

It's good to talk

Four years ago my husband died suddenly from a heart attack, he was only forty-one. It completely tore my life apart as well as the whole family. For the first year I was in denial and I just could not understand why a fit young man would die of a heart attack. Slowly, with a lot of help from my friends and family I have put my life back together again and I am starting to enjoy it again.

There is one big problem, I am alone and I feel that I should be sharing my life with someone and doing things and going places. My friends, and even my family, say I should get out and meet someone - when they say someone, they mean another man.

I somehow feel a bit guilty about this, a kind of unfaithfulness to my late husband. I know that I have to move on and get on with my life but it just feels strange. How can I get on with my life when I still feel the way I do?

Arora says: What you are going through is a normal reaction to loss. However, under the circumstances your situation is slightly different and requires a little more understanding from the people around you. I can understand why you feel the way you do and you will probably feel this way for some time as you have been through a huge trauma.

It has affected every aspect of your life and to move on from that is going to take time. If you try to rush it you may find that it causes more problems than it solves. If you came to see me as a client I would suggest to you to only do what you think feels right not what other people think you should be doing.

I would also say that dealing with loss requires time and sometimes one can feel that they are going backwards - this is all part of the healing process. As they say, time is a great healer.



Anil Arora

Dear Anna

My work involves painting, minor repairs and general tidying. Over the last month I have noticed that the grip in my right hand is weaker – hammering has become difficult. My elbow is sore after work too. Is this something that chiropractic might help? Regards - Dan

Hi Dan

In your line of work the body can take a lot of stress – particularly with a lot of repetitive movements. The loss of grip strength you report suggests that a nerve is under stress somewhere - the space the nerves pass through can sometimes be reduced by swelling or muscle spasm.

Another possibility is that the muscles controlling the hand, which join at the elbow, are strained. This can lead to medial or lateral epicondylitis – commonly known as tennis elbow.

Your work can create several stresses at the same time i.e. a low grade irritation in the neck from painting a ceiling, a minor spasm in the chest muscles, reducing space for the nerves there, and then stressed muscles at the elbow and wrist. Each thing on its own is minor, but put them together and you are in trouble!

Chiropractic can certainly help with problems like this. Meanwhile, apply a wrapped ice pack to the elbow for around 15 minutes each hour.



Anna Hindley

transformational hypnosis

Hypnotherapy Psychotherapy Lifecoaching NLP

We can help with:
Stopping Smoking,
Weight Loss, Depression,
Anxiety, Panic Attacks, Stress,
Personal Development, Fear,
Phobia's and many more..

For a Free 15 minute consultation.

Natural Health Care Centre
Burton

Tel: 01283 516444

Mobile: 07968 307 209

Email: info@transformational-hypnosis.co.uk

www.akalifecoaching.co.uk
www.transformational-hypnosis.co.uk



Partridge Barn, Abbots Bromley

Character barn conversion on edge of village overlooking Blithfield Reservoir

Hall, dining kitchen, utility, sitting room, study, cloaks, study/landing, 3 bedrooms, en suite and dressing area to master, family bathroom, walled gardens, garage, gas central heating, double glazing

Price Guide: £379,950

Burton Office – 01283 512244
burton@johngerman.co.uk



Church Road, Rolleston on Dove

Truly superb traditional terraced cottage conversion, believed to date back to 17th/18th century with a wealth of features

Living room with feature fireplace, dining room, superior kitchen, garden room/ laundry, downstairs cloaks, 3 good sized bedrooms, ensuite shower to master, fitted family bathroom, double glazing, combi gas central heating, walled rear garden, off road parking

Price Guide: £375,000

Burton Office – 01283 512244
burton@johngerman.co.uk



The Wembley, Nr Rolleston on Dove

A delightfully situated period detached conversion occupying an elevated plot overlooking the River Dove

Porch, breakfast kitchen, 3 reception rooms, master bedroom en suite with balcony with superb views, 2 further bedrooms, shower room, private driveway, detached double garage (electric door) block paved drive, superb landscaped gardens

Price Guide: £525,000

Burton Office – 01283 512244
burton@johngerman.co.uk



Cadhay, Walton on Trent

Elegant 3 storey Georgian residence in pleasant Village Setting, refurbished to a high standard offering space and character

Equipped with Melton Interiors kitchen, bathroom and wardrobes 2 reception rooms, utility and cloakroom/wc, drive and dbl garage master bedroom and dressing room, bed 2, spacious bathroom inc shower second floor large bedroom, 2 further bedrooms and a study.

Price Guide: £394,950

Burton Office – 01283 512244
burton@johngerman.co.uk



Ashbourne
Burton upon Trent
Lichfield
Stafford
Uttoxeter
London

Associated offices
Leicestershire
Nottinghamshire

