



LIVE FREE CHIROPRACTIC & WELLNESS

Whats on this month....

- **Charity Open Day Saturday September 30th, 10am-2pm**, come treat yourself to a taster treatment all in name of Small Steps Charity.
- 5 Natural Remedies for Migraine - by Nicole Paine
- Introducing Kathleen Tam, Chiropractor, Needling and Paediatric specialist.
- Mindfulness Meditation Course - Monday Oct 2nd at 7:15pm for 6 weeks
- Reflexology Week - 50% off with Dejan all month long (New reflexology customers only).
- Run Faster, Longer and without Pain - A Charity Workshop - by Khalil
- Postural Tips for New Parents - A Charity Workshop with Kathy Tam
- How reflexology can help - by Leo Shearing
- Mobility Movement at Your Desk - by Nicole Paine



Registered charity 1150651

Helping children with disabilities and their families

A school for parents which helps parents to help their own children with cerebral palsy or other forms of motor and sensory impairment



Live Free is running their annual charity open day Saturday September 30th from 10am - 2pm.

Taster treatments/Classes include:

- Back Check's with Khalil and Kathy
- Run Faster, Longer and without Pain Workshop with Khalil
- Postural Tips for New Parents - Workshop with Kathy
- Massage with Matt and Jana
- Reflexology with Dejan
- Meditation with Sabu 10am
- Intro to Hypnotherapy & Counselling with Paula

Minimum £10 donation for treatment and £5 for classes/workshops.

To learn more about our wonderful charity small steps please [visit their website.](#)

5 Natural Remedies for Migraines

Migraines can be a debilitating and painful experience for many sufferers that they often go to many lengths to find pain relief, attempt to prevent and control their occurrence. There are many natural therapies that can help and when combined or with medical intervention can provide significant relief for migraine sufferers. A typical migraine can either have an aura (pre cursor to the headache period of vision change, hearing, numbness etc) or without and that is characterised as recurrent headaches that are unilateral, pulsating, moderately severe, aggravated by physical activity. They can be associated with nausea, vomiting, photophobia (sensitivity to light) and phonophobia (sensitivity to sound) (4).

1. Acupuncture - at Live Free we have 2 acupuncturists that can help [Kathy and Nicole](#)
2. Chiropractic - at Live Free we have 3 fantastic chiropractors that can help: Kathy, Khalil and Nicole to learn more about them [click here.](#)
3. Elimination Diet - to learn more about elimination diets or for help please visit Nicole's [Eat Move Thrive website.](#)
4. Magnesium
5. Breathing & Meditation - simple breathing video [click here](#)

To read the full article about natural remedies for migraine [click here.](#)



Live Free would like to introduce Kathleen Tam an experienced Canadian, Chiropractor who also offers Acupuncture/Dry Needling and specialises in Pregnancy & Paediatric Care.

Here is what Kathleen has to say about joining Live Free: I am thrilled to join the Live Free Wellness Team. I have been a chiropractor for over 10 years, having graduated from the Canadian Memorial Chiropractic College, Toronto, Canada in 2007. Since graduating I have worked in Hong Kong for 5 years and over the last 5 years have settled in London, making it my home.

