

— April/May 2022

TO EVERYTHING THERE IS A SEASON ...

Easter is upon us and, with that, the certainty of spring.

Most of us are aware that the first day of spring is called the vernal equinox, but we won't all know so much about the origin of the phrase. The term vernal is Latin for 'spring' and equinox is Latin for 'equal night.' In spring the earth's axis is more tilted towards the sun, increasing the number of daylight hours and bringing warmer weather. Before spring was called spring, it was known by the Old English word 'lencten', indicating that the time of year was 'springing time', a reference to plants springing from the ground.

On the other side of the world, however, the first day of spring in the Southern Hemisphere is the first day of autumn in the Northern Hemisphere, making life on earth twice as interesting as it provides the opportunity of enjoying both seasons more than once in any given year.

I really do love springtime as in the spring the days are getting longer when the clocks 'spring forward' to British summertime. It's like a new beginning, giving us a general sense of well-being and lifting our spirits.

As most of you know I have just been to the southern hemisphere, South Africa, and the beautiful town of Somerset West for a short visit, and there the summer is at an end and autumn is slowly starting.

It is, of course, still warm and sunny there and I was able to experience and appreciate even more how important the sun is to our life and to our well-being.

Not only do we receive Vitamin D from sunshine, but surprisingly enough sunlight can also kill bacteria and reduce blood pressure. Light exposure to the sun (without burning the skin) can strengthen bones and improve sleep quality, all vitally important to all round good health. Here in the Northern Hemisphere, we tend not get enough of the sun, both in terms of its warmth and the lovely UV light it provides. This is why all of us here at Sensus Health continue to promote the importance of supplementing Vitamin D.

Please ask us for more information about the Sensus Supplements next time you are in to see us, and do not forget to follow us on all our usual social media channels to stay in touch about what is going on here at Sensus Health.

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

Kris Harm

Chiropractor





Sitting too long? Your Top 5 Reasons To Get Moving This Spring

Let's be honest, we all probably sit for too long – whether that's in the office, at home on the sofa watching tv or driving around town. Sometimes it seems that all we do is sit. Why? Well, it's easy. It feels relaxing and comfortable. But surely it's not good for you? Well, luckily we've compiled a list of effects that can happen by oversitting. And brace yourself, you might want to get those walking shoes ready!

1. Potential weight gain

When you don't move about enough, you lose the muscle mass. Muscle mass helps you burn more calories at rest. Move Less, Burn less calories.

2. Chronic Pain

Sitting for too long may lead to excess pressure on certain parts of the body to compensate. The lower back is an area that usually suffers from oversitting. If this happens over a long period it may lead to discomfort and pain.

3. Mental Health Deterioration

We don't need reminding what life can be like stuck inside all the time, but the impacts of this are sadly more than just physical. With limited social interaction comes the risk of mental well-being and heightened periods of tiredness, struggling to sleep, lack of concentration and a decrease in your social skills.

4. Less Energy

Movement and exercise increase energy levels. By sitting for long periods of time you may find yourself struggling with lethargy, resulting in reaching out for less than optimum ways of feeling re-energised e.g. caffeine/ sugar. Start by building up with short walks, the body adapts to the regular movement you do.

5. Compromised Posture

By sitting for too long you put added pressure on your lumbar discs rather than being distributed evenly through your spine. This can lead to the pelvis to rotate backwards and can throw your head forward creating bad posture.

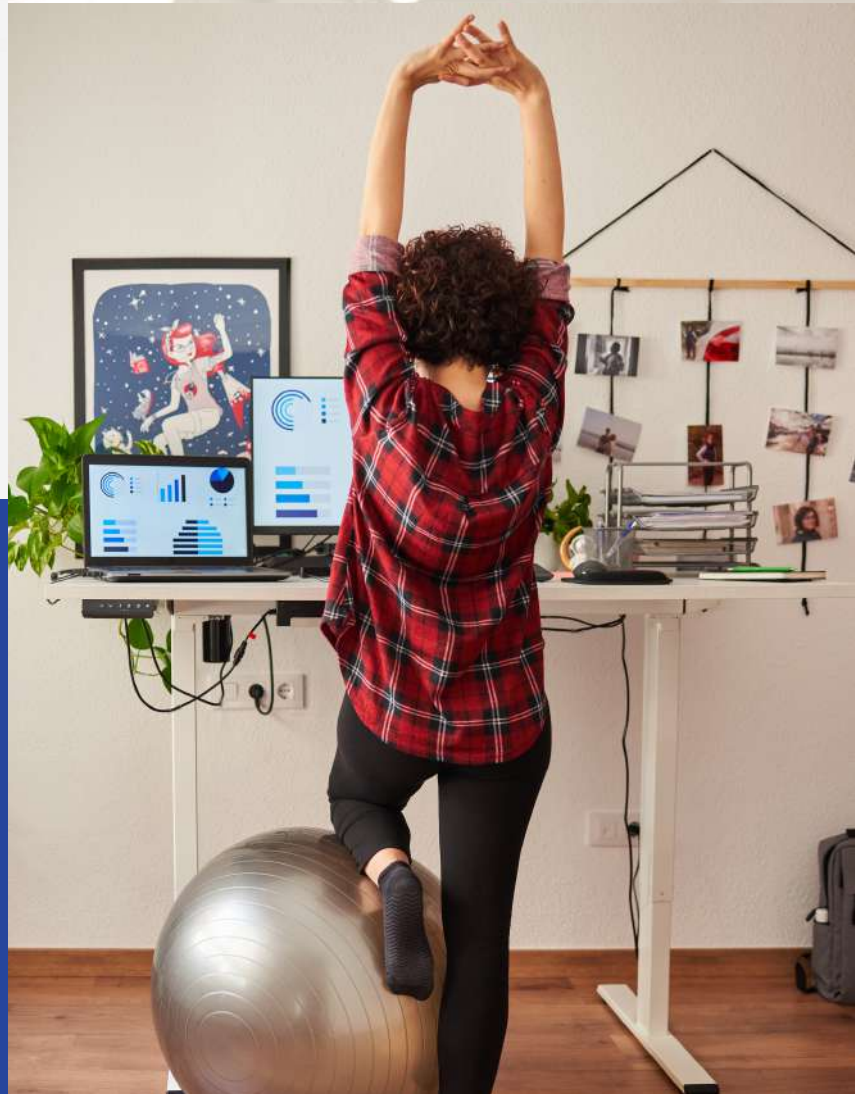


Inspired to move yet?

Here are some quick fire tips to help you get started :

- Set a timer and take a break from sitting every 30 minutes.
- Stand while talking on the phone or watching television.
- If you work at a desk, try a standing desk – or improvise with a high table or counter.
- Introduce walking meetings with your colleagues rather than sitting in a conference room.

The impact of movement – even leisurely movement – can be profound. Your body was made to move. For starters, you'll burn more calories. This might lead to weight loss and increased energy. Also, physical activity helps maintain muscle tone, your ability to move and your mental well-being, especially as you age. If you are struggling with moving more or find yourself under stress or experience pain, let's discuss some ideas for you in your next session with us.



One of our best sellers is Vitamin D



Sensus Health and Wellness 'Food State' Vitamin D 2,000 iu is a natural nutritional supplement in a whole food complex, for optimal absorption & utilisation. It also benefits from active metabolites which are necessary to activate vitamin D activity.

Vitamin D may help with:

- **Healthy bones & teeth**
- **Immune system**
- **Ageing**

All our supplements can be seen on our website and bought from our webshop at <https://sensus-health.myshopify.com/>

