

November/December 2020



## HOW ARE YOU NAVIGATING YOUR WAY TO OPTIMAL HEALTH?

As a family, we are fearless, and our spirits are unfettered. We believe in health from the 'inside out' - our understanding and belief in our body's divine wisdom to heal itself providing there is no interference to life expression is what we ultimately subscribe to.

Remember, there is no upper limit to life potential and we will never be defined or constrained by orthodoxy, or the limiting beliefs of others.

My children have had Chiropractic care since they were born. They have also never been medicated. Whilst their pals take bagfuls of drugs and medications on school trips, mine are given a bottle of tea tree oil and instructed to 'get on with it and have a great time'.

I will always be the weird, hippy mother that heavily influences my children's 'life' education. But

I rather feel, there is a collective consciousness and a rising number of other 'alternative' thinking parents that believe life is to be truly lived, that freedom is paramount, and that good health is our one true asset that is immeasurable in value. As we all navigate our way through troubled times, we need to be the example we want our children to become.

Now, more than ever people are evaluating their health and how it is interfering with their daily lives both personally and professionally. Many times, our practice visitors do not come in to see us because they are in pain, but rather, how this 'pain' is stopping them from enjoying their lives fully. I'm now also seeing a increasing concern about future health prospects if action is not taken now.

Given the opportunity, you can turn your health around and create a

different reality, should you choose it to be so. BUT it takes work, commitment, and consistency to make change. It also takes personal responsibility, and you may find the need to extend yourself beyond your comfort zone to truly feel alive again - there are NO QUICK FIXES.

The great news is this....at Aligned Chiropractic we will always have your back. By helping unleash the inborn healing power within your own body, you can forge a way forwards to achieve better health and a more fulfilled life.

*Belinda*







# Winter Warmer VEGETABLE CASSEROLE

## INGREDIENTS

- › 1 tbsp olive or rapeseed oil
- › 1 onion, finely chopped
- › 3 garlic cloves, sliced
- › 1 tsp smoked paprika
- › ½ tsp ground cumin
- › 1 tbsp dried thyme
- › 3 medium carrots, sliced (about 200g)
- › 2 medium sticks celery, finely sliced (about 120g)
- › 1 red pepper, chopped
- › 1 yellow pepper, chopped
- › 2 x 400g cans tomatoes or peeled cherry tomatoes
- › 1 vegetable stock cube made up to 250ml
- › 2 courgettes, sliced thickly (about 300g)
- › 2 sprigs fresh thyme
- › 250g cooked lentils

## INSTRUCTIONS

### STEP 1

Heat the oil in a large pan. Add the onion and cook gently for 5 – 10 mins until soft.

### STEP 2

Add the garlic cloves, smoked paprika, ground cumin, dried thyme, carrots, celery sticks, red pepper and yellow pepper – then cook for 5 minutes.

### STEP 3

Add the tinned tomatoes, vegetable stock, courgettes and fresh thyme. Cook for 20 – 25 minutes.

### STEP 4

Take out the thyme sprigs. Stir in the cooked lentils and bring back to a simmer. Serve with wild and white basmati rice, mash or quinoa.

*Enjoy!*



# GUNPOWDER, TREASON & PAIN?

'Tis the season of bonfires, jack o' lanterns and frosty mornings. While the cold winter weather can put a strain on your immune system, it's not the only thing this season that can be tough on your body.

I never realised how very British Bonfire Night was until I mentioned it in conversation to my Austrian friend and she responded with just a very confused look. She'd never heard of it - so I tried to explain.

"It's a national holiday that celebrates the day that a man named Guy Fawkes tried to blow up the houses of Parliament and failed. We have firework displays to

symbolise the gunpowder explosions and we get the children to build life-sized replicas of "Guy" out of old clothes and straw - then we build a huge bonfire and burn him."

She looked fairly horrified - and after listening to myself explaining it - so was I!

But as if this cheerful winter holiday isn't dark enough, Bonfire Night has another dark side...

Standing in a field for hours on end, with kids on your shoulders and your head tilted up to enjoy the displays can wreak havoc on your neck.

You see, your head is incredibly heavy - around 5kg believe it or not. Your neck is designed to support its weight - but not when you hold it off balance for hours.

Neck ache, back pain and headaches can all be a sign that your holiday fun has caused you a mischief - but there are some simple stretches you can do to help.

Just a few minutes a day keeping your neck flexible could save you the pain and prevent problems from worsening.

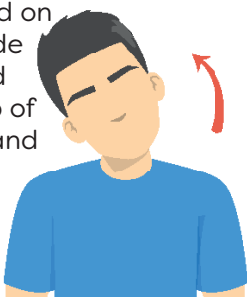
## SIDE TILT

Do this while standing, with your feet hip-width apart and arms down by your sides.

Gently tilt your head toward your right shoulder and try to touch it with your ear. Stop when you feel the stretch. Don't raise your shoulder.

Hold the stretch for 5-10 seconds, then return to the start position.

Repeat on your left side. You can do several sets and work your way up to 10 repetitions. For extra stretch, put the hand on the same side of your tilted head on top of your head, and press lightly with your fingertips.

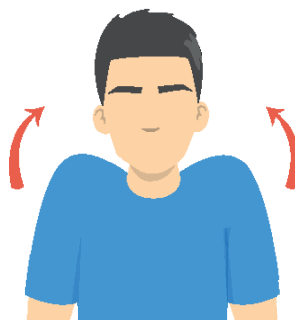


## SHOULDER ROLL

This is best done standing up.

Raise your shoulders straight up and move them in a circle going forward. Do it 6 times.

Return to the start position, and make another 6 circles, this time going backward.



## SIDE ROTATION

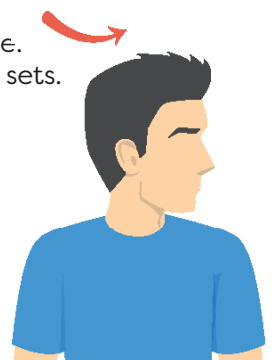
You can do this while seated or standing.

Keep your head squarely over your shoulders and your back straight.

Slowly turn your head to the right until you feel a stretch in the side of your neck and shoulder.

Hold the stretch for 15-30 seconds, and then slowly turn your head forward again.

Repeat on your left side. Do up to 10 sets.





# WORDSEARCH CHALLENGE

Winter  
Casserole  
Sleep  
Cold  
Bonfire  
Fawkes  
Fireworks  
Neck  
Immune  
Warmer

N	T	C	C	E	W	S	N	W	I	C	S	E	O
D	R	C	A	K	B	C	W	D	E	I	E	M	A
E	O	R	R	T	O	O	F	M	O	O	T	W	W
D	U	O	F	N	A	O	L	N	N	M	R	A	W
E	N	R	E	T	N	I	W	E	E	T	N	E	F
A	E	E	U	W	N	N	A	E	N	U	M	M	I
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I	E	C	S	L	S	E	A	D	W	M	S	R	O
R	E	F	E	C	A	S	S	A	R	O	L	E	L
E	P	R	F	I	R	E	W	O	R	K	S	R	D

## 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

## Fun Facts

*Impress your family & friends over Christmas  
Dinner with these winter facts!*

1. Earth is closest to the Sun in winter.
2. Stonehenge was set up to frame the sunset of the winter solstice.
3. Snowflakes almost always have six sides.
4. The winter solstice is the "shortest day" of the year.
5. The first Winter Olympics were held in Chamonix, France, in 1924.