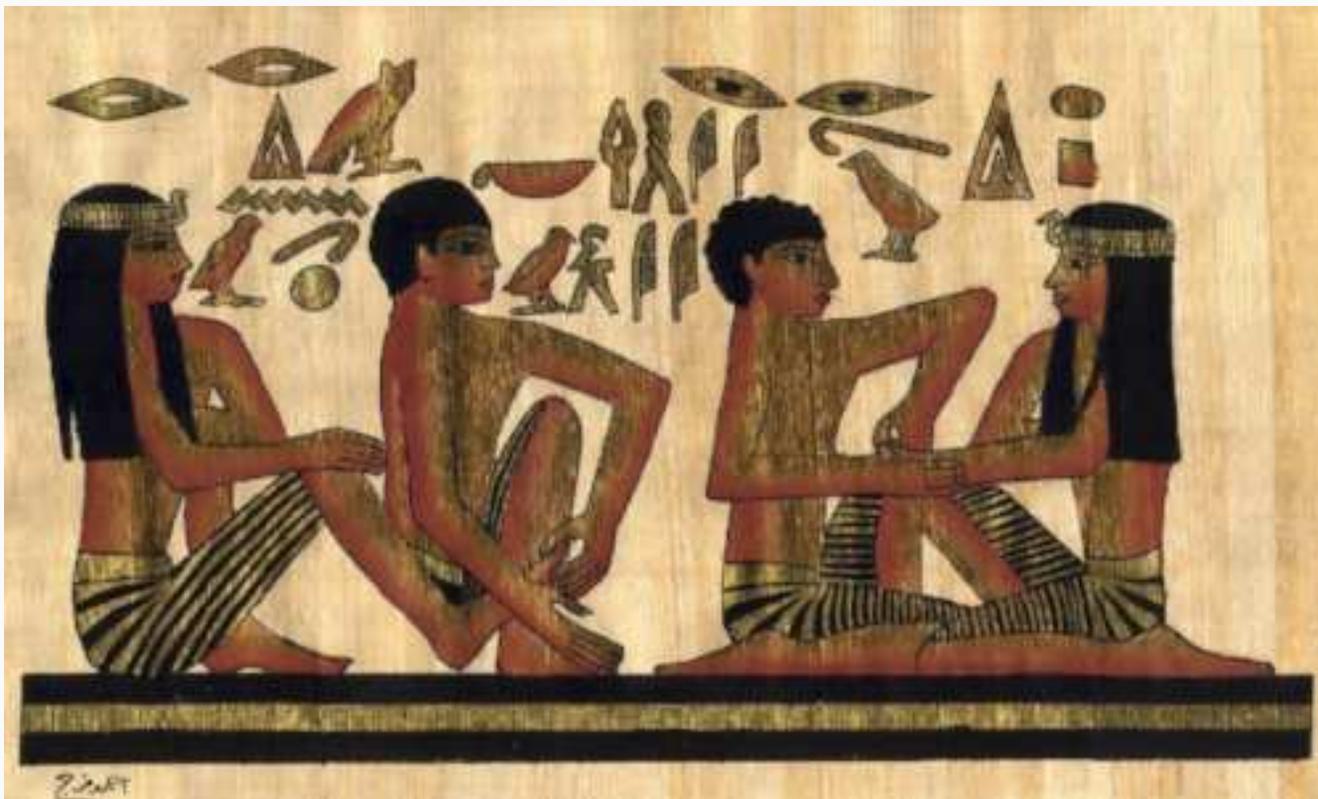
I am passionate about helping patients live pain free, move and feel better and gain back their quality of life. I work with patients of all ages, lifestyles, and have a special interest in pregnancy and pediatric chiropractic care. Chiropractic adjustments throughout pregnancy help to restore optimal motion in the spine and pelvis which can lead to shorter labour times and a more comfortable pregnancy and birth. Chiropractic care naturally benefits the position of the uterus and allows the most room for the growth and movement of the baby.

Kathleen is now accepting patients as of Monday September 4th. Her regular scheduled hours are Mondays & Wednesdays 1pm-7pm. Kathleen is also running a workshop on Saturday September 30th at our Charity Open Day to teach new parents how to improve and keep good posture with a new baby at home. To learn more about Kathleen please [click here](#).

Mindfulness Meditation 6 Week Course Beginning Monday Oct 2nd at 7:15pm

2500 years ago a great psychologist walked the earth. So great was his understanding of the mind that 2500 years later his teachings are being practiced worldwide in many cultures and religions as well as the secular world. They are also embraced by the NHS, and the field of neuroscience claim that his practices can literally restructure the brain as well as regulate and even re-calibrate the nervous system. He knew the power of the mind to create suffering or shine with radiant peace. He became filled with compassion for the struggles of humanity and taught a way of self care and reflection through wise attention and present moment recollection. Perhaps he was not known as a psychologist, but he was certainly known as the Buddha – one who is Awake.

To read the full article please [click here](#).



Investigation into what is reflexology by Dejan (**50% off** Initial Visit with Dejan in Oct)

Approximately 20 years ago by pure chance I discovered Reflexology. That day I was looking for a massage as I had pain in my shoulder, but massage therapist was not available, so receptionist suggested reflexology, reflex what?

