



THE CHIROPRACTIC CENTRE

• BRISTOL •

March/April 2020

WAS DESTROYING MY GARDEN A GOOD IDEA?



Urged on by my wife, I braved early January weather to plant some bulbs that should have been in the ground a few months before - and I got inspired! I decided this winter I was going to rip out bushes, prune trees, move the shed and greenhouse and transform my garden! So I picked 2 weekends with 2 storms (Dennis was definitely worse) and started the fun part - ripping it all out. My garden now looks like a mud bath with rotted wood scattered everywhere.

In some ways it made me reflect on the process of 9 months of battling to get our North Street clinic open. And much like my garden, the big, fun stuff happens quickly but the putting everything together and finishing touches take forever! So we celebrated our 1st year anniversary

in January and the gym is still not open... Until now!

You're going to start hearing about our plans for the gym very soon. We've got some very exciting plans and ideas and can't wait to share them with you.

We are all about a healthy lifestyle. Chiropractic gets your brain and body communicating clearly through your nervous system. Massage loosens off tight and stressed muscles and fascia. And now with the gym we can take strengthening your spine and core to the next level beyond getting you to do home exercises. We're well excited!!

Talking about new things, not necessarily new, but we are getting back to writing blogs on our website

again. As the team grows we have an ever increasing wealth of knowledge to dip into and we want to make sure we are sharing as much of that as possible with you. So please keep your eyes peeled for plenty of educational content for you to feast on.

Have a great Spring and get out into the sunshine to top up your vitamin D - perhaps take on your own garden project...

Charlie



Dr Charles Herbert
D.C.

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HOW TO PUT A "SPRING" IN YOUR STEP

Spring is a wonderful time of year. A time of hope and new beginnings. As the days start to get longer it's the perfect time to start some new habits and get some more fun in your life.

Here's 5 simple ways you can put a "spring" in your step and a smile on your face this season, without breaking the bank.

TAKE A WALK

Get outside and enjoy nature. Walking not only boosts your happy hormones, but the fresh air and change of scenery can lighten your mood and reduce stress too. Bored of walking? Go somewhere new. Wander on the beach, trek through the forest or even find some hills to roam!

START A NEW HOBBY

Learning something new can boost your confidence and increase your happiness factor. Always wished you could play an instrument? Want to speak another language? Now's the time to learn. There are tons of free apps, courses and resources available online and in the library so learning a new skill doesn't have to be costly.

CONNECT WITH AN OLD FRIEND

Connection with others is an essential part of leading a happy life. We've all got old friends that we don't speak to enough. Pick up the phone, send a message or even write a letter! Not only will it make you feel good, but you'll make someone else's day too by letting them know you're still thinking of them.

GET IN SHAPE

Exercise doesn't have to be a chore. Getting fit and improving your health can be fun if you choose the right activities. If the idea of going to the gym sends shivers down your spine then try something a little different - Yoga, salsa, pilates, Zumba or even rock climbing if you fancy something more adventurous!

PLANT SOME SEEDS

Spring is a great time to tidy up the garden or plant some seeds to nurture through until harvest. Gardening isn't for everyone but it is a great way to get outside, get physical and actually see the positive results of your hard work.

APRIL SHOWERS?



Like the weather this time of year, our emotional and mental wellbeing can be polarized. But what if you're struggling to find the sun breaking through the clouds? The first port of call is to speak to your GP, but there's some affirmative action you can take yourself too.

Try these easy, practical things you can do to help.

PRACTICE MINDFULNESS

Do you find yourself worrying about things that "might" happen? Do you replay things that went wrong over and over in your head?

How much of your stress and worry could be eliminated if you just stayed focused on the moment? Mindfulness teaches you to concentrate on the now, leaving the pains of the past and worries of the future for another time.

Many people miss out on the small joys in life because they fail to connect with and enjoy the moment. When we live too much inside our heads life can feel stressful, dull and empty.

So how do you live mindfully? Pay attention. Focus in on your breathing, pay attention to your senses and fully engage in the task you're partaking in. Going for a walk? Notice how the air feels as it hits your lungs, feel the warmth of the sun on your skin and appreciate the beauty of the colours in the leaves. By connecting fully with the present you can let go of your worries, release your past anxieties and find peace living in the moment.

LOOK FOR THE SILVER LINING

Life is messy. Things do go wrong and there's nothing you or anyone else can do to avoid it. You might not have a choice that can stop problems from arising, but you can choose how you handle them.

