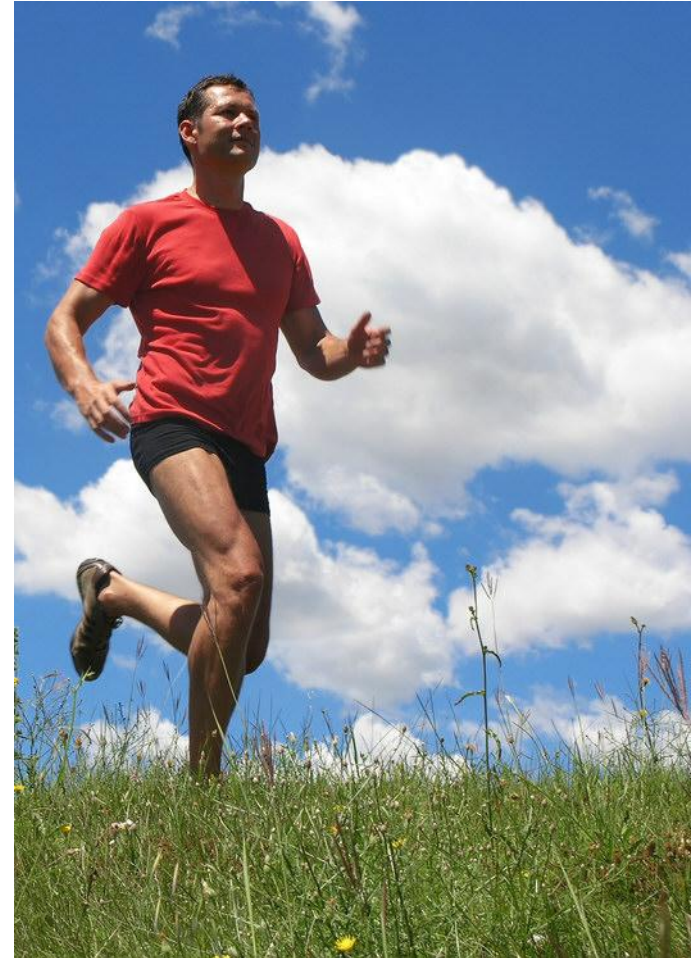


# GOOD ADVICE



**best practice**  
**chiropractic**

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## SLEEP

Your body requires a certain amount of rest in order to function. Some people manage with 5 or 6 hours per day, and others may need 8-10 hours. During rest some aspects of your body slow down whereas others are more active. Not getting enough sleep is a barrier to maintaining health and can affect your ability to recover from an injury or heal.

Make a positive decision to get enough sleep every night - starting today.

## EAT

You are what you eat. Food provides energy and 'building blocks' for growth and repair. Your body was designed to consume both meat and vegetables. See our separate leaflet if you need inspiration for a change in your diet.



Although we regularly hear of exotic foods that have 'super' qualities, the truth of the matter is that you can be **100% healthy** with quite ordinary foods.

Eat new types of fruit, vegetable, nuts or seeds, fish/meat every week. You just might find a new favourite food in the process!

## ICE or HEAT

You may be recommended to use an ice pack or heat pack as part of your treatment.

Ice helps reduce inflammation by temporarily shrinking the small blood vessels around the injured area. Use the TheraFlex ice pack direct from the freezer wrapped in a tea towel. If the ice pack get in direct contact with the skin you are likely to develop a freeze burn or frostbite! Never leave the ice pack on longer than five minutes if you have problems with circulation. For most people with normal circulation ten minutes is the maximum application time. You can repeat this up to once per hour.

Heat packs are mainly used following muscle and ligament tears after they have healed fully and regaining flexibility is sought. Follow the instructions on the pack when heating it.

If you suffer from muscle spasm and no tissue tears is present then you can apply 5 minutes of heat followed by five minutes of ice alternating up to once per hour.

Any questions - ask your massage therapist, chiropractor or sports rehabilitation practitioner.

## WATER

When thirsty drink water. You need approximately four pints per 24 hours, but remember that fruits, vegetables and juices all count towards this. Drinking excessive amounts of water can lead to raised blood pressure and confusion due to a dilution of the blood electrolytes.

## NERVES

Your brain communicates with virtually all your cells via your nerves. Nerves travel up and down your arms and legs and send messages to your organs as well as from the organs to the brain. If there is interference to this communication it does not take a science degree to see that your body will function less well and your health will be adversely affected.

Spinal bones can become restricted or misaligned – chiropractors call this a **subluxation**. Stiff joints can be responsible for applying pressure or irritation to nerves leading to **tingling, numbness or pain** but sometimes is so subtle that you may not be aware of it at all. Chiropractors are specifically trained to identify the presence of subluxations and the treatment of these.



Chiropractic treatment improves the way your spine functions. It's as simple as that.