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PHOENIX PLACE FOR HEALTH  
Restore Renew Revitalize

# Newsletter



Wendy Wright

## Welcome to the December edition of our Newsletter!

We are all busy preparing for the festivities ahead and it is very easy to get caught up in the madness and forget about our own well-being. Our focus in this edition is to encourage everyone to look and feel their best.

I would like to wish you all a very Merry Christmas and a Happy and Healthy New Year.



As we head for the shortest day and Wintertime, can you imagine looking forward to cold and dark?

Let's embrace it as the Scandinavians do with the concept of "hygge" (hue-gah) meaning "cosiness" by lighting candles around the house and sitting by a roaring log fire.

Spending time with our family and friends, enjoying good food and drinks and having fun times.

Beginning to sound a lot like Christmas...

## Love high heels but dread actually wearing them?

Try these tips from our Alexander Technique teacher to reduce the strain:

**Standing:** Think of your calf muscles getting longer so your heel drops into the heel of your shoe. Don't lock your knees or your back will hate you.



**Balance:** Keep your head over your heels so your body weight goes down your spine, legs and heels to ground through those lovely heels.

**Walk Slow:** Imagine your spine moving forward and taking you with it. Your feet don't bend in high heels, so take small steps and let your hips swing and you'll have room to lift your whole foot and put it down flat.

## Tips To Combat Festive Indigestion:

TOP TIP

**Ginger:** Add fresh root ginger to foods or in a tea with or before meals.

**Celery:** Not just for the cheeseboard, munch on a stick to neutralise excess acidity.

**Pineapple:** A few chunks of pineapple before a meal may aid digestion.

**Slow Down:** Eat slowly and chew your food really well.

**Outside:** Get out into the fresh air and go for a walk after a meal to aid digestion.

Also, you can find yummy recipes on our blog: [phoenixplaceforhealth.co.uk/georges-blog](http://phoenixplaceforhealth.co.uk/georges-blog)

PHOENIX SHOP ONLINE

We are very proud to announce the launch of our online store this month!

You can purchase Gift Certificates for your family or friends in any denomination.

Remember, you can pay for, and pick up, your online order on your next visit to the clinic...

[Click Here To Shop Online Now!](#)

## George's Joke of the Month

Why couldn't the skeleton go to the Christmas Party?

He had no body to go with!



## Winter Foot Care

**Dry/Cracked Skin:** In cold weather the blood supply to the top layers of skin is reduced to preserve heat, causing dry and chapped feet. Moisturise with a good quality cream.

**Socks/Shoes:** Many people wear too thin socks or flimsy shoes in winter. Cold weather reduces circulation in your feet, so help yourself by trying thicker socks and a warm shoe or an Ugg-style boot with a fur lining.

**Regular Check-Ups:** Keep your feet in tip-top shape and eliminate any issues before they occur. An important aspect of podiatry is prevention rather than cure.

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