

May/June 2020

TODAY'S REALITY, TOMORROW'S OPPORTUNITY...

Phrases such as 'self-isolation', 'social-distancing' and 'lock-down' are possibly ones that most of us have rarely, if ever, used before. The world has changed out of all recognition over the past 4 weeks (at the time of writing this) and it is very probably going to be a different world that emerges when the current crisis is over.

What we do know is that many have died during this pandemic and that is very sad. Our heart goes out to those families.

We have also finally (in my opinion) realised that we should value each other more and in particular all the health workers who, again in my opinion, have been so amazing. In addition, a shout-out to all the lovely people who have tirelessly and selflessly helped those in need and the vulnerable.

During my weeks in lockdown (I never did get to go on that holiday that was planned!) I decided to take the opportunity to do something positive with the time. There were a few things in my life that needed an overhaul, others that only needed a tweak, and I realised it was an opportunity to have some new routines. I started it all by picking up a book to read, a book that had been lying on the top of the pile of books on my bedside table since being

recommended to me months ago. Yes, I know we all have books that you mean to read at some point ... for me that time was now!

I needed to take control of the things that I could in what was going on around me and try to be the racquet and NOT the ball (remember from the email?). All the focus in the media seemed to be so negative, day-after-day generating fear and anxiety and never reporting any good news. I believed there must be a better way to approach life in general, and my circumstances in particular.

I decided that I was taking charge of my life in lock-down!

My daily routine of Healthy Habits has always been good with meditation, exercise, stretches, eating good food and getting enough sleep. I had managed this for most days before the current crisis, but now I wanted to really do it with purpose and commitment. This was a great opportunity that would unlikely come again to do things 100 percent!

We (the whole Sensus team) have been very active with our own physical and mental routines so that we stay fit and healthy, and this has enabled us to stay in contact with you, via email and social media, to help and encourage you in your work environments, both new and old, as

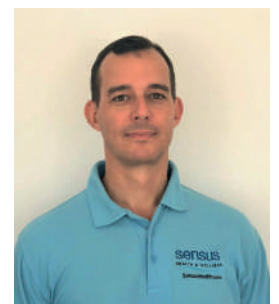
well as in other ways of coping with the lockdown. We have also been creative in generating much new content to support and serve you all in an even better way from now on.

I do hope that the world as we know it is not too different from before lock-down, and that we will have a fantastic summer with lots of sunshine, happiness and great opportunities for exercise. Generally living our life the best we can, and helping those around us to do the same. Of course, we also need to maintain and build upon all and any of the new routines we have created.

Do keep in contact with us through the usual channels of email and the various social media platforms. Please note have also now added a YouTube channel.

Look forward to seeing you all in the clinic as soon as it becomes possible, and for us to be able to help you "Live your life to the fullest".

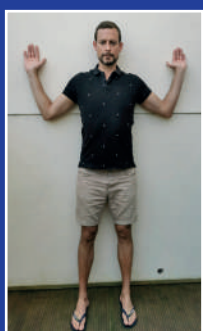
In Health,



*Dr Kris and the team
at Sensus Health*

SIX SUPER STRETCHES

STAY FLEXIBLE AND KEEP YOUR BODY MOBILE WITH THESE SIMPLE STRETCHES YOU CAN DO AT HOME.



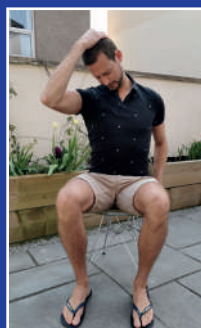
Wall Angel



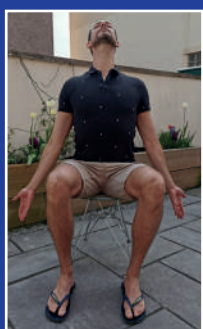
Levator Scap
(Upper Back Stretch)



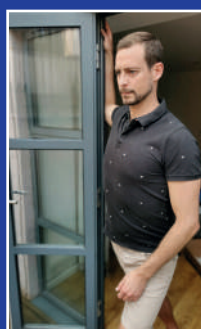
Rhomboid
(Upper Back Stretch)



Sternocleidomastoid
Stretch



Brigger Relief
Stretch



In-Doorway
Pec Stretch

BALANCED BODYWEIGHT WORKOUT

3 - 5 MINUTE WARMING UP WITH STRETCHES TO START.

HIGH REP CHALLENGE

Squats x 30

High Knees x 60

Push ups x 25

Mountain Climbers x 60

Lunge Jumps x 30 (15 each side)

Jumping Jacks x 40

Bicycle Crunch x 40 (20 each side)

Mountain Climbers x 50

Jump Squats x 25

High Knees x 40

Burpees x 12

Sit Ups x 12

Walking Lunges x 30 (15 each side)

Push Ups x 15

Tricep Dips x 15

25 second plank

Squat to inchworm
(walk hands down the floor and back up)

Jump Squats x 10

Lunge Jumps x 20 (10 each side)

Russian Twists x 40 (20 each side)

25 second plank

DONE!