I asked.... and how can foot massage what I believed reflexology to be at the time to help with my shoulder pain....I went along and I remember very well first 5 minutes of the session as I was becoming really relaxed, the rest I bizarrely don't ...as I fell asleep like never before, and when therapist finally woke me up I thought that she turned dials on the clock ...because it was showing that one hour had passed..so

I had to check my wrist watch and the other wall ones...but to my amazement time did pass and even most shocking my shoulder pain was barely noticeable and by tomorrow it was gone...I was hooked ..And the rest is as cliché goes ...History.....so here is some of history of this amazing therapy.

To read the full article please [click here.](#)



Run Faster, Longer and Without Pain

A Charity Open Day Workshop Sat Sept 30th at 1pm at Live Free (£5 donation)

Is your daily run something that fills you with dread and leaves you with sore knees, burning calves and a bad back? If it is then, my upcoming class is for you. Learn how to optimize your running technique, learn what is holding you back from achieving

your running goals.

I will delve into the requirements for pain free optimized running and how you can attain them. We will be looking into common problems such as ITB syndrome, plantar fasciitis, painful knees and bad backs. As summer is coming to an end, now is the best time to fix your body so that you can prepare yourself for the new year.

Learn to love running again. Our charity workshop will be on September 30th at Live Free Wellness, class sizes are limited so be sure to call 0208 780 0898 or email info@livefreewellness.co.uk and reserve our space. Life can be very busy so if you're unable to attend, book in for a full assessment of your body mechanics, running mechanics and we can sort through all your problems and help you reach your running goals.

Workshop is being held by Chiropractor & Mobility Specialist Khalil Hussein. To learn more about Khalil [click here](#). The above video is a sample of types of exercises Khalil works with.



Postural Tips for New Parents A Charity Open Day Workshop

Saturday Sept 30th 12pm at Live Free (minimum donation £5)

Learn simple tips to improve your posture and movement. Focusing on how to lift your baby properly, carrying them, chasing them and more. Save your back from the strain of newborns and prevent issues before they occur. Chiropractor Kathleen Tam is a mother of 2 so comes with a wealth of experience and knowledge to help you prevent back pain before it occurs.

Kathleen is also doing free back and postural assessments on the day if you are already suffering from postural strain or back pain with your new bundle of joy. Call reception on 0208 780 0898 or email info@livefreewellness.co.uk to reserve your space on Sept 30th (space is limited).



How Reflexology can help you..... by Leo Shearing

*"If you're feeling out of kilter, don't know why or what about,
let your feet reveal the answer, find the sore spot, work it out"*

Eunice Ingham

During World Reflexology week, the Association of Reflexologists have chosen 'Reducing Stress in the Workplace - the Natural Way' as their focus. With ever increasing levels of stress in everyday life, it is important for people to take more responsibility for their own healthcare needs. Reflexology is one of the ways to mitigate the stresses of modern life.

Reflexology works on the principle that every system and organ in the body has a corresponding point or zone in the feet and that the treatment helps the body restore its balance naturally. The treatment involves a gentle pressure being applied to each pressure point on the feet and ankles. I always end the treatment with a relaxing foot massage with an organic Aromatherapy cream.

Reflexology may help with

Arthritis
Back pain
Depression
Digestive disorders
Fertility and pre-conceptual care
Hormonal imbalances
Menopausal symptoms
Migraine
Sinusitis
Sleep disorders
Sports injuries
Stress related conditions

NEW CLIENTS BOOKING IN SEPTEMBER WITH LEO WILL RECEIVE A TRAVEL SIZE ORGANIC MANDARIN BATH MELT AND A JOIE DE VIVRE SOAP FROM MATERIA AROMATICA.

Reference: The Association of Reflexologists <http://www.aor.org.uk/>



Mobility and Movement at Your Desk

Do you sit all day without moving,? Do you finish the day with stiff, tight neck and shoulders? The media has been focusing on standing desks, getting moving, walking to and from work but is that enough. Are you moving the joints of your neck, shoulders, upper back to stop the stiffness and tightness from setting in?

Not only are we sitting more and more each day but we are actually moving the other joints of our bodies less and less. When was the last time you hung from a bar? Lifted your shoulders overhead except to reach for your coffee mug?

To read the full article [click here](#).



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