

January/February 2021

SHOULD WE EXPECT MIRACLES?

We would like to thank you all for your support last year and pledge to do our utmost to support you on your journey to better health. It would be our privilege to be able to continue helping you all live your life to the fullest.

Lots of us will have made new year resolutions and, given the nature of such things, perhaps some of us will have already broken them! Such undertakings are, by their very nature, usually not thought through very well or planned for which is why so many of us are doomed to failure in trying to keep them. The start of a new year is a great time for change, but it takes planning and patience, with a determination to turn bad habits into good and great ones.

Eating right, sleeping enough, hydrating sufficiently and maintaining mobility (especially by increasing your heart rate for about 30 minutes a day) is a much better plan of action in order to create a NEW you, if that's your goal.

In times like these we all need to protect ourselves from all sorts of dis-ease, viruses, and bad lifestyle habits, working at being as healthy as we can be. Avoiding junk food, not drinking too much alcohol, losing weight, exercising enough, etc. All of these are all great habits to get in to, and the clue is in proper planning to enable us to achieve our personal objectives.

Having a great start to our day is the best way to kick-start the activities that will ensure that the rest of the day runs as smooth as it can for us. To make it easy to achieve, proper planning is the key. Put out the yoga mat before going to bed. Preparing the coffee or tea mug before retiring for the night. Turning off our phones and making sure that we don't bring them in to the bedroom. Even, or especially when working from home this is good practice. Meditating (even just a few minutes) is a great start as it allows the mind to focus on what actually needs to be done during the day ahead. Daily stretches to allow our body to ease into movement after sleeping and help

prevent muscle strains is essential. Although it is difficult, avoiding (too much) social media and news in the morning will help to keep us focused on the tasks ahead of us, whatever they are.

Boosting our body's natural resources by taking supplements helps us to deal with our internal mechanisms, enabling us to have greater protection against our external environment. There has been a lot of media coverage about a number of supplements and there is plenty of research on different types available, but the one that has had the most exposure in the news recently is VITAMIN D. It's a fact, that most of us in this country are definitely deficient in Vitamin D.

Making sure that any supplements taken are free of chemicals and preservatives, with added bonus of them preferably being food grade, is vital. A proper and balanced programme of supplementing our own body's natural resources is a great way to boost and enhance, healthy habits and is essential for a healthy lifestyle.

Finding out more about specific supplements, and the research surrounding them, is something that any one of the team is able, and willing, to share. Given our belief in the incredible benefits of such things, we have recently launched our own range of supplements, details of which are available from all of us at Sensus Health.

So that you receive our email updates about the things we need to tell you to run Sensus Health in the way to keep everyone safe, make sure you are on our mailing list, if you are not already. Also feel free to follow us on our social media platforms including our podcast and YouTube channel.

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



NEW YEAR, NEW... EXERCISE REGIME?

Let's be honest, most people will be more than happy to wave goodbye to 2020. It has, without a doubt, been the toughest year many of today's generations have seen.

As the clock tolls midnight and we ring in the new year, it's the perfect time to look ahead to the future and start to create some more positive habits.

Exercise is one of the most powerful things you can do to create both good physical and mental health. But new years resolutions are notoriously hard to keep. So what can you do to set yourself up for success?

Get Clarity On Your Goals

The first thing you need to do is get some clarity on what it is you are trying to achieve. Do you want to lose weight? Build muscle? Strengthen and tone? Or perhaps increase your flexibility? Each of these fitness goals requires a different strategy if you want to achieve it, so it's essential that you know what you're aiming for before you get started.

Empty The Cupboards

Christmas is a time of indulgence. Before you start your new, healthy exercise regime, it's a good idea to set yourself up to succeed. Empty your cupboards of all the unhealthy, sugary or junky foods that built up over the holidays. If they're there when you're hungry then you're much more likely to cave in and eat them!

Fill Up The Cupboards

Building muscle and feeling full of energy does require fuel, so make sure you restock the

cupboards with lots of healthy snacks. Nuts, seeds and nut butters can help give you the calories you need and create that satisfied feeling. Dried fruit can help curb the sugar cravings and give you a quick energy boost before you workout.

