



Merry Christmas!



Winter Is Here!

The nights are drawn in, the cold weather nips at our noses, and the twinkling lights of Christmas sparkle into the darkness. It is Winter, and it is beautiful.

Winter is a time to recharge after the long, carefree days of summer and the busyness of Autumn, with harvesting produce in preparation for the darker months ahead. Cosy evenings with hot chocolate, card games, and movies—this is a winter reTREAT in Casa Coombes, where we take life more slowly and find joy in the simple things—including winter walks, which can be stunning if we have a good frost, where everything sparkles the next day. I love those walks so much.

Nature looks dead over winter – but nothing could be further from the truth. Preparation is happening underground and in protective environments for the forthcoming spring. New buds can be seen on the trees, formed when this year's leaves fell. These buds are protected from the cold under scales. Animals forage (give them a hand where you can!), and the ground protects seeds that sleep, getting ready to burst into life when ready.

Winter can easily be a time when movement becomes limited, as hibernation is all too tempting. However, I encourage you to wrap up warm and go for a walk – if you feel safe and able to do so. If not, find ways to be safely active in your home. Moving your joints enables the nourishing synovial fluid that encapsulates all joints to be swept across the joint surface/s, providing nutrients and lubrication. Walking/movement helps keep our muscles strong and supple, works our balance, and calms our minds. Exercise also encourages the release of serotonin, dopamine, and cortisol, to name a few vital hormones (for more information on this, please see the recommended reads below).

As always, I would like to THANK YOU all for your support this year and for recommending me to your friends/family. It means so much to me, and the words thank you are all I have to express to you my gratitude.

I am also absolutely delighted to share with you that, for the fourth time, Kibworth Osteopaths has won Osteopath of the Year—this is such a wonderful way to end 2024 and project forward into 2025.

I would like to wish you a very merry Christmas and a happy, healthy new year.

Always by your side,
Emily



Getting Ahead

Christmas is always busy in the clinic, so we recommend you make appointments using our [online booking system](#) as soon as possible. It's also handy if you have regular appointments and want to get organised for 2025.

Holiday Opening Times

Opening Days and Times: The practice will close on the 23rd of December and reopen on the 27th and 30th for emergency bookings. We will reopen fully on the 3rd of January—ready for a New Year of helping you reach your potential!



DAY # 7

If you suffer from neck pain/shoulder pain/headaches and you have a specific pillow you use to help combat this, take it away with you if you're staying away overnight.

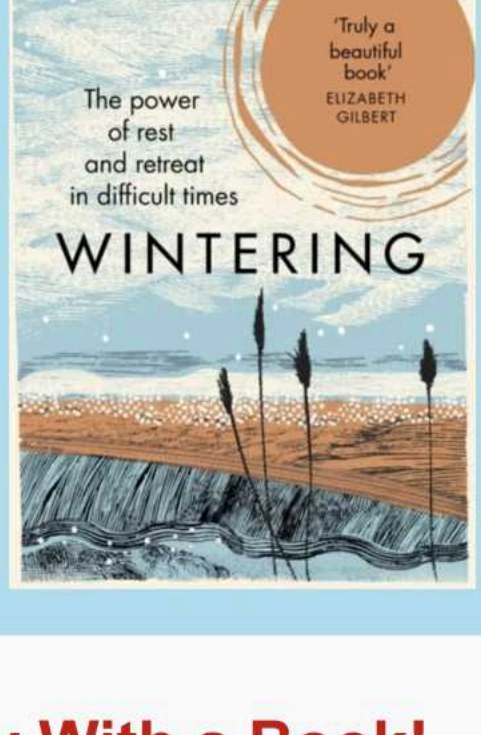
12 Days of Christmas

Christmas Overload

Christmas is a very busy time for a lot of us so I've been sharing my top tips to avoid a painful, grumpy Christmas. Hope over to my Social channels to find out more.

Links below.

Psst.... struggling for gift ideas for friends and family? Gift vouchers for Osteopathy and/or Pilates are available to purchase from the practice! These make a great gift for people who come regularly for treatment or Pilates or someone you know who could benefit from some help with aches and pains or specialist expert rehabilitation. Message me or reply to this email for more information.



Time to Get Cosy With a Book!

KOPI Book Club is in full swing, and these are my favourite reads this year:

Wintering by Katherine May. Read my review [here](#).

High on Life by David J.P. Philips. Read my review [here](#).

Breath by James Nestor. Read my review [here](#).

Glucose Revolution by Jessica Inchauspé. Read my review [here](#).

Psst. Look out for January's Recommended Read: The Oxygen Advantage by Patrick McKeown. Coming soon!



Keeping Fit in Cold Weather

Read on for those who exercise outdoors - running, cycling, winter sports such as rugby, or even a walk- this section is for you!

The benefits of exercise are well known. However, those darker, colder days can motivate most people to pack away their workout routines and stay tucked up in bed. You can read more [here](#).

