

Sept/Oct 2020

SELF GOVERNANCE CREATES AUTHENTICITY...

We don't have control over what happens in the outside world, but we do have control over how we perceive it, what we decide to do, and how we act upon it.

The changing world is a catalyst to do something extraordinary, and right now our perception is being challenged - change is initiating innovation, awakening genius, developing creativity and moving us to heights we do not normally go to.

Change is forcing us to go to priority - everything going on in our lives offers feedback to become an authentic, inspired, and tailored individual.

The world on the outside is simply an opportunity to waken the world on the inside. Prioritise your life or allow the world on the outside dictate your destiny. Separate your inner master from the 'masses' and you will find your purpose and fulfil your potential.

Anytime you don't govern yourself, the world around you has to and you will be given tragedies or comedies to get you back into balance. Don't be the proverbial 'drama queen', you will never get innovation or inspiration as long as you are looking down on people with pride or looking up at people with shame.

When you are up, you are blind to the downside.
When you are down, you are blind to the upside.
When you are centred, you see both sides.

Also, never compare yourself with others, focus on your own mission and elevate yourself to a higher consciousness. The key is to find a self-corrective, homeostatic, innate intelligent feedback system to help you get back to centre.

This is very much the philosophy of Chiropractic - governance comes from within.

You can NEVER create health with an outside/in approach. You cannot inject, swallow or breathe in toxins to create health.

Weakened immunity through poor lifestyle choices can only be turned around through making better ones. Drugs and medications will never make you 'whole' and the false perception of medicating yourself out of a problem will instead only shift the problem elsewhere. You can ONLY change your health from above/down and inside/out.

The road to authenticity is rather like finding 'nirvana', it will always be a journey defined by personal philosophy. It is not about the destination, rather it's about the path taken. Like health, you should always work at it.

Belinda



BACK TO SCHOOL, BACK TO WORK, BACK TO NORMAL?

If all goes to plan, it won't be long before the kids return to school and adults return to work after what must be the longest "summer holiday" on record.

But after 6 months out of our normal routine, how easy will it be to return to some kind of normal?

Some of you will slip back into your old routine with ease, enjoying the change and embracing the little bit of normality this old structure brings.

Some of you may struggle. After 6 months of having complete control of your schedule and time in abundance, it may be hard to get up early and motivate yourself to get back into routine.

Your body clock may have adjusted to a different cycle, your mindset has most likely changed and

your focus may be hard to bring back to the fore.

So what can you do to make this transition a little easier? How can you help your kids or yourself adjust to the new routine and prepare physically and mentally for returning to work or school?

You need to go back to basics.

1: GET YOUR SLEEP CYCLE BACK ON TRACK

While late nights and lazy mornings may have been a luxury to enjoy through the lockdown and summer holiday, a sleep schedule that's off-kilter is going to be your worst nightmare once school or work begins. Start adjusting your circadian rhythm now by moving your wake up time forwards by 15 minutes each morning, and your bedtime forward by 15 minutes each night until you get back to your optimum schedule.





2: EAT CLEAN FOR MORE ENERGY

Many people have found their diets slip through the lockdown - a little extra wine here, a little takeout treat there. While finding ways to treat yourself and make these last few months more enjoyable is great, if your diet isn't clean and healthy, you'll feel it in your mood, your body and your energy when you go back to work. Start eating consciously again - reduce your alcohol intake (or cut it out!), limit any refined foods or sugars and pack in plenty of lean proteins, fresh fruit and veg for a nutrient boost.

3: GET MOVING TO IMPROVE YOUR FOCUS

Re-learning how to sit still and focus is going to be tough for kids this September - and adults too! Returning to sitting at a desk and asking your brain to focus on challenging or mundane tasks is going to be tough. But exercise can help!

As little as 15 minutes of movement in the morning can not only improve your fitness, boost your immune system and make you feel healthier, but it can help you to focus through the day too.



4: HAVE A REALISTIC & POSITIVE MINDSET

Getting back to normal is likely to have some challenges. If you start this journey expecting that there might be some tough times and difficult adjustments then you'll be much more prepared to handle them when they pop up. Talk to your kids about the changes to come, problem-solve together and be kind to each other - and yourself as you learn to adjust once again to this new normal.

Most importantly - stay positive. Even if the adjustment is hard, remember that this too shall pass and you'll soon be enjoying your more-structured life once again.

Fun Facts

Go back to work or school and show off your new knowledge!

1. Bananas are curved because they grow towards the sun.
2. A lion's roar can be heard from 5 miles away.
3. A baby spider is called a spiderling.
4. Recycling one glass jar saves enough energy to watch television for 3 hours.
5. The Battle of Hastings didn't take place in Hastings.

WORDSEARCH CHALLENGE

Energy
School
Routine
Back
Sleep
Celery
Family
Circadian
Blue
Positive

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

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Wednesday: 7.45am - 2.00pm

VERY BERRY CELERY COOLER SMOOTHIE

This summer has been a scorcher, so cool off and pack in some nutrient-rich foods in this tasty & super-quick smoothie recipe.

5 Stalks celery, chopped
2 Bananas, chopped
1 Red apple, chopped
1 Cup water
1 Cup frozen blackberries
1 Cup frozen raspberries

Place all the ingredients in your Nutribullet or blender and mix until smooth. Serve and drink immediately.