

July/Aug 2020



## MIDSUMMER HAS BEEN AND GONE ... AND WE'RE STILL HERE!

We opened our doors again on 18th May and were delighted by how many of you had been waiting for us to get started again. It has really been great to be back doing what we love, helping you live a healthier life.

We have put many new things in place to protect you, and ourselves too, following all of Public Health England guidelines. It has turned out to be much easier to work with than first anticipated, but safety remains a primary concern.

We like to think it is always beneficial to find the positive in things that may burden us, by looking at things from a different perspective and taking an alternative view. We used the opportunity to be creative during the time we were closed, as was mentioned in the last newsletter, and we have not stopped even after we opened again, bringing online exciting things to better support you all in your health journey.

We hope you have seen our **YouTube channel**, where we post both videos about chiropractic and how that may help increase your health and wellbeing, as well as videos with easy stretches to do at home. We also have a **podcast** that you can listen to on several platforms, including Spotify.

We have for a long time wanted to create an exercise and rehabilitation course where we could offer a few different types of exercises and with different levels of difficulty, aimed at

strengthening posture and core. In cooperation with Global Rehab Online we are pleased to announce that we now have a personalised platform for Sensus Health, available to all. Everyone will receive a 28 day trial and then will have the option to continue with it or not. This will be a feature included in all of our membership levels and will be available for a small monthly fee for pay as you go clients. Much more information will be sent out to you in our emails as well as being available in clinic.

We are proud to introduce two new members of our team: Dr Loreline Belly, Chiropractor and Amrita Rattan, Clinic Assistant, both of whom will start in July. You may have already seen them in clinic as they familiarise themselves with the practice.

We do our utmost to keep you updated of what is happening during the summer through the usual channels of email and the various social media platforms, so log-on often to ensure that you do not miss out on anything.

We look forward to seeing you in the clinic soon, and for us to be able to help you "Live your life to the fullest".

*Dr Kris and the team  
at Sensus Health*



# 5 SIMPLE WAYS TO REDUCE HEADACHES & MIGRAINES

## 1: Drink Plenty of Water

Dehydration is one of the leading causes of headaches and can be a contributing factor in migraines too. It's thought that even just a 2% reduction of water in the brain can cause headaches! Many people are chronically dehydrated and don't even realise. If you're a headache or migraine sufferer (or even if you're not!) try to drink between 1.5-2 litres of water each day.

## 2: Avoid Known Triggers

Many migraine sufferers have triggers that can bring on a migraine attack. The most common include chocolate, wine, cheese, sulphites and coffee. If you're a migraine sufferer keep a food diary. Log everything you eat and drink and look out for any patterns so you can avoid the foods that could be triggering your migraines.

## 3: Take A Magnesium Supplement

Studies have shown that magnesium supplements can help reduce the frequency and severity of headaches and migraines. Magnesium is an essential nutrient, but thanks to overfarming and the poor-quality, western diet it's thought that around 75% of

people don't meet their daily requirement through food alone. Supplements have been shown to reduce the frequency of migraine attacks by up to 41%.

## 4: Get Adjusted

Chiropractic isn't just for bad backs. When your spine is out of alignment it can interfere with the nerves running from your spinal cord out to the rest of your body. Getting regularly adjusted can help your central nervous system to function properly and could help reduce or alleviate headaches and migraines.

## 5: Reduce Your Stress Levels

Stress is a huge contributor to headaches and migraines so it's essential that you keep your stress levels in check. For most people, daily life is stressful - whether that's from working, juggling a family or other stressful situations. So if you're adding to your stress every day, it makes sense to work on reducing it each day too. Meditation is a great way to relieve stress and with the many meditation apps available it can be quick and easy too.

## WHAT TO DO WHEN A HEADACHE OR MIGRAINE STRIKES

*These 5 tips are great ways to prevent headaches and migraines, but what can you do when disaster strikes? What can you do to ease the pain and encourage a faster recovery?*

### Use Hot & Cold Compresses

Heat and ice can help ease the pain of a headache or migraine attack. Try putting a hot water bottle on your feet and an ice pack on your head or neck.

### Rest & Dim The Lights

Bright lights can aggravate headache or migraine pain. If you can, try laying down in a darkened room and rest until the pain passes. If you can't rest, then turn off any bright lights in the room you're in and avoid looking at screens if possible.

### Drink Some Water

Sometimes all it takes to relieve a headache is a glass of water! If you think you could be dehydrated try drinking a large glass of water.

# YOGA ROUTINE

TRY THIS SIMPLE YOGA ROUTINE FOR RELAXING WAY TO STRETCH AND UNWIND.

