improving energy levels/reducing fatigue
- IBS and general gut health improvement
- Lowering blood sugars/possible reversal of Type 2 Diabetes
- Lowering blood pressure
- Cholesterol reduction
- Better heart health
- Enhanced sports and exercise performance (from elite athletes to complete beginners)
- Improved mental health
- Better sleep
- Reducing headaches/migraine
- Better cognitive performance
- Alleviating menopause symptoms
- Maximising fertility chances
- Improving longevity chances
- Making sense of food labels and ingredients lists



For more information, follow The Nutrition Pod on Facebook and Instagram. To book an appointment, call Lisa on 07973 854389.



## Reflexology. Back to work. New beginnings

by Geraldine Penfold

Asking friends and family what part of the pandemic has been the most difficult, their response has always been the same. The lack of touch. No hugging, touching not even a hand shake. The sense of touch has never been so important and now we can see the light at the end of the tunnel, touch is going to be one of the most important recovery tools we have. Premature babies put on weight when they are regularly massaged, our body's systems respond to touch by boosting our immunity, lowering our blood pressure, decreasing stress hormonal levels, reducing pain, and in dementia patients, touch has been shown to reduce anxiety and irritability.

Reflexology is all about touch. Gentle, firm, positive and reviving touch. Using precision massage over the whole foot and ankle, reflexology pin points areas of stress and tension which are released by working into the reflex with a deep gentle movement. The science of reflexology works on the principle that there are reflex areas in the hands and feet which correspond to all the glands, organs, body systems and parts of the body. Reflexology treats the patient holistically involving the mental, emotional and physical signs of imbalance in the body. It is soothing, relaxing and so beneficial for reviving the body's systems that a treatment brings balance and homeostasis to mental, emotional and physical well-being.

There has never been a more important time to discuss our physical and mental health with studies showing the long term effects of the pandemic on both. Long Covid has been clinically recognised, presenting with symptoms of fatigue, brain fog, depression, nausea and insomnia. These symptoms are causing a lasting effect on our ability to move easily into the future. Reflexology has always been recognised as a complimentary therapy with its major benefit of relaxation and the reduction of stress and tension in an over worked or imbalanced body. Why not try it to give yourself a much needed boost in these stressful times?

As reflexology is recognised as personal care, I am delighted to be re-opening at Holcombe Health Clinic on 12th April for existing and new clients, confident that the cleanliness and safe-guarding followed by Holcombe Health Clinic and required by my professional body and government ensures the safety of the clinic team and my clients.

Benefit from the gentle touch of reflexology and enjoy the sensation of touch again. Call on 07870 812009 to make an appointment; I can't wait to see you.



## Personal training/ online coaching

Hi, My name is Adrian, from 4 more reps, but everyone calls me AJ.

I am a personal trainer and online coach, passionate about helping men and women aged 30-55 to get stronger, fitter and leaner. To create 'Everyday Athletes' who want to live life to the full and feel great!

These are just some of the benefits of my programmes:

- Fat loss
- Strength gains
- Building lean muscle
- Increased cardiovascular fitness
- Increased mobility
- Improved sleep
- Lower blood pressure
- Stress relief

## Face to face or online?

I have heard this question a lot since the first lockdown. The answer? It's totally up to you. It all comes down to preference.

With both you get:

- Accountability
- Tailored to you programmes
- Check ins
- Technique assessment
- Nutrition to complement your goal
- Support for your whole journey

Benefits of online:

- train anywhere you want
- workouts tailored to your equipment
- workout and nutrition trackers
- technique video and description
- lower cost

Benefits of face to face:

- increased accountability
- I will be there coaching you through each workout
- added motivation
- constant technique checks



For enquiries, please contact me on 07969 479258.

Follow me on:

Instagram @4morereps

Facebook 4 more reps with AJ



## Confidence coaching

by Andrea Barker

It is wonderful to know we are turning the corner on such a challenging time for us all and heading into spring.

Mental health and well-being has been a focus for many. This has also been a time to reflect on life, what is important to us and what things we would like to be doing when we can.

Over the last year I have worked with many clients through video consultations, to help them develop their confidence, self-esteem and manage anxiety. I have also written articles in local magazines and featured on BBC Radio Kent, though like many people, I am really looking forward to being able to get back to face to face appointments and running workshops at Holcombe Health Clinic.

Building on confidence levels, feeling better about yourself and who you are have such a positive effect on your life. Feeling more confident, self-assured, learning to like who you are can help you in going for the job or promotion you want, quell anxiety at interview and help you try new things that take you out of your comfort zone.

For example, maybe you would like to have the confidence to take those first steps in getting help with nutrition and fitness or join a class?

With a calm inner self-confidence, you feel more able to say yes to the things you do want and importantly say no to what you don't want. This helps you to set goals and know you are worth what it is you want to achieve.

What would you be like if you had self-belief, recognised your skills and talents and gave yourself a chance? It can be hard to make that initial step when you do lack confidence, however it is so worth it, and you will be looked after.

I am hoping to run small confidence workshops soon, with a maximum of six people. These workshops are amazing at moving you forward, developing a connection with others and having some fun too.

Here's to a brighter future.



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## Getting your feet spring ready

by Emma Thorpe

Spring has sprung, so we are thinking of getting our feet out of those thick winter socks and boots. But what might be lurking underneath?

**Fungal nail infections:** despite their name, fungal nail infections do NOT live in the nail. They live on the nail bed, ie your toe. The nail is built to protect the toe, so it is made of tough stuff. This means that you have to find something equally as tough to fight the infection. We have a couple of solutions to help you with this. It is a long term fix; anything that says it will fix it in two weeks is not worth the money you will pay for it.

**Fungal skin infections:** commonly known as athlete's foot, these little fungi live naturally on the feet, it simply takes the right conditions for them to spring into life.

