

## The Power of Turmeric

Turmeric and especially its most active compound curcumin has been scientifically proven to have many health benefits. Turmeric/curcumin on its own doesn't absorb well into the bloodstream, but when combined with black pepper/piperine it is easier for the body to absorb and get the benefits.

Turmeric/curcumin has the potential to prevent heart disease. Studies show curcumin may help protect against age related loss of function of the heart and blood vessels and therefore reduce the likelihood of developing heart disease. When the curcumin in turmeric is combined with the piperine in black pepper it is thought to further increase the anti-inflammatory, antioxidant and disease-fighting qualities. This combination also aids digestion by reducing spasms in the gut, improving digestive enzymes activity to help process food quicker and easier as well as reducing flatulence.

Some studies have shown that the curcumin in turmeric has the same power as some anti-inflammatory drugs (aspirin, ibuprofen) without the bad side effects. These properties help reduce pain and discomfort. The piperine in black pepper is also an anti-inflammatory and is shown to desensitise some pain receptors. These combined effects mean they can play a part in helping with the prevention and treatment of osteoarthritis, rheumatoid arthritis, as well as help treat inflammatory bowel disease and pancreatitis.

Curcumin (turmeric) is also thought to potentially have benefits related to slowing the aging process and preventing or at a minimum delaying Alzheimer's disease and depression. There is ongoing research looking into a potential link with treating and preventing certain types of cancer, treating and preventing diabetes. In addition to this research is being done to look into the thought that the anti-inflammatory, antimicrobial, and antioxidant properties may help treat acne, eczema, photoaging, and psoriasis.

Research indicates that turmeric doses of 500-2,000 mg per day may be effective. However, high doses are not recommended long-term

## Latest news from the centre

### Lockdown 3.0

So here we go again the country entered another lockdown on 6<sup>th</sup> January – thankfully this time round we were fully prepared with all the required PPE and safety measures in place meaning we could carry on serving the local community safely without affecting any of our client's wellbeing



### Spinal Screenings

January saw us hold our first ever 'in house' free spinal screenings – Screenings are a great opportunity for new clients who are unsure if Chiropractic or Osteomyology treatment can help them find out more.

### Please kindly note our price changes

As 2020 was a challenging year for everyone, we held off increasing our treatment charges in April 2020. We have also been absorbing the additional costs of providing full PPE etc.

To ensure we can continue, we must increase our Osteomyology and Chiropractic treatment charges from 1<sup>st</sup> of March, they will be increasing by £4 (Last year's £2 increase plus the £2 PPE related costs).

### Treatment discount packages.

We will also be retiring our treatment discount packages. Existing packages will continue until they are used up and you may still purchase one before the 1<sup>st</sup> March if you wish to.

### Ultimate wellbeing community (prescribed care)

The retirement of our discount packages enables us to focus on our monthly ultimate wellbeing community packages which are designed for those who have completed their intensive treatment phase. These plans are already cheaper than PAYG and will only be increasing by the PPE charges of £2 per plan for the Osteomyology and Chiropractic ones.



VOUCHER



## FAMILY REFERRAL VOUCHER

While you are enjoying the benefits of care within the centre, why not bring your family along for a check up and enjoy the benefits of true wellbeing care for the whole family.

This certificate will cover 50% of the cost of your their initial visits to the centre to see our Chiropractic or Osteomyology team. This includes: A Private Consultation, a full top-to-toe examination, including x-rays if necessary. It also covers a follow up visit in order to receive a full verbal report of the centre's findings.

This voucher has no cash value and cannot be exchanged for cash or used towards product purchases and can not be used in conjunction with any other promotions.

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