

# Vibrant Life Newsletter

## Upcoming Events

We have begun our series of important health and wellness workshops to ensure you get well faster and get more from your care.

Please ask for details to reserve your space.

## Stay up-to-date

'Like' us on Facebook and enjoy regular updates and keep yourself informed about what's going on day-to-day around our centre. @vibrantlifecentre



## Recipe of the Month

It is well known that eating nuts aid good health and longevity. So here is a tasty nutty snack.

### Chocolate Nut Bark

- 1 cup 70% dark chocolate, finely chopped.
- 1 Tbsp. Coconut Oil
- 1 cup assorted nuts, such as hazelnuts, almonds and cashews.

Melt the chocolate and coconut oil in a pan or microwave. Line a baking sheet with a nonstick baking mat or tinfoil.

Place a teaspoon of the melted chocolate on baking mat; top with a small handful of nuts. Drizzle nuts with 1 tbsp of melted chocolate. Repeat process with remaining nuts and chocolate. Transfer to refrigerator and chill until firm.

## Team News

We celebrate excellence at Vibrant Life, and are so proud of our amazing team who are dedicated to serving you day in day out.



**Emma was team member of the month for the fantastic energy and enthusiasm she has shown.**

Last month Roz and Rachael both took part in the StarTrek, a charity orienteering trek. The event on Exmoor follows tracks over common and moorland for 16 or 8 miles in the dark. As if that isn't enough of a challenge, clues need to be found on route as part of the navigation! It certainly is a test of initiative, brain and body stamina and team work.



Roz and her team completed the whole 16 mile night walk! Here they are at 6.30am having walked for 11 and a half hours! Thank you to all the volunteers who stayed up in the cold. What a great night!

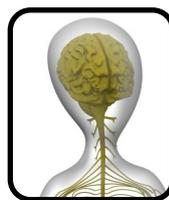


## Brain Awareness week



Brain Awareness week is a global campaign to support Brain Initiatives and the Society for Neuroscience to increase public awareness of the progress and benefits of brain research.

The chiropractors in our centre have chosen to utilise the Neuroimpulse Protocol as their primary tool for assessing your brain and nervous system and help you achieve clear connection.



Your brain is like a sensory processing computer. Through your senses, it constantly monitors what is happening in your internal and external environments. When you experience "sensory overload" perhaps in the form of an accident or significant stress the system short circuits, just like a computer would. This input overload leads to disorganisation within the sensory processing centres of the brain. The disorganisation causes abnormal output of the brain. We measure this in your faulty movement patterns and neurological changes such as muscle weakness, changes in reflexes, balance and body awareness (remember the heel toe walk or the finger to nose test).

These output problems make you much more susceptible to injury, pain, sensory processing and health challenges.

## Product of the Month

Cytoplan high potency fish oil capsules give you 550mg of the essential fatty acids EPA/DHA per 1000mg. These Fish Oils are guaranteed to be clean, stable & free from pollutants.

Many people prefer these capsules to the oil itself. Benefitting from all the health boosting benefits of high grade Omega 3. From reduced inflammation to brain, eye and heart health – this oil is the best way to benefit from the essential fatty acids, DHA and EPA.

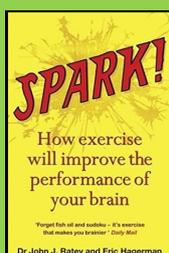


## Book of the Month

**Spark:** *(How exercise will improve the performance of your brain.)*

A fascinating investigation into the mind body connection and the transformative effects of exercise on the brain.

Did you know you can beat stress, lift your mood, fight memory loss, sharpen your intellect, and function better than ever simply by elevating your heart rate and breaking a sweat? The evidence is incontrovertible: Aerobic exercise physically remodels our brains for peak performance.



## Tips for a Vibrant Healthy Brain



Researchers studying how the brain works, suggest our brains prefer foods with high levels of antioxidants, including blueberries, kale, and nuts. We know that a Mediterranean diet, which is largely plant-based and rich in whole grain, fish, fruits, and red wine, can lead to higher brain functions. And also we know that smiling can retrain our brains to look for positive possibilities rather than negative ones.

Whether you're 25 or 65, consider adopting these five simple rituals that cognitive scientists say can help your brain grow new cells, form new neural pathways, improve cognition, and keep your outlook positive and sharp.

### 1. Keep your body active

Keeping active is one of the best ways to improve brain health. As our heart rate increases, oxygen is pumped to the brain at a much faster rate, and new brain cells develop more quickly. Ultimately, our brains become more efficient and plastic, which means better cognitive performance. Exercising for just 20 minutes a day is enough to change the brain's information processing and memory functions.

### 2. Stretching your brain muscles



Scientists used to think that neuroplasticity stopped in childhood. We now know that it continues your whole life. Your brain actually changes as you learn. This means it's crucial to exercise your brain and keep it stimulated. It's important to focus on those areas that you use less frequently. Good suggestions for stretching your brain muscles include learning to speak a new language, learning to play a new instrument, learn challenging movements like dancing or even learning to juggle.

### 3. Get adjusted regularly

#### Connection - Flow - Life

When your spine is allowing you to be connected to your brain and everything that it regulates and controls, it really can be like turning the light on. The aim of the NIP chiropractor is to optimise the processing of sensory information, maximising your neuroplasticity and creating crystal clear connection between your brain and your body. Are you fully connected?

### 4. Protect yourself from ElectroMagnetic Frequencies

There is mounting concern about the effects of exposure to EMFs on our brains and health. Energydots are EMF protection devices. They are harmonisers which means they work by retuning the emissions from devices. Double-blind placebo controlled research demonstrates that energydots can make a positive difference. We currently have a fantastic opportunity to purchase 5 protective energy dots for £35 (RRP £50)