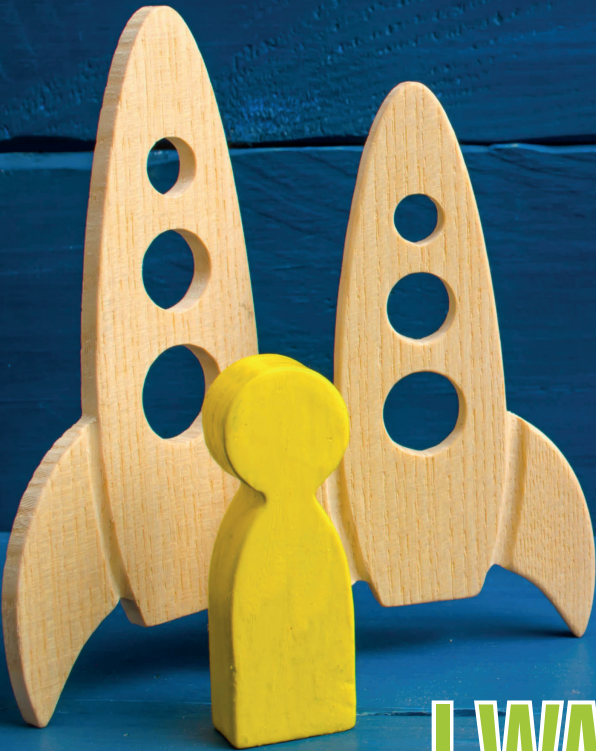


Sept/Oct 2019



## I WANT TO BE AN ASTRONAUT

**Ask a room full of children what they want to be when they grow up, and you'll often hear the same answers.**

Most will tell you with great excitement how they want to be an astronaut, police officer, or firefighter. Others dream of becoming lawyers, vets or teachers.

When I was 7, I had no desire to become a chiropractor. In fact, I probably didn't even know what a chiropractor was, but I **did** know I wanted to be a doctor.

When questioned about what a doctor does, most children will likely tell you "they fix people" or something similar and, in many ways, that's precisely

what we do as chiropractors.

Here at Aligned Chiropractic, we work exceptionally hard to deliver a service that drastically improves our patients' quality of life. For some, that means getting rid of a little niggle, but for many others, it means working to fix issues that have plagued them for years.

We've invested heavily in our ability to deliver this service in the past few months, which is why you'll have noticed some of the brand new equipment in place in our treatment rooms. This state-of-the-art technology has been specially designed to help us be more effective in helping you.

In addition to investing in equipment, we believe that having the right people in our team can have a dramatic impact on the service we're able to provide. We're constantly training our team on the latest techniques to ensure we're up to date with any new developments.

And finally, next time a little boy or girl tells you what they want to be when they grow up, why not ask them if they've thought about being a chiropractor? It's one of the most rewarding jobs there is.

*Belinda*



# HAVE YOU HAD YOUR EGGS THIS MORNING?

If you're like me, you probably grew up believing that dodging your porridge before school was an absolute travesty. But in reality, more than a third of adults in the UK are skipping breakfast on a regular basis.

Despite what you may have heard, healthier and fitter people don't skip their morning muesli. But does that mean that actually eating breakfast makes us healthier and thinner?

## Why Breakfast Matters

Breakfast gets its name from the whole purpose behind it: we're told to eat a morning meal to *BREAK* our overnight *FAST*.

According to expert dietitian Sarah Elder, "the body uses a lot of energy stores for growth and repair throughout the night. Eating a balanced breakfast helps to up our energy, as well as protein and calcium used in our body during sleep".

*But there is a widespread disagreement over whether breakfast should be the top contender of the meal hierarchy, or even if we should eat it at all.*

## THE BIG BREAKFAST SCANDAL

There are lots of health studies out there with breakfast at the forefront, but the science is still a little unclear.

Some studies link eating breakfast to weight gain as a direct effect of eating in the morning.



Others showed that people who focused on breakfast being their biggest meal of the day were more likely to have a lower body mass index level than those who consumed more at lunch or dinner.

It's said that eating a morning meal kick-starts our metabolism and has links to improved brain function, including concentration and language skills.

But it has also been linked to increased risk of heart disease and a higher risk of diabetes in both men and women.

