



## At Last, Summer!

Without a doubt, summer is my favourite season. The bright mornings, the birds singing away, the warmth from the sun relaxing my body, and I love the long, light evening walks (usually stopping at a pub along the way!).

Summer is the season of fun in Casa Coombes. We are often out on weekend adventures, exploring nature, paddle boarding, and out on the bikes, and there are plenty of BBQs with friends. I love how social summer is, how it gets us out moving, and everyone is happy in the sun!

We lose more water and salt in warmer weather. My favourite drink is water with mint leaves and chopped cucumber! If you are exercising in the heat, see my blog below, plus hydrating with isotonic drinks to replace the salts lost through sweat (this is key for maintaining hydration levels as we do not just lose water).

My priority is to promote health and help you look after your body.

One effortless way you can do this is from the ground up. Getting your footwear right is essential all year round – this means [flip flops are a flop](#) – click for more information on this and other options with cooling yet supportive (and nice looking!) footwear that won't make your osteopath wince! And if heels are your go-to shoe, then [this one](#) is for you too.

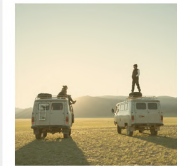
Enjoy the rays, and as always, I am happy to help you!  
*Emily*

PS – Don't worry about being too hot in the treatment room. The air conditioning is working a treat! (Damien keeps trying to bring it back to Casa Coombes!)



## Surgery News

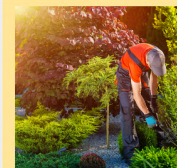
The surgery is getting a revamp this summer – big thanks to Mr Coombes for this! I look forward to seeing what you think – there are more décor changes, too. Keep an eye on my social media pages for a sneaky peek at these!



## Travel Tips

Holidays are the best. Whether you are a cruiser, camper, or jet setter, to get anywhere you will be travelling, this month we are looking at simple ways to avoid any niggles.

[Read more](#)



## Sun Flower

Gardening in the summer is a joy! Try and get out in the garden before the sun is at maximum strength, and don't forget your sunscreen, hat and sunglasses. It's an excellent opportunity to get active and produce vitamin D. But do you know why?

[Read more](#)



## Exercising in the Heat

The benefits of exercise are well known, but we need to be aware that exercising in the heat needs to be thought about to keep us safe and well. Some of us turn into the energiser bunny in the heat (guilty). Others battle through the day (that's my husband). Maintaining your exercise routine in hot weather is possible. Let me show you [how](#).



## Book Club

There are several book reviews on my website for some summer reading. I'm reviewing books of all sorts (they are all about the body, understanding it better and helping you help yourself) to recommend these to patients (who can then feel safe knowing they are a safe, good resource). There are even some great books for children (the best so far has to be Kay's Guide to Anatomy and Kays' Marvellous Medicine) – please keep checking my social media and website for my latest recommended reads. If you have any books you feel would benefit others; please let me know! The newest book review can be found [here](#).

