

November/December 2020

# THE YEAR 2020 IS COMING TO A CLOSE...

With the clocks resetting to GMT making the daylight hours shorter and everything feeling darker, and with Halloween celebrations already upon us, with trick or treating and dressing up (if you are in to such things) a reality for so many, winter has certainly arrived!

During this year so many of us have had to adjust to new ways of working, and this has meant sitting for extended periods of time with the consequent disruption to our normal movement patterns, and most likely the development of a far worse posture profile than before. With activities such as walking to and from the bus stop, tube or train station, going to the lunch place during our breaks to get some food, or just nipping down to the shop to get some snacks for our family after work, being restricted we have lost many of the opportunities that we did have of simple, routine movement.

We all know that exercises and stretches are a vital part of our healthy living, but how much time do you really spend stretching your neck? How much more time than average have you spent this year using a small device such as your smart phone, tablet or laptop? Do you perhaps use a laptop or desk device for the majority of the time now that you are working from your "home office"? I am imagining that you may already have felt the effect that this is having by causing a strain to your neck!

Here at Sensus Health we always advise and encourage everyone to spend time stretching during the day, and it is vital to not forget your neck during this routine.

In winter we require warmer attire, such as bigger jackets and scarves. During my time as a chiropractor I have seen quite a number of clients come in to the clinic with what appeared to be unexplained neck problems. In some of these cases we discovered that a very large scarf, sometimes by itself or in combination with a big collared jacket, has been pushing the head forward, causing so called head forward position, similar position to "text neck".

This distortion and misalignment of the cervical spine may lead to symptoms like neck and shoulder stiffness, headaches and migraines, fatigue, tiredness, difficulty in concentrating and loss of normal range of movement in the area. Should you find yourselves experiencing any of these symptoms please do not hesitate to come and consult us here at Sensus Health. We stand ready to help you understand such problems and assist you in alleviating the effects of them.

As we rapidly approaching Christmas and the New Year the unique experiences and circumstances of 2020 are at the forefront of our minds. I would like to take this opportunity to thank you all for your continued trust in me and my team here at Sensus Health, as we continue to strive to assist you in being healthier and happier.

Whether you are at the beginning of your health journey with us, or you have been with us for some time, we would like to say how much we appreciate your trust and we very much look forward to being able to continue helping you reach your personal health goals.

Please do stay in touch with what is happening here at Sensus Health through our social media channels, such as Facebook, Instagram, YouTube and via our podcast. In addition, remember that our Exercise platform is FREE to sign-up to for everyone. This, and so much more, may be found on our newly upgraded website.

We look forward to seeing you in the clinic soon, and for us to continue to help you "Live your life to the fullest".

*Dr Kris and the team at Sensus Health*





# Winter Warmer VEGETABLE CASSEROLE

## INGREDIENTS

- › 1 tbsp olive or rapeseed oil
- › 1 onion, finely chopped
- › 3 garlic cloves, sliced
- › 1 tsp smoked paprika
- › ½ tsp ground cumin
- › 1 tbsp dried thyme
- › 3 medium carrots, sliced (about 200g)
- › 2 medium sticks celery, finely sliced (about 120g)
- › 1 red pepper, chopped
- › 1 yellow pepper, chopped
- › 2 x 400g cans tomatoes or peeled cherry tomatoes
- › 1 vegetable stock cube made up to 250ml
- › 2 courgettes, sliced thickly (about 300g)
- › 2 sprigs fresh thyme
- › 250g cooked lentils

## INSTRUCTIONS

### STEP 1

Heat the oil in a large pan. Add the onion and cook gently for 5 – 10 mins until soft.

### STEP 2

Add the garlic cloves, smoked paprika, ground cumin, dried thyme, carrots, celery sticks, red pepper and yellow pepper – then cook for 5 minutes.

### STEP 3

Add the tinned tomatoes, vegetable stock, courgettes and fresh thyme. Cook for 20 – 25 minutes.

### STEP 4

Take out the thyme sprigs. Stir in the cooked lentils and bring back to a simmer. Serve with wild and white basmati rice, mash or quinoa.

Enjoy!

# GUNPOWDER, TREASON & PAIN?

'Tis the season of bonfires, jack o' lanterns and frosty mornings. While the cold winter weather can put a strain on your immune system, it's not the only thing this season that can be tough on your body.