*Confusing, right?*

So is breakfast a vital beginning to our day, or just an agelessly clever marketing ploy by cereal companies?



# ***“IT’S NOT SO MUCH WHEN YOU EAT, BUT MORE WHAT YOU EAT.”***

## **Is Breakfast Good Or Evil?**

Well, the jury is still out, but one thing that seems to be clear is that it’s not so much **when** you eat, but more **what** you eat that matters.

Many breakfast cereals on the market today are empty calories, with little nutrition and tons of sugar. White toast with jam is not much better.

**A bowl of crunchy nut cornflakes contains 35g of sugar. That’s over 8 teaspoons, meaning it has more sugar than a bowl of ice cream!**

Other cereals, such as porridge or no added sugar muesli, are high-fibre and packed full of vitamins, making them an ideal start to the day.

It’s easy to see why the studies are not giving clear results - it depends a lot on the choices you make.

If you’re eating 8 teaspoons of sugar for breakfast each morning, you’re likely to gain some weight.

But if you’re eating a nutritious breakfast, such as eggs, avocado or salmon, then it could help curb your morning munchies and give you the energy you need to make it through until lunchtime.

## **What About Intermittent Fasting?**

One of the arguments in favour of skipping breakfast is intermittent fasting.

The theory is that you still consume the same number of calories each day, but you do it in a smaller time frame, leaving you free to fast all night and in most cases, right through until lunchtime.

Studies show it can improve your body’s blood sugar control, improve energy and help weight loss, amongst other health benefits. But it’s not the same as just skipping breakfast.



With intermittent fasting you eat and drink NOTHING calorific during your fasting hours. This means no sugar or milk in your morning coffee either!

## **So should you eat breakfast?**

The honest answer is that the jury is still out. There seem to be both benefits and downsides to grabbing a bite to eat in the morning.

So should you eat breakfast or not? Tune in and listen to your body. What makes you feel healthier? If you wake up hungry or find yourself craving an energy boost in the morning then eating breakfast could be the right call for you. Choose something healthy, such as fruit, porridge or eggs. Avoid sugar-laden cereals and be sure to stop eating when you are full. If you find you’re having to force yourself to eat breakfast then it’s likely that breakfast isn’t right for **you**.

# WE'RE OFF TO THE NORTH POLE

With the summer holidays a distant memory to anyone with children, the new school year is already back in full swing.

And, whether you've got children of a school age or not, you've probably spotted one or two schoolchildren in the past couple of weeks wearing the most *enormous* backpacks.

Seriously, some of them look like they're off on some sort of month long exhibition - not on their way to double maths.

It's a classic example of the long list of things we do that have a negative impact on our neck, shoulders and back.

And while back pain is relatively uncommon for children, we have to be far more careful as adults to prevent injury

and pain as a result of spine misalignment.

**A smart place to start is at your desk.**

**For those of us who work in an office, making sure your workspace is set up to promote a healthy posture is critical.**

Spending 8 hours of every day hunched over your desk can wreak havoc on your body.

Instead, ensure you keep your feet flat on the floor and your back flush against your chair.

Make sure that your monitor and keyboard are set at the right height to avoid strain, and take regular breaks to get up, move around and stretch.

Better yet, why not ask one of your colleagues to take a photo of you at your desk?

Being able to view your seating position from another angle can help identify any problem areas for you to work on.

*Or, if your workplace allows it, why not look into creating a standing workstation?*

You don't need to splash out on an expensive new desk. You can buy relatively cost effective desk conversion kits online from as little £20 - many of which will fold up when you're not using them.

If you've got any other questions on how best to avoid neck, shoulder and backache at work, just ask one of our friendly team next time you're in.

## WHERE TO FIND US:

### Aligned Chiropractic

Sele Gate House, 1 Hencotes, Hexham,  
Northumberland, NE46 2EQ

Monday & Thursday: 7.45am-6.00pm

Tuesday: 7.45am-5pm

Wednesday: 7.45am - 2.00pm

## WORDSEARCH CHALLENGE

K L M O G Q G E A A L W O I W  
D Y T B G Z S D P E H O P V N  
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VITAMIN  
SUNSHINE  
HYDRATE

SUNSCREEN  
SHADE  
EXERCISE

SWIM  
WATER  
BREAKFAST

EGGS  
SALMON  
FRUIT