Plan Ahead

A good exercise regime might need a little planning. Once you've decided on your goals, think about the types of exercise you'll need to do to get where you want to go.

For flexibility, you might want to consider yoga. For strength, maybe pilates could work for you. For weight loss, think about cardio like running or a HIIT class. And for muscle gain, weight training is your fastest way to success.

Plan what, when and how you will exercise to set yourself up for the best chance of success.

Get Aligned

Whether you're a regular exerciser or someone that's new to the active lifestyle, it's important to ensure that your body is in alignment. Even small problems in your alignment can have a significant impact on your body when you work out. You might find that exercising is uncomfortable, with additional strain placed on your muscles and joints. You could experience pain and you could be putting yourself at risk of injuries too!



THE MIRACLE MORNING

TRANSFORM YOUR LIFE BEFORE 8AM

If there's one thing we've learned from 2020, it's that life will throw things at you that you can't control. So what can you do if you're feeling overwhelmed, fed up and frustrated? How can you create a little stability in your life and develop a positive mindset in the face of all adversity?

Personal development is a lifelong process. There's lots of ways to strengthen and improve your mindset, but a great place to start is your morning routine.

Hal Elrod, author of the best selling book "**The Miracle Morning**" claims that his simple 6 step morning routine has transformed the lives of hundreds of thousands of people. Giving them more energy, focus and motivation. Ideal if you're looking to boost your mental health and make 2021 a positive and productive year for you.

But what does a miracle morning look like?

1: Silence

Start your day with meditation to calm your mind and reduce stress.

2: Affirmations

Use simple, positive affirmations to change your thinking patterns and create new behaviours.

3: Visualisation

Play your perfect day through in your mind, to prepare yourself for the day and stay focused on your goals.

4: Exercise

Stimulate your mind, get your joints moving and boost your happy hormones with a short exercise routine that gets the blood flowing.

5: Reading

Feed your mind and fast-track your personal development by reading 10 pages of a self-help book each day.

6: Scribing

Journal, write your plans or practice your gratitude to keep your mind focused on the positives and process your emotions from the previous day.

Not a morning person? No problem. Elroy has a solution for that too. He claims that even the sleepest of night owls can train their body and mind to wake up early, feel refreshed and have a more positive and productive day.

So what does your morning routine look like? Is it a carefully planned process designed to help you get the best out of your life? Or a "grab a coffee and hope for the best" approach?

If you want to learn more about how to have a miracle morning then I highly recommend you read the book. It could be the best thing you do this year.

New Year NOODLES

INGREDIENTS

- > 1 lb noodles or linguine pasta
- > 1/2 - 1 1/2 tbsp red pepper flakes (to taste)
- > 2 tbsp olive oil
- > 1/3 - 1/2 cup toasted sesame oil
- > 1 1/2 tsp chilli paste
- > 6 tbsp soy sauce
- > 3 tbsp honey
- > Spring onions, carrots, peanuts, coriander, Sriracha and sesame seeds to garnish

INSTRUCTIONS

Chop the garnishes and set aside until you're ready to serve.

Boil the noodles or pasta, draining before it goes gloopy.

While the noodles are boiling, heat both oils in a large skillet with the red pepper flakes.

Once the oil is hot, strain the pepper flakes, reserving the oil in a bowl.

Add the reserved oil back into the skillet and add the chilli paste.

Whisk in the soy sauce and honey.

Toss the noodles in the skillet with the sauce.

Serve hot, at room temperature or even cold. Top with the garnishes to taste and enjoy!

WHERE TO FIND US:

SENSUS HEALTH & WELLNESS

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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

WORDSEARCH CHALLENGE

MIRACLE NEW YEAR READING FRIEND
MORNING AFFIRMATIONS GRATITUDE
MEDITATION EXERCISE COOK

N	O	I	A	E	F	G	G	T	D	A	F	M	R
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