

### **Want to add Life to your years and years to your Life?**

I had the privileged of meeting the lovely Karin around Christmas last year and exchanged insight into what we are both very passionate about, health and well-being. Karin is now a member of our clinic and we are very happy to see her on a regular basis. We also had our official launch party last month, in which Karin gave an amazing talk on the importance of yoga and Pilates to many of our clients and the Surbiton community.

Our mission is to provide the people/families of Surbiton with high quality, affordable health care in a comfortable and caring environment.

Our goal is to not only alleviate pain, but also more importantly, inspire and educate our clients to become active participants in their own well-being.

Our approach at Surbiton Chiropractic is a holistic one, whereby we care for the entire person, not just their symptoms. And this is why Yoga and Pilates in conjunction with Chiropractic care help's our clients achieve optimal levels of health and wellness. There are a growing number of scientific studies that have shown that Chiropractic care can alter and enhance muscle function. It has also shown to play a role in preventing injuries by improving core stability, proprioception, and increasing the accuracy of your brain's control over muscles. Chiropractic may also reduce injuries because we know it can improve our proprioceptive ability and change the way the brain sends specific messages to our muscles. In conjunction with Yoga and Pilates, Chiropractic can assist you in performing positions with better posture and control and in turn increasing flexibility. Whether you are suffering from back pain, neck pain, headaches, recovering from an accident or injury; or just looking to improve your overall well-being – we can help you achieve your wellness goals.

For this month only, exclusively for BoCo members we are offering a very special offer. Call us to find out or arrange a consultation today and find out if you're a good candidate for the chiropractic care that we offer (remember to let us know you are a member of BoCo)! If you are unsure that you would benefit from treatment here, please call the Front Desk on 0203 457 5266 for some friendly advice – No Obligation.

*Nina Eghani*  
*Doctor of Chiropractic,*