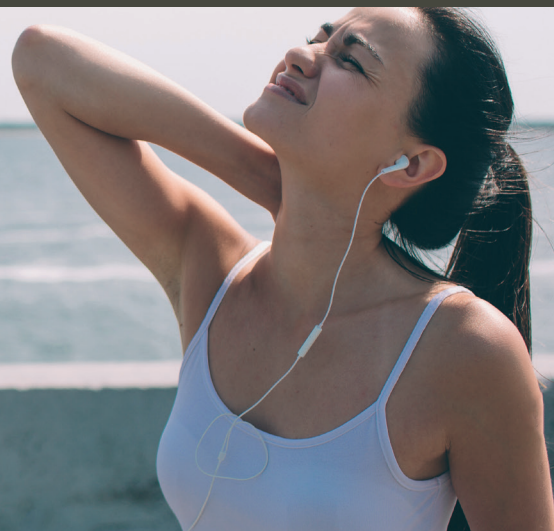


July/Aug 2020

## HOW CAN FIND YOUR 'MOJO' AGAIN?



There are many causes of 'tiredness' and these are some of them...unfilled purpose – ambition, dreams and desires that haven't come to fruition; out exchange – inequality in energy exchange by giving out more than what you are receiving; over run – going past, failing to acknowledge or celebrating any win; forcing yourself to do something you don't want to do – even though it needs to get done; incomplete cycles of action – the endless 'to do' list from lack of priority; and physical reasons – such as insufficient sleep, poor nutrition, and lack of exercise.

***The last one I will focus on here.***

Dysfunction in the spine adversely affects the nervous system and creates imbalances between the sympathetic (fight/flight) and parasympathetic (rest/digest) aspects of it. We are designed to experience short bursts of flight/fight and longer periods of rest/digest; however, our modern lifestyles actually have the opposite effect!

Poor posture, accidents, injury and the 'microtrauma of life' creates disharmony in our bodies. Spinal dysfunction, in particular, lowers parasympathetic tone and raises sympathetic expression resulting in increasing anxiety, decreasing immunity, increased inflammation and adrenal exhaustion.

Stress in the nervous system not only leads to physical fatigue, but also emotional 'tiredness' – physically, the body can no longer root the spirit and mental fatigue, cognitive decline and mood disorders can ensue.

There is a belief that exercise alone can restore function. However, exercising dysfunctional joints does **NOTHING** to restore function, and in reality, fortifies the existing problem and accelerates the onset of degenerative change.

The **KEY** is to restore function to the joints first, then strengthen and fortify with exercise **in that order**. This why you will always hear me say 'fix the problem first, THEN strengthen'.

By 'papering over the cracks' of dysfunction with inappropriate/mis-timed exercise, drugs/medication and rest you will do NOTHING to restore balance in the nervous system.

Chiropractic on the other hand, restores appropriate function to the joints, and calms the nervous system by raising vagal (parasympathetic) tone and lowering excitatory behaviour in the sympathetic aspect.

If you find yourself suffering from tiredness, consider getting your body in good working order with Chiropractic – I have seen vitality being restored to many who have embarked on their Chiropractic journey!

Yours in abundant health,

*Belinda*



# 5 SIMPLE WAYS TO REDUCE HEADACHES & MIGRAINES

## 1: Drink Plenty of Water

Dehydration is one of the leading causes of headaches and can be a contributing factor in migraines too. It's thought that even just a 2% reduction of water in the brain can cause headaches! Many people are chronically dehydrated and don't even realise. If you're a headache or migraine sufferer (or even if you're not!) try to drink between 1.5-2 litres of water each day.

## 2: Avoid Known Triggers

Many migraine sufferers have triggers that can bring on a migraine attack. The most common include chocolate, wine, cheese, sulphites and coffee. If you're a migraine sufferer keep a food diary. Log everything you eat and drink and look out for any patterns so you can avoid the foods that could be triggering your migraines.

## 3: Take A Magnesium Supplement

Studies have shown that magnesium supplements can help reduce the frequency and severity of headaches and migraines. Magnesium is an essential nutrient, but thanks to overfarming and the poor-quality, western diet it's thought that around 75% of

people don't meet their daily requirement through food alone. Supplements have been shown to reduce the frequency of migraine attacks by up to 41%.

## 4: Get Adjusted

Chiropractic isn't just for bad backs. When your spine is out of alignment it can interfere with the nerves running from your spinal cord out to the rest of your body. Getting regularly adjusted can help your central nervous system to function properly and could help reduce or alleviate headaches and migraines.

## 5: Reduce Your Stress Levels

Stress is a huge contributor to headaches and migraines so it's essential that you keep your stress levels in check. For most people, daily life is stressful - whether that's from working, juggling a family or other stressful situations. So if you're adding to your stress every day, it makes sense to work on reducing it each day too. Meditation is a great way to relieve stress and with the many meditation apps available it can be quick and easy too.