If you have problems with your knees, then revert to normal lunges and squats rather than jumping ones.



VITAMIN C: THE SUPER SUPPLEMENT?

Vitamin C has been a popular supplement for many decades and it's easy to see why. More and more studies are showing that it can help improve absorption of other nutrients, slow the ageing process, promote healthy skin - and most interestingly right now, improve immune function and reduce the risk of pneumonia by as much as 85%!

But understanding supplements is never easy - which type, how much, how often? In this article, I'm going to break it down for you and explain everything you need to know about supplementing vitamin C.

Different Types Of Vitamin C

There are many different types of vitamin C so it's important to know which one is right for your needs.

Ascorbic Acid is the cheapest and most readily available type on the market. It's vitamin C in its purest

form, so it's the best choice if you plan to take a high dosage. The downside is it is very acidic, so people may find it a little hard on the stomach.

You will also find magnesium ascorbate, calcium ascorbate and various combinations of vitamin C with other vitamins. These include other nutrients that cannot be high-dosed safely in the way ascorbic acid can.

Understanding Dosage - RDA

When looking at supplement doses there are several numbers often discussed. First, there's the RDA (recommended daily allowance) which is defined as "the average daily level of intake sufficient to meet the nutrient requirements of nearly all healthy people."

Many people take that to mean that the RDA of a nutrient is the amount you need to be healthy.

But here's the interesting thing about RDAs. The RDA for a nutrient is worked out based on the very minimum amount required to avoid a severe deficiency disease (such as rickets for vitamin D or scurvy for vitamin C). It is NOT the ideal amount required for optimum health.

Take vitamin C for example. The RDA for vitamin C is only 60mg a day - a pitiful amount!

Maximum Dosage and Tolerable Upper Limits

The next number that's good to know is the UL (upper limit). Again, people take this to mean that's the maximum amount that it's safe to take - but it's not that simple.

The UL is calculated on the maximum amount you can take without experiencing ANY side effects. But some side effects are not dangerous and are just a sign that your body is getting used to

absorbing the nutrient.

When supplementing vitamin C it's not uncommon to initially experience some excessive bowel movements as your body adjusts to the dose. This isn't dangerous nor is it a sign that you're taking too much. Just that you might need to increase the dose a little more gradually.

Toxic Amounts

Some vitamins and minerals can be toxic in high doses - such as heavy metal minerals like iron and fat-soluble vitamins like vitamin A and vitamin D.

In most cases, these supplements only become dangerous if taken at high doses over prolonged periods of time, but they can also be lethal in just one (very high) dose. Because of this, it's important to fully understand the supplement you're planning to take and the correct dosage.

For vitamin C (in pure ascorbic acid form) there is no known toxic dose and it is considered safe. Vitamin C has been used intravenously in "megadoses" (hundreds or thousands of milligrams) to treat diseases such as cancers, pneumonia and even meningitis. They are currently trialling it, with some promising results, for the treatment of COVID-19 too.

So How Much Vitamin C Should You Take?

There's no definitive amount that suits everyone but it does seem that while low dose vitamin C can have some positive effects, the real power is in the higher dosage.

Prof Harri Hemila, from the University of Helsinki, found that 6000-8000mg of vitamin C per day could reduce symptoms of the common cold, but that 3000-4000mg could not.



In another study involving 463 students, participants with flu that were given 1000mg of vitamin C an hour, for the first 6 hours, then 3000mg a day, showed 85% fewer symptoms.

WHERE TO FIND US:

SENSUS HEALTH & WELLNESS

60 Walham Grove, London
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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

WORDSEARCH CHALLENGE

N V I S Y A Z N J Z N B E W U
A J R T R N L Z M U K R B O V
X D A I I P U Y A U A K E V D
M I S F V N N T Y L L P O V X
Q U R Y F Q C U R P E F U L L
P V F I J I M H Z I Y N X E P
O O G U G K R D W S E H T O F
W S F E Q R D M X O B N H I G
E Z T Q A N J A A P R Y T N L
R H I R F V X G W T O M L U N
F D I B E O K L B W I T L F T
L T B K F T A K U E C O A O J
G S K M Y D C L P N T K N T A
V I T A M I N H G G G D D B O
V C G U C Q F H D F Z E R R E

AFFIRMATION NUTRIENT INCHWORM POTATO
STRETCH LENTIL POWER
LUNGE MAY VITAMIN