



**Believe** IN YOURSELF  
and you will be  
unstoppable

JANUARY - FEBRUARY 2021

**What you think about, you bring about...**

With the oppression of another lockdown it is too easy to fall into a mire of despair and overlook the 'wins' that happen in our lives on a daily basis. This negativity is further reinforced by the 'drip feed' of the daily news that seeps in into our consciousness like a cancer, creating fearfulness, anxiety

and depression - the outlook is bleak and hopeless, **if you let it.**

Like an untended garden, weeds will surely grow in your mind if you don't put good stuff in. Your perception, good or bad, determines your reality. There are always miracles in life whatever is going on, and **it is a choice to either see them, or deny they ever exist.**

"Water has a memory and carries within it our thoughts and prayers. As you yourself are water, no matter where you are, your prayers will be carried to the rest of the world."

MASARU EMOTO

**A** Japanese researcher embarked on a study to see the effect of human consciousness on the molecular makeup of water. In front of one glass of water he wrote the words: love, compassion, thank you, truth, peace, gratitude, humility and beauty. In front of the other: words such greed, hate, fear and envy.

After a while the structure of the crystals in each glass of water were carefully examined and the results were astonishing...The crystals in the water with the negative thoughts were mangled and distorted **whilst the crystals in the water with positive thoughts were beautiful and ordered.**

Consider then, if our body is 60-70% water, what does that mean for physical health if we focus on negativity and think negativity thoughts. **You truly become what you think and believe to be true.** Now, more than ever you need to **protect yourself from** mistruths, propoganda and **fear** inducing (people/situations), and to that end you need to create a positive mental attitude.





## Ingredients:

- 3 ripe bananas
- 3/4 cup of no gluten all-purpose flour (blend potato starch, corn, rice)
- 1/4 cup of coconut flour
- 2/3 eggs
- 1 tbs cinnamon
- 1 tbs of cocoa powder
- 100 g unsalted melted butter
- 1 tbs baking powder
- salt for taste
- vanilla extract 1tbs
- walnuts 2 full fist

## GLUTEN FREE BANANA BREAD

1. Mix dry ingredients in one bowl
2. Smash 2 banana with a fork, add eggs, add melted butter, vanilla extract, mix not long jut to connect ingredients and smooth eggs.
3. Add dry ingredients and stir with a spatula
4. Decorate with 1 banana cut into 4
5. Put in the tin pan
6. Put in the oven at 180 degrees for around 50 minutes

## HOW TO REDUCE BACK PAIN FROM HOME WORKING



Spending more time working from your couch, kitchen counter or home-office? You are not alone. And like you, many are experiencing back pain from chairs and desks that are not exactly ergonomic in design.

Do not worry—there is no need to run out and buy a top-of-the-line chair to manage back pain. Here are some simple tips to try instead:

- **Exercise your core:** The muscles involved in keeping your spine properly aligned are tied to your core—add some crunches to your daily routine!
- **Stretch in the morning and afternoon:** Stretching helps to relieve tense muscles that tighten throughout the day.
- **Stay hydrated:** A dry mouth is not the only sign of dehydration. Our spine has fluid filled sacs between each bone, which may become a source of pain when not properly hydrated.

**NEED MORE HELP COMBATTING BACK PAIN? GIVE US A CALL TO BOOK AN APPOINTMENT.**

## ONE SIMPLE MOVE FOR FULL-BODY WORKOUT



Sometimes there is not enough time in the day to get a long workout in. Good thing there is the reverse lunge twist to give you a full-body workout in just a few simple steps:

**Step #1:** Stand with feet hips-width apart keeping your spine straight and tailbone slightly tucked.

**Step #2:** Hold a rolled towel out in front of you with both hands at shoulder level, as if you are pulling it apart. Inhale.

**Step #3:** On the exhale, step your right foot back into a reverse lunge. Left knee should be bent at a 90-degree angle.

**Step #4:** Twist to the left, using the towel to leverage the twist. Keep your legs and hips square as you twist.

**Step #5:** On the inhale, untwist back to the reverse lunge, then step back to standing.

Repeat on the other side. That is one rep. Complete 3 to 4 sets of 15 to 20 reps.

## 4 TIPS FOR CREATING ERGONOMIC WORKSPACE FOR KIDS

With children spending more time at their computers schooling from home, it is important to make sure they have an ergonomic workspace.

And, fortunately, creating an ergonomic workspace for your child does not have to be difficult.

