

August/September 2021



HOPE IN A TIME OF CORONA

As the UK begins to return to the 'old' normal, I thought it was a good idea to reflect on what the whole Coronavirus experience has done to our idea of hope in this healing world of ours.

March 2020 marked the date when we had to close for over 2 months and in that time, thousands of people on a weekly basis hadn't received care. We had people contacting us for advice on what they should do, and I'd go as far as to say to you now, that this closure impacted the lives of our clinic members more than any other group by far. For them (and for you perhaps) it wasn't a financial loss, it was the lack of the healing touch they needed to go about and live a healthy, normal life.

But recently I've even questioned whether it was the loss of "care" or "touch" that had such a negative impact on so many or... was it the loss of "hope" which an environment like this gives that had more of an impact?

What fascinates me more is that since reopening, we have had the busiest year EVER in the history of our small business despite operating in a period of partial lockdowns and restrictions.

The question is why? My general feeling is that the world has most certainly begun to value not only getting back to health but more importantly maintaining it. That's evidently one reason. But I have come to believe that another very powerful reason we have seen so many people flock to places like ours, is the inherent "hope" associated with pursuing better health and being in the company of people that aid that end.

During the first lockdown, the message that I had portrayed was that "the people that care the most

are going to win the most" and boy, how right we were. While there has been very little hope in the marketplace, our only real purpose and mission during Coronavirus was to remain a beacon of hope through facilitating a safe space for our clients to flourish.

Being in the healing game, we've seen many people flourish over the years and get amazing, sometimes unbelievable, results. The skills of the practitioner matter, but without HOPE I'm absolutely convinced that healing is massively limited. A vital part of the journey is to hope and trust in your body's inborn ability to heal and maintain your health.

Hopefully, we have been at least a small beacon of hope during some trying times that counters the sacrifices that many had to deal with during the last 18 months. One thing you should all know is that while I hope we filled that "gap" in some way for you, please know that you absolutely filled us with hope.

The hope and knowing that we are not alone. That many of you out there shared the hope in healing, your body's ability to do so and a time when this period is once and for all behind us. Until then, thank you for your continued support and belief in your body's ability to heal. We are merely facilitators in that process so we thank you for the opportunity to be that in your lives!

Dr Mark Fairclough





5 SIMPLE WAYS TO ENSURE BETTER SLEEP THIS SUMMER

Hello at last to the sunshine! Now we've entered at time with a loosening on the boundaries imposed on us by lockdown, the weather has decided to play ball and change along with us.

The days are long, the temperatures high and Brits everywhere are switching from complaining about it being too cold and wet to being too hot and humid!

This does pose a dilemma for our sleep patterns as our bodies need to quickly adapt to a vast change in night-time temperature, an early rising sun, and the prospect of a later dinner-time BBQ. There are so many factors that can affect our sleep when the seasons change so let's dive into a few ways to protect that much needed sleep and get the most out of your ZZZs this summer!

While it is true that most of us do not actually need as much sleep during the summer as we do during the winter, getting good quality sleep is paramount to our bodies regenerating, rebuilding, and healing while we rest.

As with most things, each of us have different sleep needs and very few people can thrive on three to four hours sleep. The vast majority of us need between seven and eight hours of sleep to thrive. Notice I didn't say 'survive'.

Surviving and thriving are two quite different ways of looking at the world. We want every person who walks into our clinic to leave believing they are going to reach a 'thriving' level; mere 'survival'



is good if you have started at 'struggle', but to reach 'thriving' we need to address the things that prevent us from living our lives fully.

So here are 5 simple and easy ways that you can ensure a better quality and quantity of sleep this summer.

A REGULAR WAKE UP TIME

Having a regular wake up time will teach your mind and body that it gets up at a similar time each day and gets ready to start that day. Over time you will wake up easier, more alert and with more energy. This wake-up time should be within a one-hour window regardless of if it is a weekday or weekend.



Having huge differences in your wake-up times means the body never gets into a rhythm and you might find some days much more difficult to get of bed or get 'onto the day'. Even if you go to bed very late one night, that is fine! Just adjust your wake-up time one hour later and be sure to get up and get going, your body will thank you for it!

