



Dear Customers

First of all we would like to wish you all a very happy, healthy and prosperous holiday. Try not to overdo the eating and drinking, try to get outside in the fresh air and enjoy some exercise. Be happy for the presents you have, the fact someone thought about you should be enough. Don't do the guilt trips, you should only give what you can afford, spending the rest of the year paying for one day will not help anyone. Try to remain calm and forgiving, we all hopefully see friends and family we may not otherwise see and the noise and disruption to our lives may be stressful. Try to think of those who may not have visitors and share some of your time with them. What ever your religious views it is a special time of the year. Try even to enjoy the cold, as without it you wouldn't appreciate the warmth of spring and summer.

Moving forward we hope you have found helpful the videos we have put together for you, and ask you once again for any suggestions. Our Aim is to help you to help yourselves to good health. Send any suggestions to CHyslop@GoodVitality.com we will try our best to make the most popular suggestions into videos.

In this Issue: Health tips for Frozen Shoulder and Tennis Elbow

Frozen Shoulder and Tennis Elbow

These 2 complains are far more common than you might imagine. Most of us will get one or the other at some point in our lives so here a few tips that can speed up your recovery.

Frozen Shoulder

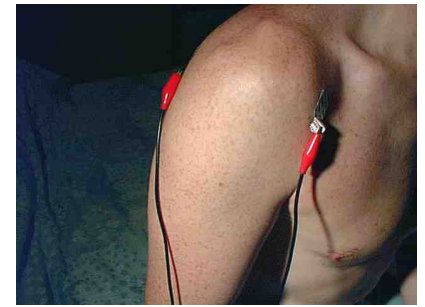
There are many theories about frozen shoulders as what causes them and what you should do to recover from them, after 25 years in practice and seeing more of these than I care to mention here are the commonest remedies:

1. Keep the joint mobile and flexible but never take it to the point it hurts. This may cause even more damage and could delay your recovery.
2. STOP doing anything that aggravates it. If you had a cut on your head and you bashed it on a brick wall every day, would you expect it to get better?
3. MSM - this can be very helpful with pain and recovery. It is relatively cheap. Take 5g per day spread throughout the day. You can take it in tablet form or if you find swallowing tablets difficult it is available as a powder.
4. Glucosamine Sulphate -this helps to speed up the production of Collagen, the structural network of our tissues that holds everything together, so speeding up recovery. Take 3 grams per day, 1 gram after each meal.
5. Magnetic Pulsing. If you have a magnetic pulsar, do 3 pulses in the morning and 3 pulses in the evening. Do not be tempted to over do it!! Think of it like going to the gym, you go three times a week you get fitter and stronger. Go three times per day and you get worn out completely. Please read the operating instructions, and beware of using the device near any magnetically sensitive devices such as watches, phones, tapes etc. The pulsar produced a 10 inch diameter pulse field so will treat that sized area with each pulse.
6. CONTRAVERSIAL use of Backs Zapper. Please note I am not telling you to do





this, I am just reporting what I did. When I got my frozen shoulder I was desperate to get better. It was very limiting!! So I used my Becks Zapper. I put a Biotab on each side of my shoulder joint, as if a line between the pads was going straight thorough the sore spot. I turned the Zapper on to a comfortable level and Zapped for 20 minutes each day. My shoulder recovered in three months.



[See our video on Frozen Shoulder and buy related products](http://www.goodvitality.com/frozen-shoulder-67-c.asp)
<http://www.goodvitality.com/frozen-shoulder-67-c.asp>

Tennis Elbow

It is in fact nothing to with the elbow joint as such. It is the tendon and muscle that goes from the elbow to the thumb. Here are my tips.

1. Identify what caused it. It is usually some kind of twisting action you do with your hand. For example I got tennis elbow from screwing on jar lids!! Once identified STOP DOING IT.
2. MSM this can be very helpful with pain and recovery. It's relatively cheap. Take 5 grams per day spread through out the day. You can take the tablets or if you find swallowing difficult there is the powder. See Frozen Shoulder for details about MSM.
3. Glucosamine Sulphate - this helps to speed up the production of Collagen, the structural network of our tissues that holds everything together, so speeding up recovery. Take 3 tablets per day, 1 after each meal.
4. Magnetic Pulsing. If you have a magnetic pulsar try 3 pulses to the point of pain in the morning and 3 pulses in the evening. Do not be tempted to rush it!! Think of it like going to the gym, you go three times a week you get fitter and stronger. Go three times per day and you get worn out completely.



[See our video on Tennis Elbow and buy related products](http://www.goodvitality.com/tennis-elbow-79-c.asp)
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Example of what NOT to do!

I can think of many patients who maintained their cause.

This particular patient was in her mid 30s. She had two really bad shoulders. Over the course of the previous 10 years, she had numerous injections of steroids and several sets of surgery on both joints. She worked in a factory packing chickens and her job involved pulling down levers which put the wrapping around the chickens. She did this all day long.

I asked what she was like by the end of a good long holiday. She said much better! I asked if she ever considered giving up her job. She said she couldn't get other work!

The moral here is she can't get other shoulders either. She eventually saw the light quit her job and got an office job. Needless to say her shoulders recovered.

The body does not product pain needlessly; it is a sign that repairs are being carried out! Let your body repair and help it by providing the resources it needs, you will get better much faster!