

May/June 2020



## IN TIMES OF CRISIS WE HAVE OPPORTUNITIES TO CHANGE...

3 frogs sitting on a log, one decides to jump off...

How many frogs are left on the log?

Just because the frog *decides* to jump off the log, does it see it through?

Throughout life we are given 'invitations' to make change - we can choose to accept the invitation, or miss the experience and stay the same.

A crisis can happen in your health, your finances, your community or the world around you.

And sometimes, like now, it's all of the above.

**IT IS NOW** that provides the opportunity for change, more than ever...will you embrace it or recoil from it?

I consciously decline to be the proverbial deer in the headlights.

Instead...

I am reflecting on the past - and how can I do things better in the future.

I am taking advantage of the present - there's quietness and peace should you listen carefully, and space to navigate a plan going forwards.

I am planning for the future - this is **MY** time to build a 'field of dreams'.

### **What will you do?**

I have a group of friends and colleagues that I draw strength and guidance from, and yes, like me, they have the 'alternative idea' to mainstream and orthodoxy, but we resonate with a collective vibration that endeavours to create change for the better.

Surround yourself with people who help to elevate you to be a better version of yourself. Stay tribal.

Work on your spiritual, mental,

emotional, and physical wellbeing. *The time is NOW!*

In the 'upside down', work on your right way forward - what are your goals, dreams and aspirations?

If it is important to do, then it must be done. What will you do to get there? And, more importantly what action will you take?

When 'the devil' whispers to me "you cannot withstand the storm", I roar back "I am the storm!"

*Belinda*



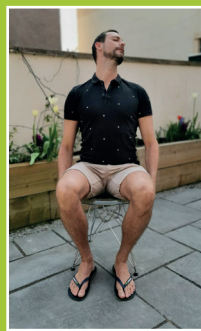


# SIX SUPER STRETCHES

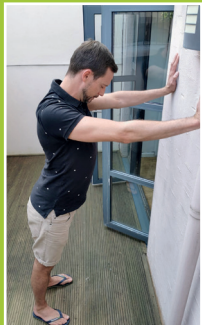
STAY FLEXIBLE AND KEEP YOUR BODY MOBILE WITH THESE SIMPLE STRETCHES YOU CAN DO AT HOME.



Wall Angel



Levator Scap  
(Upper Back Stretch)



Rhomboid  
(Upper Back Stretch)



Sternocleidomastoid  
Stretch



Brugger 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:

### Aligned Chiropractic

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Monday & Thursday: 7.45am-6.00pm

Tuesday: 7.45am-5pm

Wednesday: 7.45am - 2.00pm

## 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	