## WHAT TO DO WHEN A HEADACHE OR MIGRAINE STRIKES

*These 5 tips are great ways to prevent headaches and migraines, but what can you do when disaster strikes? What can you do to ease the pain and encourage a faster recovery?*

### Use Hot & Cold Compresses

Heat and ice can help ease the pain of a headache or migraine attack. Try putting a hot water bottle on your feet and an ice pack on your head or neck.

### Rest & Dim The Lights

Bright lights can aggravate headache or migraine pain. If you can, try laying down in a darkened room and rest until the pain passes. If you can't rest, then turn off any bright lights in the room you're in and avoid looking at screens if possible.

### Drink Some Water

Sometimes all it takes to relieve a headache is a glass of water! If you think you could be dehydrated try drinking a large glass of water.



# YOGA ROUTINE

TRY THIS SIMPLE YOGA ROUTINE FOR RELAXING WAY TO STRETCH AND UNWIND.

**Child's Pose** — 5 breaths  
(One breath means a complete breath in and out.)

**Downward Facing Dog** — 5 to 6 breaths

**Rag Doll** — 5 to 6 breaths

**Sun Salutation A** — 3 reps

**High Plank** — 10 to 15 seconds

**Chaturanga Push-Ups** — 3 reps

**Upward Facing Dog** — 1 full breath

**Weighted Squats** — 1 minute

**Weighted Lunges With Biceps Curls** — 12 reps each side

**Lawnmower Rows** — 12 reps each side

**Oblique Twists** — 16 reps

**Glute Bridges** — 8 reps each side

**Chest Fly** — 10 reps

**Weighted Crunch With Oblique Twist** — 20 reps alternating sides

**Leg Lifts** — 12 reps

**Figure Four** — 30 seconds each side

**Reclined Spinal Twist** — 30 seconds

**Savasana** — 30 seconds to 2 minutes

## Lentil & Feta Salad

Serves: 1

Time: 20 mins

### INGREDIENTS

¼ cup almonds, chopped  
¾ cup dry green lentils  
1 garlic clove - whole  
1 tbsp extra virgin olive oil  
1 tbsp apple cider vinegar  
1 tsp fresh oregano, finely chopped or ¼ tsp dried oregano  
Pinch salt  
Pinch pepper  
1 cup cucumbers, diced  
¾ cup cherry tomatoes, halved  
¼ cup red onion, diced  
1 tablespoon fresh parsley, chopped  
¼ cup feta cheese, crumbled

### INSTRUCTIONS

1: Bring a large pot of salted water to boil. Add in the lentils and garlic. Reduce the heat and simmer, uncovered for about 20 minutes.

2: While the lentils are cooking, pop the almonds in a dry frying pan and keep stirring until golden which will be about 5 minutes. Pop them into a bowl and set aside.

3: Add the oil, vinegar, oregano, salt and pepper to a large bowl and mix well.

4: Once the lentils are cooked, drain them and rinse them in cold water.

5: Add the lentils, cucumber, tomatoes, onion and parsley into the bowl with the oil mixture. Stir well.

6: Mix in the almonds and the feta. Serve and eat!

You can make this salad in advance and store it in the fridge for up to 2 days making it perfect for packed lunches on busy days!



# WORDSEARCH CHALLENGE

MIGRAINE  
HEADACHE  
RELAXATION  
MEDITATION  
YOGA  
SALAD  
PILATES  
CHIROPRACTIC  
STRESS

E	N	S	L	X	C	I	R	S	A	T	L	M	R
S	N	H	N	T	I	A	E	P	A	I	A	I	C
T	A	E	N	O	R	R	L	A	R	H	H	G	H
R	T	A	G	D	I	A	A	Y	E	H	D	R	I
E	R	D	H	M	M	T	X	I	R	D	A	A	R
S	D	A	M	N	M	P	A	I	E	T	S	I	O
S	L	C	W	X	O	C	T	T	N	D	G	N	P
R	R	H	C	A	A	E	I	E	I	P	T	E	R
H	A	E	O	D	T	A	O	E	A	D	A	H	A
A	A	I	C	S	A	E	N	E	Y	I	E	G	C
N	I	D	T	X	R	L	R	A	G	O	G	M	T
S	E	T	A	L	I	P	A	E	N	P	G	S	I
P	H	R	A	M	H	C	S	S	T	T	H	A	C
I	A	I	N	R	T	A	E	A	S	M	S	R	I

## WHERE TO FIND US:

### Aligned Chiropractic

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Northumberland, NE46 2EQ

01434 605688

Monday & Thursday: 7.45am-6.00pm

Tuesday: 7.45am-5pm

Wednesday: 7.45am - 2.00pm

## WELCOME BACK

This place hasn't  
been the same  
without you.

From everyone at Aligned Chiropractic, we  
are delighted to resume service and look  
forward to seeing you very soon!