Here are 4 simple things you can do to improve their *posture and comfort* while working:

1. Make sure their feet are resting flat on the floor (give them a stool or stack of books to put their feet on if they cannot reach the floor).
2. Keep the computer monitor at eye level to avoid neck strain and about an arm's length away.
3. Put a pillow between their back and the chair so that their back is fully supported.
4. Last, but not least, encourage them to get up and move! Children's bodies are made to move, so a few laps around the living room in between Zoom lessons will do wonders for their body and mind.



## EASING CARPAL TUNNEL PAIN

Carpal Tunnel Syndrome is what is known as a “repetitive stress injury” and is the result of pressure on the median nerve. Commonly caused by repetitive motions such as typing, cleaning, and assembly line work, it often presents as pain and numbness in the hand and wrist. As it progresses, it can greatly impact daily activities.

Here are a few tips for easing carpal tunnel pain:

1. Take frequent breaks from repetitive work to rest your hands.
2. Apply ice to reduce inflammation and swelling.
3. Wear a wrist splint.
4. Avoid activities that aggravate symptoms (if possible)

If you are experiencing *carpal tunnel pain*,

come in for a *visit*. We can discuss stretches and

other *non-invasive* therapies, such as

instrument assisted therapy and or adjustments to

restricted joints in the *neck and wrist*, that

may help.



## KEEPING SANE DURING HOME SCHOOLING?

### 1. Get support from other parents and home-school teachers.

If you have been out of school for a while and suddenly find yourself with the role of "teacher," you probably feel overwhelmed. Thankfully, there are a lot of resources you can take advantage of. Post on forums or join social media groups dedicated to home-schooling during the pandemic. The people there can be a wealth of knowledge and support!

### 2. Remind yourself why you are home-schooling in the first place.

Instead of viewing your situation as home-schooling, view it as a necessary part of keeping your children safe. It is okay if you struggle a bit—what IS most important is keeping your family healthy. On the more stressful days, remind yourself that you are helping your children stay educated and **well-adjusted** during an uncertain time.

### 3. Practice gratitude on a daily with your household.

Take a few minutes with your kids to write out or sketch something that each of you is thankful for. Additionally, plan out 1 thing you want to accomplish during the day, along with 1 thing you can stop worrying about.

### 4. Adjust your expectations on a day-to-day basis.

Try not to expect the world of yourself or your children. Home-schooling is tricky, and it will only seem more stressful and overwhelming if you set your expectations sky-high. Accept the fact that your children may not be as productive as you would like them to be, which is okay.

### 5. Switch up your teaching style if your kids are not as interested.

When paying attention to your kids notice how they react and engage with each lesson. Certain teaching styles may not resonate well. For instance, if they are auditory learners they may want to listen to an audio book, if they are visual learners than using posters and other visual guides and if they are kinaesthetic they will learn best through 'doing' try and replicate every day life and apply it to the subject. For kinaesthetic learners, a good example is creating a home kiosk where they are given money/real or fake but that helps with their maths as they learn how to spend money for example to buy an apple for snack time. This hands-on approach can be more engaging, but do not feel you have to do all the work. If your child has siblings



help them learn together. If they seem bored or under stimulated set up their learning in different places of the house. The change of scenery helps along with regular short 10-minute breaks every 40 minutes.

**FREE** Spine check event this January! This event is ideal for **those who have been struggling for some time with aches/pains which have started to affect their quality of life.** If you know someone who may benefit from a check just forward them the link below.

<https://bit.ly/3a38TCW>

**FREE SPINE AND POSTURE CHECK DAY**

10:00am to 1:00pm

All ages welcome

Forward Head & Neck Neutral Spine

ChiroFamilyPractice

## OPENING HOURS

**Monday:**

9:00am-12:30pm

3:00pm-8:00pm

**Tuesday:**

3:00pm-8:00pm

**Wednesday:**

9:00am-12:30pm

3:00pm-8:00pm

**Friday:**

3:00pm-8:00pm

## WORDSEARCH CHALLENGE

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

Responsibility

Cooperation

Generosity

Helpfulness

Perseverance

Resilience

Respect

Moderation

Volunteering

Tolerance

Honesty

Courage

As your partner in health, we are always here for you, and want to help you make 2021 your best year yet. With so many uncertainties in the world today, **it has never been more important to put your health first**—and what better way to do it than naturally.

Over the years, our team has seen many patients who visit us as a last result, having lived in nagging pain for years thinking “this is just how it’s going to be.”

If this sounds familiar? Share your experience with others. Our practice has worked with people just like you, your friends or family members who have spent too much time thinking they cannot be helped.

*Make 2021* the year you take *control*

of your health naturally—with focused, gentle chiropractic care.

## COMMUNITY SUPPORT

Thank you for all your support in donating a toy/gift to the Salvation Army Christmas present appeal 🎁. You helped to put a smile in the face of over 50 children 🧡👶 at Christmas.