Usually the feet are red, itchy and have 'dry' patches. In between the toes is very common. A good dose of Lamisil for a week can get rid of small patches - if you have a more serious case, it will take a bit longer. I can advise a treatment plan to suit. A very important thing to note, is that you **MUST** treat your socks and **ALL** footwear when you are treating your feet, because the fungus stays alive in them as well and this is where re-infection usually happens.

**Prevention is better than cure:** here are some tips to keeping your feet in tip top condition:

- ensure that you keep your feet clean and dry
- do, of course, moisturise your feet
- wash and dry your feet after exercise or if you have been working in boots all day
- ALWAYS dry in between your toes after a bath or shower
- put a clean pair of socks on each day - teenagers - what can I say?!
- if you have a fungal infection on your feet, put your socks on BEFORE putting your pants on, then you are less likely to get 'Jock itch'. You may laugh, but it's true!

If you would like me to help you get your feet into shape or have any other concerns, I run a Wednesday evening clinic at Holcombe Health Clinic from 4-9pm. Let's get those feet looking and feeling lovely!



emmathorpefoothealth@gmail.com  
07850 709210





## Skin tags and diabetes: what is the connection?

by Deborah Jones

Diabetes is a long-term condition that occurs when there's too much sugar in your bloodstream because your body is unable to process it correctly.

In a person without diabetes, the pancreas produces a hormone called insulin to help move sugar into the cells of the body. In someone with diabetes, the pancreas either doesn't make enough insulin, or the body doesn't use it as well as it should. Because of this, the sugar builds up in the blood. This can cause skin tags to grow.

Skin tags are small growths on the skin that hang from stalks. They are medically harmless, but they may be irritating. Because of this, some people choose to have them removed. It is a very simple procedure having them removed; a heat related electrical current is used for this process.

Those with diabetes may develop skin tags, but these growths also relate to a number of other conditions and lifestyle factors.

So if you get skin tags, it doesn't necessarily mean you have diabetes. However, if large amounts of skin tags do appear, it's a good idea to see your doctor. They may recommend testing for diabetes.

If you have skin tags and are fed up with them, book a consultation with Deborah, she will look after you.

You can then spring into spring skin tag FREE!



info@positive-pathways.co.uk  
07957 783163



## TD Aesthetics

by Tawa Dowling, RN, NIP

Hello, I'm Tawa, the owner of TD Aesthetics. I qualified as a nurse in 1994, and worked in cardiology, general surgery and cosmetic surgery in the NHS and the private sector. I moved to risk management and governance in 2002, working for the government regulator of health and social care for over 10 years. After this, I worked for private health and care providers, ensuring their services were safe and met government regulations.

I wanted to come back to patient interaction within my nursing career, and in February 2018, took the leap with my first aesthetics training course in anti-wrinkle treatments,

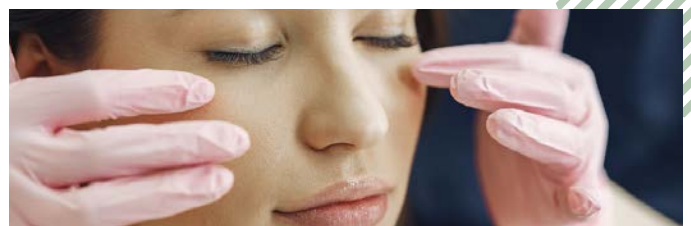
Since then, I've completed a variety of aesthetics training courses, in foundation level and advanced dermal filler injection techniques, skin rejuvenation via mesotherapy, injectable skin boosters, micro-needling, chemical peels and medical facials. In 2020, I qualified as an independent prescriber, meaning that I can offer a seamless service where prescription medications are required, as well as being able to respond quickly in the event of a complication.

I am a member of the British Association of Cosmetic Nurses, as well as the Aesthetics Complications Expert group, and various other aesthetic practitioner networks. This allows me to keep up to date with industry changes, innovations and training, bringing the best and most client-centred care to TD Aesthetics.

I love what I do, especially when I can see a client's confidence increase after their treatments. Everyone is different, and all clients are treated as individuals, with a detailed initial consultation to work out the best treatment plan for their needs. I want all my clients to find their own kind of beautiful at TD Aesthetics.

It's been a long lockdown, and I know people want to have their lives back! I'm eager to re-open and start offering consultations, skincare and treatments again, and I'm really excited to be part of the Holcombe Health Clinic team. All the necessary precautions will be taken when I re-open, so you can rest assured that you will be in a safe environment.

I will be at the clinic every other Saturday, and I'd love to meet you.



07952 442742 [info@tdaesthetics.com](mailto:info@tdaesthetics.com)  
tdaesthetics.com

# Refer a friend

We are delighted to announced our new referral scheme for existing clients which will give you the chance to try out a free 15 minute treatment from participating therapists in the clinic.

Fancy a relaxing hand or foot reflexology session, a personal training session for a 15 minute bodyweight workout that you can repeat at home later or maybe a glycolic acid peel involving a cleanse, tone, glycolic acid peel and moisturiser (usually worth £50!)?

Simply refer a new client to book a one hour initial assessment for physiotherapy, complete the voucher, choose your preferred treatment and hand over at reception! Let your friends know about us and we will treat you!



## REFER A FRIEND

Existing client .....

New client .....



01634 817242  
enquiries@holcombehealthclinic.co.uk  
www.holcombehealthclinic.co.uk



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### Terms & Conditions

- Introduce a new client to the clinic for a physiotherapy treatment (one hour initial assessment) and choose a free fifteen minute taster session for a treatment with one of our independent therapists (for participating therapists, please ask at reception)
- Complete voucher and present at reception to book treatment
- Offer is not redeemable for cash in any form