I never realised how very British Bonfire Night was until I mentioned it in conversation to my Austrian friend and she responded with just a very confused look. She'd never heard of it - so I tried to explain.

"It's a national holiday that celebrates the day that a man named Guy Fawkes tried to blow up the houses of Parliament and failed. We have firework displays to

symbolise the gunpowder explosions and we get the children to build life-sized replicas of "Guy" out of old clothes and straw - then we build a huge bonfire and burn him."

She looked fairly horrified - and after listening to myself explaining it - so was I!

But as if this cheerful winter holiday isn't dark enough, Bonfire Night has another dark side...

Standing in a field for hours on end, with kids on your shoulders and your head tilted up to enjoy the displays can wreak havoc on your neck.

You see, your head is incredibly heavy - around 5kg believe it or not. Your neck is designed to support its weight - but not when you hold it off balance for hours.

Neck ache, back pain and headaches can all be a sign that your holiday fun has caused you a mischief - but there are some simple stretches you can do to help.

Just a few minutes a day keeping your neck flexible could save you the pain and prevent problems from worsening.

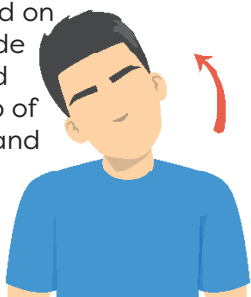
## SIDE TILT

Do this while standing, with your feet hip-width apart and arms down by your sides.

Gently tilt your head toward your right shoulder and try to touch it with your ear. Stop when you feel the stretch. Don't raise your shoulder.

Hold the stretch for 5-10 seconds, then return to the start position.

Repeat on your left side. You can do several sets and work your way up to 10 repetitions. For extra stretch, put the hand on the same side of your tilted head on top of your head, and press lightly with your fingertips.

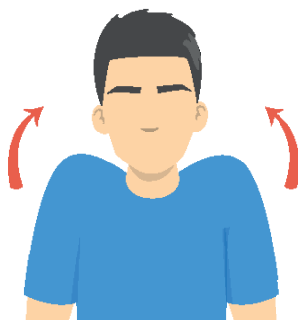


## SHOULDER ROLL

This is best done standing up.

Raise your shoulders straight up and move them in a circle going forward. Do it 6 times.

Return to the start position, and make another 6 circles, this time going backward.



## SIDE ROTATION

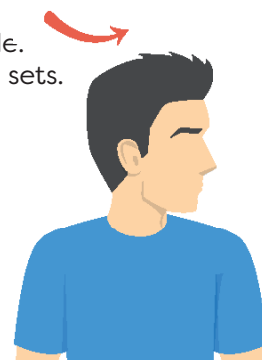
You can do this while seated or standing.

Keep your head squarely over your shoulders and your back straight.

Slowly turn your head to the right until you feel a stretch in the side of your neck and shoulder.

Hold the stretch for 15-30 seconds, and then slowly turn your head forward again.

Repeat on your left side. Do up to 10 sets.





# WORDSEARCH CHALLENGE

Winter  
Casserole  
Sleep  
Cold  
Bonfire  
Fawkes  
Fireworks  
Neck  
Immune  
Warmer

N	T	C	C	E	W	S	N	W	I	C	S	E	O
D	R	C	A	K	B	C	W	D	E	I	E	M	A
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E	P	R	F	I	R	E	W	O	R	K	S	R	D

## WHERE TO FIND US:

### SENSUS HEALTH & WELLNESS

60 Walham Grove, London  
SW6 1QR

**02073 850452**

Monday 8:30 am - 2:00 pm

Tuesday 12:30 am - 7:30 pm

Wednesday 8:30 am - 2:00 pm

Thursday 12:30 pm - 7:30 pm

Friday 8:30 am - 4:00 pm

Saturday 9:00 am - 4:00 pm

## Fun Facts

*Impress your family & friends over Christmas Dinner with these winter facts!*

1. Earth is closest to the Sun in winter.
2. Stonehenge was set up to frame the sunset of the winter solstice.
3. Snowflakes almost always have six sides.
4. The winter solstice is the "shortest day" of the year.
5. The first Winter Olympics were held in Chamonix, France, in 1924.