When things don't go as we'd like it can be easy to slip into a negative spin, focusing on all that's wrong, unfair or awful because of it. But all this does is amplify the problem.

Instead, look for the silver lining. More often than not there is something good that comes out of every curveball. Sure, it may not have been your first choice, but focusing on the good can help you feel less stressed and more positive about the future.

LEARN FROM YOUR MISTAKES

Everyone makes mistakes. When you get things wrong it can be tempting to beat yourself up about it. But this only makes things worse.

Next time you get something wrong, cut yourself some slack. Even the smartest people in the world make mistakes! Instead of ruminating on your mistake and revelling in guilt, look for the lesson that you can learn from it. What did you misjudge? What can you do differently next time? Learn from it, forgive yourself and move on.

TALK TO SOMEONE

When you're feeling flat, down or stressed it can be tempting to bottle it all up. But the old saying "a problem shared is a problem halved" really is true.

Sometimes just talking about how you're feeling can reduce the overwhelm and make you feel better. You don't need to find solutions to all the problems in the world, just a friendly ear to listen.

But no one wants to hear about your problems right? Wrong.

Your close friends and family are there to support you, through the good times and the bad. They won't want you to suffer in silence.

TAKE CARE OF YOUR PHYSICAL HEALTH

And finally, your physical health can have a big impact on your mental health. If you're in pain, lacking energy or suffering from poor health then it can be hard to keep a positive mindset.

By eating healthily, exercising regularly and ensuring your body is in alignment then you can increase your energy, improve your mood and enjoy a more positive life.

IT'S OK TO ASK FOR HELP

All these things can help you to feel the love again and start to enjoy life but if you're struggling with depression or experiencing suicidal thoughts then please do ask for help.

The Samaritans helpline is open and ready to listen 24 hours a day, 365 days a year, so you never need to fight your feelings alone. You can reach them on 116 123. **MIND** is a charity created to support and empower people struggling with mental health. Visit www.mind.org.uk to find out more.

WORDSEARCH CHALLENGE

LOVE MINDFULLY ENERGY EXERCISE
 SPRING CONNECT POSITIVE FRIEND
 GARDENING VEGETARIAN

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THAI PINEAPPLE FRIED RICE

Wake up your senses this spring with this tasty, vegetarian (or vegan!) stir fry recipe.

INGREDIENTS

- > 2 tbsp oil
- > 2 eggs, beaten (leave out for vegan)
- > 1 ½ cups chopped tinned pineapple
- > 1 large red bell pepper, diced
- > ¾ cup chopped spring onions (about ½ bunch)
- > 2 cloves garlic, minced
- > ½ cup chopped raw, unsalted cashews
- > 2 cups cooked rice
- > 1 tbsp tamari or soy sauce
- > 1 to 2 teaspoons sweet chilli sauce
- > 1 small lime, halved
- > Salt, to taste
- > Handful of fresh coriander leaves, torn into little pieces, for garnishing.

INSTRUCTIONS

Heat a large wok or non-stick frying pan over medium-high heat and place an empty serving bowl nearby. Once the pan is hot, add 1 teaspoon oil.

Pour in the eggs and cook, stirring frequently, until the eggs are scrambled and lightly set, about 30 seconds to 1 minute. Transfer the eggs to the empty bowl. Wipe out the pan if necessary (be careful, it's hot!).

Add 1 tbsp oil to the pan and add the pineapple and red pepper. Cook, stirring constantly until the liquid has evaporated and the pineapple is caramelized on the edges, about 3 to 5 minutes.

Add the green onion and garlic. Cook while stirring constantly, for about 30 seconds. Transfer the contents of the pan to your bowl of eggs.

Reduce the heat to medium and add the remaining 2 teaspoons oil to the pan. Pour in the cashews and cook, stirring constantly, for about 30 seconds.

Add the rice to the pan and stir to combine. Cook until the rice is hot, stirring occasionally, about 3 minutes.

Pour the contents of the bowl back into the pan and stir to combine, breaking up the scrambled eggs with your spoon. Cook until the contents are warmed through, then remove the pan from heat.

Add the soy/tamari and chilli sauce, to taste.

Squeeze the juice of ½ lime over the dish and stir to combine.

Slice the remaining ½ lime into 4 wedges. Transfer the stir-fry to individual serving bowls and garnish each bowl with a lime wedge and a light sprinkle of coriander.

Serve with bottles of tamari and chilli sauce on the side.