

► **MANCHESTER**  
MON—FRI: 9AM-9PM  
SAT: 9AM-6PM

January 2016

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*Manchester and Chester*

January 2016

## JANUARY OFFER

One for all you marathon trainees....

10% discount on an Initial Consultation and 1st Follow Up appointment.

**Expires 31/01/2016**

**Also remember if you bought a December Offer that you have until the end of January to use those up**



## SUNDAY OPENING

We are pleased to tell you that from February 2016 we will open on a Sunday.

We have a lot of clients asking if we work Sundays so we thought we would try it. It will be a trial for the first few months to see if the demand is there.

Our intended hours are 10am—4pm and we will keep you informed of how it goes!

Remember use it or lose it :)

## Need a Boost?.....

Apparently its about to get cold. Its also dark. Christmas and New Year is over and generally people will start to feel, well, a bit miserable really. Here are some unique ideas to boost those endorphins to get you through the winter months.

### 1. Sniff some vanilla or lavender

Certain aromas can lift your mood by influencing the production of endorphins — the brain's "feel-good" chemicals. For example, the scent of vanilla helps reduce anxiety, which is often associated with depression.

### 2. Take a little ginseng

Ginseng may benefit people who are feeling fatigued and over-stressed and those recovering from a long illness. The herb has been shown to balance the release of stress hormones in the body and support the organs that produce these hormones. Many long-distance runners and body builders take ginseng to heighten physical endurance. Some nutritionally-oriented doctors and herbalists believe that ginseng is able to delay fatigue because it enables the exercising muscles to use energy more efficiently.

### 3. Take a group exercise class

Group exercise has some distinct advantages, according to a recent study. Not only will friends spur you on if you're flagging, but the shared effort may give your endorphin levels an extra boost. Researchers in 2009 found that college crews who rowed in synchronization had an increased rush of these feel-good hormones compared with those who rowed alone. But all exercise is good, whether solitary or with others. Try walking, dancing, aerobics and running to transport yourself into a trance-like state. The rhythm of continuous exercise releases endorphins and encourages reflective thought.

### 4. Seek out daily laughter

It's been observed that children laugh about 300 times a day, whereas adults laugh, on average, only about five times each day. The more we laugh, the better our perspective. Problems also seem to shrink, bringing an increased sense of energy. Over the centuries it has been claimed that laughter is one of life's greatest medicines; as the Bible says, 'a merry heart doeth good like a medicine' (Proverbs 17:22).

### 5. Have sex

We are programmed to enjoy sex, but we often give it low priority, so it simply doesn't happen. But this is to ignore one of nature's great relaxants and a joyful de-stressing activity which burns calories, too.

### 6. Savor some chocolate .

Thanks to its high content of polyphenols and other antioxidants, dark chocolate reduces inflammation, lowers blood pressure, reduces 'bad' LDL cholesterol, boosts 'good' HDL cholesterol and protects the health of your arteries. It also contains chemicals that prompt the release of endorphins, the body's pain-relieving and pleasure-promoting hormones. In one major review of 139 studies conducted over nearly 40 years, researchers concluded that chocolate consumption could lower the risk of cardiovascular death by around 19 per cent. That's the good news. The bad news, for some, is that all you need to eat to improve your health is 6.7g per day. That's equivalent to one small square two or three times a week – the heart benefits tend to disappear with consumption of larger amounts.

### 7. Listen to music

Listening to music you love triggers joy by unleashing feel-good brain chemicals.

### 8. Eat something spicy

The hot, spicy taste of foods is not, in fact, a taste sensation but a feeling of pain. Capsaicin – the chemical compound that makes chili peppers hot – binds to proteins, or pain receptors, of nerve cells in the mucous membranes of the nose and mouth. The nerve impulses produced in this way pass via the trigeminal nerve into the brain, creating a painful burning feeling. The same receptors also react to heat, so that when heavily spiced food is eaten hot, the effect is even more intense. However, the pain is offset by the body's reaction, which is to release endorphins – naturally occurring opioids that produce a feeling of wellbeing – which could explain the popularity of hot, spicy food !

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