**Child's Pose** – 5 breaths  
(One breath means a complete breath in and out.)

**Downward Facing Dog** – 5 to 6 breaths

**Rag Doll** – 5 to 6 breaths

**Sun Salutation A** – 3 reps

**High Plank** – 10 to 15 seconds

**Chaturanga Push-Ups** – 3 reps

**Upward Facing Dog** – 1 full breath

**Weighted Squats** – 1 minute

**Weighted Lunges With Biceps Curls** – 12 reps each side

**Lawnmower Rows** – 12 reps each side

**Oblique Twists** – 16 reps

**Glute Bridges** – 8 reps each side

**Chest Fly** – 10 reps

**Weighted Crunch With Oblique Twist** – 20 reps alternating sides

**Leg Lifts** – 12 reps

**Figure Four** – 30 seconds each side

**Reclined Spinal Twist** – 30 seconds

**Savasana** – 30 seconds to 2 minutes

## Lentil & Feta Salad

Serves: 1

Time: 20 mins

### INGREDIENTS

¼ cup almonds, chopped  
¾ cup dry green lentils  
1 garlic clove - whole  
1 tbsp extra virgin olive oil  
1 tbsp apple cider vinegar  
1 tsp fresh oregano, finely chopped or ¼ tsp dried oregano  
Pinch salt  
Pinch pepper  
1 cup cucumbers, diced  
¾ cup cherry tomatoes, halved  
¼ cup red onion, diced  
1 tablespoon fresh parsley, chopped  
¼ cup feta cheese, crumbled

### INSTRUCTIONS

1: Bring a large pot of salted water to boil. Add in the lentils and garlic. Reduce the heat and simmer, uncovered for about 20 minutes.

2: While the lentils are cooking, pop the almonds in a dry frying pan and keep stirring until golden which will be about 5 minutes. Pop them into a bowl and set aside.

3: Add the oil, vinegar, oregano, salt and pepper to a large bowl and mix well.

4: Once the lentils are cooked, drain them and rinse them in cold water.

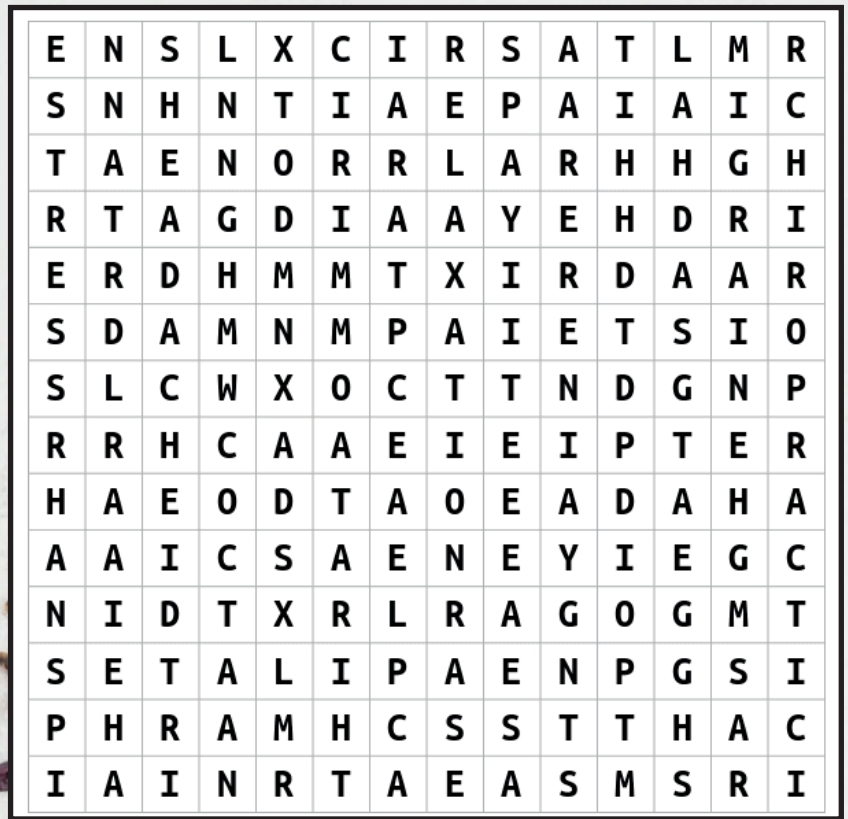
5: Add the lentils, cucumber, tomatoes, onion and parsley into the bowl with the oil mixture. Stir well.

6: Mix in the almonds and the feta. Serve and eat!

You can make this salad in advance and store it in the fridge for up to 2 days making it perfect for packed lunches on busy days!

# WORDSEARCH CHALLENGE

MIGRAINE  
HEADACHE  
RELAXATION  
MEDITATION  
YOGA  
SALAD  
PILATES  
CHIROPRACTIC  
STRESS



## WHERE TO FIND US:

### SENSUS HEALTH & WELLNESS

60 Walham Grove, London  
SW6 1QR

**02073 850452**

Monday 8:30 am - 2:00 pm

Tuesday 12:30 am - 7:30 pm

Wednesday 8:30 am - 2:00 pm

Thursday 12:30 pm - 7:30 pm

Friday 8:30 am - 4:00 pm

Saturday 9:00 am - 4:00 pm

## WELCOME BACK

This place hasn't  
been the same  
without you.

From everyone at Sensus Health &  
Wellness we are delighted to resume  
service and look forward to seeing you  
very soon!