

Nov/Dec 2019



HOW DID I GET HERE?

Did you know that Chiropractors are highly qualified to do what they do? There is often confusion about the level of training a Chiropractor has and I thought I better set the record straight!

My Chiropractic training started in Australia (by the way, it never stops!) and I enrolled in my first Bachelor of Science degree at the University of New South Wales (UNSW) in Sydney, graduating with a major in Anatomy. At this leading university (arguably considered the best in Australia!) the Chiropractic and medical students do the same science degree! The education is exactly the same!

Whilst doing my first degree I enrolled in a preliminary Chiropractic program before going on to complete a Master's degree in Chiropractic at Macquarie University (Sydney), being only one of five to pass the

rigorous board exam the first time around. Not many people know this, but our training also qualifies us in radiography (taking x-rays) and radiology (reading them) – often a standalone field and qualification in itself!

Whilst studying at Macquarie Uni, I tutored anatomy to the Chiro and med students at UNSW in the cadaver labs to earn a bit of money to assist in living expenses – I will never forget the smell of formaldehyde!

Loving education I went on to study a third science degree and was awarded a Bachelor of Science in Acupuncture with First Honours at Portsmouth University, UK. Not stopping there I went on to complete a post graduate diploma in Obstetrics and Gynaecology with Next Step Medicine in London,

achieving the best result in my final exam out of any student ever to complete the course!

All that aside, I have trained extensively in the field of Chiropractic paediatrics (including pregnancy), and my early practice life was heavily orientated towards dealing with sports injuries – living on the Gold Coast of Australia attracted many a high-profile sports person into the practice! That's a story for another time.....

So, there it is. You're in safe hands!

Belinda





WINTER IS COMING...

We've said goodbye to summer and the cold, dark nights are fast approaching. Winter is coming, but that doesn't have to mean that you have to give in to the doom and gloom. Here are our top 5 ways to stay healthy and protect yourself from the winter blues and bugs.

1: KEEP MOVING & GET SOME FRESH AIR

When it's cold and blustery outside the last thing you feel like doing is taking a brisk walk. But if you want to stay healthy and fight the winter blues, it's important to keep moving. Just a 20 to 30-minute walk in the fresh air could boost your immune system, improve your circulation, lower your blood pressure and increase your focus and concentration.

2: GET SOME VITAMIN D

One of the best ways to protect yourself from the grotty illnesses that lurk in the winter months is vitamin D. In the winter, when the days get

shorter, the sun gets weaker and we start to cover up, our skin doesn't usually get exposed to enough sunlight to synthesise enough of its own vitamin D. This can lead to a deficiency with symptoms such as low mood, decreased energy and make you more likely to get ill.

Studies have shown that supplementing with Vitamin D3 can significantly reduce your risk of catching flu and other respiratory illnesses.

3: STAY HYDRATED

Water is required for almost everything your body does, if you're dehydrated then you're more likely to feel tired, suffer from headaches and feel low. Aim to drink between 1.5 to 2 litres of water a day to stay well hydrated.

4: TAKE YOUR SUPPLEMENTS

It's not just vitamin D that can give you an immune boost through the

winter. Other supplements such as fish oils, turmeric, chlorella and vitamin C can all help to keep you healthy and fight off the winter bugs. Vitamin C actually helps with the absorption of several other vital nutrients too so it's a great way to boost your health.

5: EAT CLEAN & KEEP IT SEASONAL

We all know that a clean diet full of fresh fruit and veg can help keep us healthier. But did you know that eating seasonal can help too?

Winter veg such as garlic, onions and leafy greens are packed full of immune-boosting properties.

Soups and stews are a great way to get more winter veg in your diet and can be super tasty too.

Check out our Immune-Booster Carrot & Turmeric Soup recipe over the page!

THE WORST THINGS YOU'LL SEE IN YOUR OFFICE THIS CHRISTMAS

You might think that office work is a pretty safe vocation. But if you're not careful, your sedentary, desk-based lifestyle could be creating all kinds of problems. From aches and pains to blood clots and strokes, these 4 things are the most dangerous mistakes we see people regularly make in an office.

THE DESK HUNCH

Office workers can spend hours sitting at a desk. If you're slumped over like the hunchback of Notre Dame then you're in for some problems. Neck ache, backache and even migraines can all be caused by bad desk posture. Be sure to sit up straight with your shoulders upright and use a chair that's designed for good posture.

THE MULTI-TASKING NECK HOLD

When you're busy it can be tempting to multi-task. Many people make the mistake of clamping their phone between their shoulder and neck, so they can type or write as they talk.

This is a big mistake. The consequences include neck pain, shoulder pain and can even result in a stroke! If you must type and talk then get a headset or put your phone on speakerphone.

