



TIME TO ALIGN

THE CHIROPRACTIC CENTRE

• BRISTOL •

May/June 2020



WHAT EVEN IS NORMAL?!

I'm writing this in quarantine but I bloody hope you're reading it in our clinic and we're all allowed out!!

"So what even is normal?" (as my wife would say). The current normal is an odd one, waking up at home, working at home, exercising at home, eating out (at home), gardening at home. Although there is the 1 hour respite beyond your 4 walls and don't get me started on queuing for shops.

We've gotten used to dealing with space in our lives, we've got the same amount of time as we've always had, but suddenly it feels like we have a whole lot more. We look forward to a Thursday night to clap our NHS heroes (and key workers). Some celebrate the daily Government briefings with a glass of wine or G&T (very middle class). We're starting to get used to accessing things remotely

- our loved ones, lessons, workouts etc.

It's been 4 (or 5, lost count) weeks now. And it takes 8 weeks of doing something consistently to create a habit. So, what will be the new normal after this? The world will never be the same after this! Never. But that isn't necessarily a bad thing.

Pollution is down. My garden has honey bees for the first time. We are discovering the important things in life. Our values are being prioritised. We realise how much we miss social contact.

At the end of this, we'll look back and ask ourselves, what's the new 'normal'? How did I use my time when the world paused to breathe?

Perhaps use this time to start some healthy habits - like boosting your

immune system. Seems topical right now. How? Nurture your gut - a balanced natural diet, fermented foods like sauerkraut, take probiotics; exercise regularly - little and often; supplement - Vitamins C, B6, D and E especially; get enough good quality sleep; de-stress; quit smoking; limit alcohol.

Our bodies, like the planet, are an ecosystem and need looking after and nurturing. The world is having a breather. Let your body breathe too and create a new, healthier normal!



Dr Charles Herbert
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May/June 2020

SIX SUPER STRETCHES

STAY FLEXIBLE AND KEEP YOUR BODY MOBILE WITH THESE SIMPLE STRETCHES YOU CAN DO AT HOME.



Wall Angel



Levator Scap
(Upper Back Stretch)



Rhomboid
(Upper Back Stretch)



Sternocleidomastoid
Stretch



Brugger Relief
Stretch



In-Doorway
Pec Stretch

BALANCED BODYWEIGHT WORKOUT

3 - 5 MINUTE WARMING UP WITH STRETCHES TO START.

HIGH REP CHALLENGE

Squats x 30

High Knees x 60

Push ups x 25

Mountain Climbers x 60

Lunge Jumps x 30 (15 each side)

Jumping Jacks x 40

Bicycle Crunch x 40 (20 each side)

Mountain Climbers x 50

Jump Squats x 25

High Knees x 40

Burpees x 12

Sit Ups x 12

Walking Lunges x 30 (15 each side)

Push Ups x 15

Tricep Dips x 15

25 second plank

Squat to inchworm
(walk hands down the floor and back up)

Jump Squats x 10

Lunge Jumps x 20 (10 each side)

Russian Twists x 40 (20 each side)

25 second plank

DONE!

If you have problems with your knees, then revert to normal lunges and squats rather than jumping ones.



VITAMIN C: THE SUPER SUPPLEMENT?

Vitamin C has been a popular supplement for many decades and it's easy to see why. More and more studies are showing that it can help improve absorption of other nutrients, slow the ageing process, promote healthy skin - and most interestingly right now, improve immune function and reduce the risk of pneumonia by as much as 85%!

But understanding supplements is never easy - which type, how much, how often? In this article, I'm going to break it down for you and explain everything you need to know about supplementing vitamin C.

Different Types Of Vitamin C

There are many different types of vitamin C so it's important to know which one is right for your needs.

Ascorbic Acid is the cheapest and most readily available type on the market. It's vitamin C in its purest

form, so it's the best choice if you plan to take a high dosage. The downside is it is very acidic, so people may find it a little hard on the stomach.

You will also find magnesium ascorbate, calcium ascorbate and various combinations of vitamin C with other vitamins. These include other nutrients that cannot be high-dosed safely in the way ascorbic acid can.

Understanding Dosage - RDA

When looking at supplement doses there are several numbers often discussed. First, there's the RDA (recommended daily allowance) which is defined as "the average daily level of intake sufficient to meet the nutrient requirements of nearly all healthy people."

Many people take that to mean that the RDA of a nutrient is the amount you need to be healthy.

But here's the interesting thing about RDAs. The RDA for a nutrient is worked out based on the very minimum amount required to avoid a severe deficiency disease (such as rickets for vitamin D or scurvy for vitamin C). It is NOT the ideal amount required for optimum health.

Take vitamin C for example. The RDA for vitamin C is only 60mg a day - a pitiful amount!

Maximum Dosage and Tolerable Upper Limits

The next number that's good to know is the UL (upper limit). Again, people take this to mean that's the maximum amount that it's safe to take - but it's not that simple.

The UL is calculated on the maximum amount you can take without experiencing ANY side effects. But some side effects are not dangerous and are just a sign that your body is getting used to

absorbing the nutrient.

When supplementing vitamin C it's not uncommon to initially experience some excessive bowel movements as your body adjusts to the dose. This isn't dangerous nor is it a sign that you're taking too much. Just that you might need to increase the dose a little more gradually.

Toxic Amounts

Some vitamins and minerals can be toxic in high doses - such as heavy metal minerals like iron and fat-soluble vitamins like vitamin A and vitamin D.

In most cases, these supplements only become dangerous if taken at high doses over prolonged periods of time, but they can also be lethal in just one (very high) dose. Because of this, it's important to fully understand the supplement you're planning to take and the correct dosage.

For vitamin C (in pure ascorbic acid form) there is no known toxic dose and it is considered safe. Vitamin C has been used intravenously in "megadoses" (hundreds or thousands of milligrams) to treat diseases such as cancers, pneumonia and even meningitis. They are currently trialling it, with some promising results, for the treatment of COVID-19 too.

So How Much Vitamin C Should You Take?

There's no definitive amount that suits everyone but it does seem that while low dose vitamin C can have some positive effects, the real power is in the higher dosage.

Prof Harri Hemila, from the University of Helsinki, found that 6000-8000mg of vitamin C per day could reduce symptoms of the common cold, but that 3000-4000mg could not.



In another study involving 463 students, participants with flu that were given 1000mg of vitamin C an hour, for the first 6 hours, then 3000mg a day, showed 85% fewer symptoms.

WORDSEARCH CHALLENGE

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

AFFIRMATION	NUTRIENT	INCHWORM	POTATO
STRETCH	LENTIL	POWER	
LUNGE	MAY	VITAMIN	