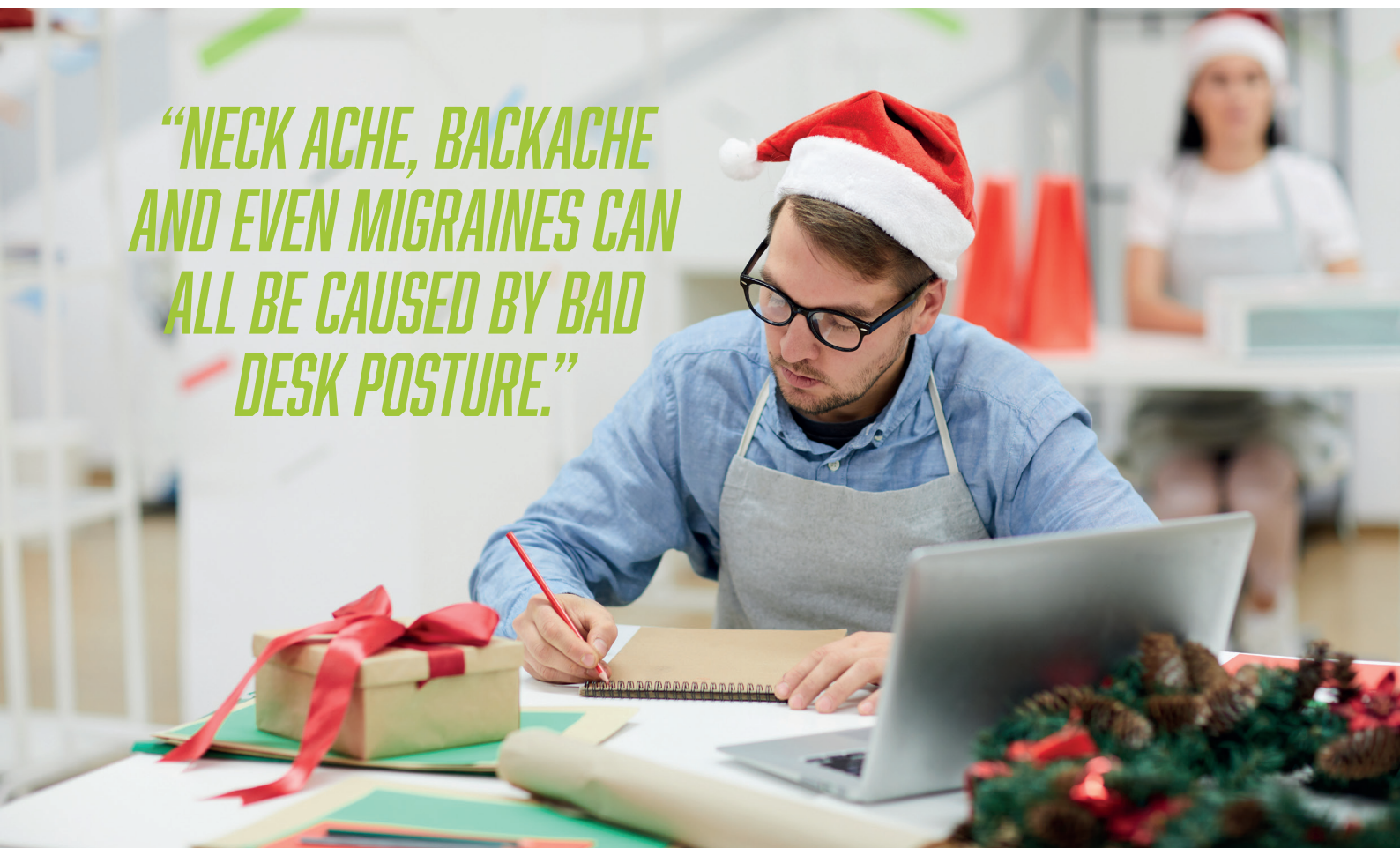
HOPELESSLY HIGH HEELS

If you wear high heels to work every day then you best be prepared for problems. Not only do they make your feet ache, but they can put a strain on your pelvis, irritate your Achilles and cause lower back pain. You can find a wide range of smart, office-style shoes that are not high-heeled. If you must wear heels, then opt for lower ones, with a more platform style heel rather than a stiletto.

LAZY LIFTING

If your job involves lifting then be sure you're doing it right or you could damage your back. Always bend from your knees, not your waist, and use a combination of your legs and core to bear the weight.

***"NECK ACHE, BACKACHE
AND EVEN MIGRAINES CAN
ALL BE CAUSED BY BAD
DESK POSTURE."***



Immune-Booster CARROT & TURMERIC SOUP

INGREDIENTS

- › 1½ tablespoons coconut or olive oil
- › 1 small onion, chopped
- › 1 tablespoon minced ginger
- › 2 cloves garlic, minced
- › 1½ teaspoons turmeric
- › 1½ pounds carrots, peeled and chopped
- › 4 cups low-salt vegetable or chicken stock
- › ½ cup freshly squeezed orange juice
- › ½ teaspoon kosher salt
- › ¼ teaspoon black pepper
- › Optional garnishes: Greek yoghurt, coriander leaves, sunflower seeds

INSTRUCTIONS

Heat the oil in a large pot over medium heat. Add the onion and cook until softened, 5 to 6 minutes. Stir in the ginger, garlic, and turmeric and cook for another minute until fragrant. Add the carrots and stock. Bring to a boil then reduce to a simmer and cover the pot. Cook until carrots are tender, about 25 minutes. Stir in the orange juice, salt and pepper.

Using a blender, carefully puree the soup until smooth. Serve with your choice of garnishes.

WHERE TO FIND US:

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WORDSEARCH CHALLENGE

SOUP	HEELS	PAIN
IMMUNE	HYDRATE	NECKACHE
BOOST	HEALTH	TURMERIC
HIGH	BACK	WINTER

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