7 ½ TO 8 ½ HOURS IN BED

Working backwards from your optimum 'wake up time', you need to give yourself between 7 ½ and 8 ½ hours in bed. You might not sleep for that entire time, but you need to be head down, in darkness for that time to give your body enough time to rest and recover. So, for example, if your wake-up time is 06:30, you need lights off by 22:00 to give yourself the best opportunity to get enough sleep.

TOTAL DARKNESS

With the sun rising earlier and earlier, total darkness is the best way to signal our brains that sleep is still needed. Having blackout blinds installed is a great option and the prices really have come down for these in the last 5-10 years. They are an investment that is well worth it. An easier option is wearing a sleep mask that sits over your eyes to block out any light. The receptor cells in the back of your eyes pick up light even THROUGH your closed eye lids so making sure there are no small blinking lights on TV's, chargers, night lights etc is good too.

NO CAFFEINE AFTER 14:00

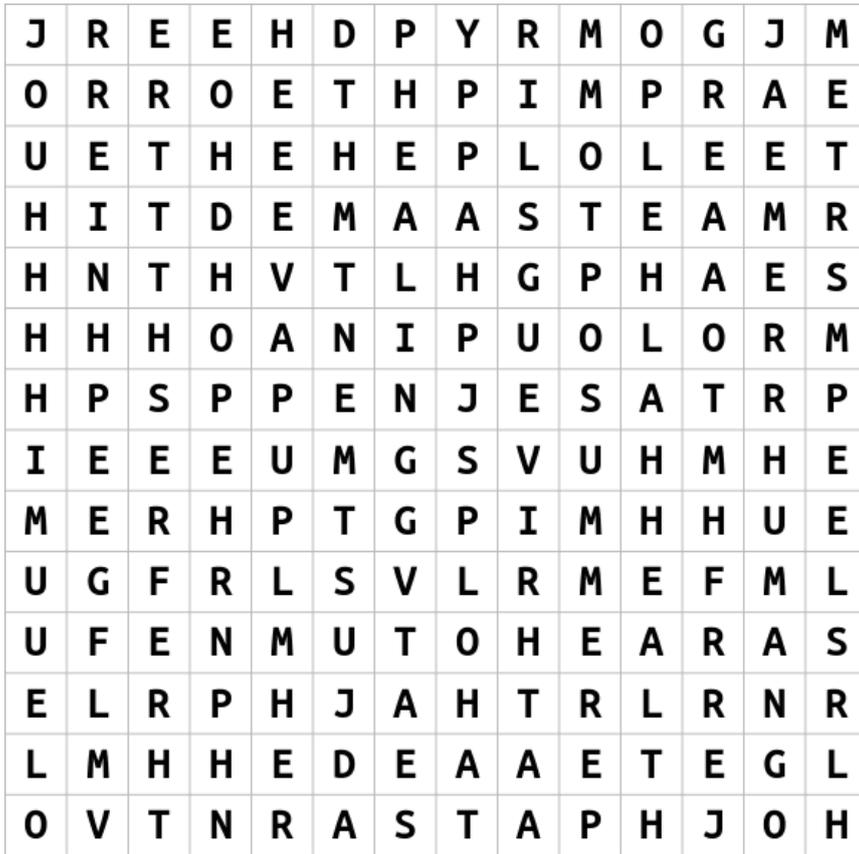
the stimulatory effect of caffeine lasts a lot longer than you think! Although you may be able to sleep after having that night-time cuppa, the caffeine prevents your brain from getting a deeper quality of sleep for up to 8-12 hours. Try opting for decaf coffee (still has tiny amounts of caffeine though – Google it!!), herbal tea or hot water with fresh lemon. This goes for alcohol and soft drinks as well. Although by different mechanisms, they will prevent you from getting good quality sleep too.

GET ADJUSTED!

The chiropractic adjustment affects the bodies nervous system in a way that allows the body to heal better. The healing process mainly happens when you are resting and sleeping so good quality and quantity sleep is so especially important. Once that brain-body connection is enhanced, the amazing power of the body to heal can do its thing and heal you the way you should be healing and get you to that thriving state. So many of my practice members report having the 'deepest sleep of their lives' after their first adjustments and that their quality of sleep is improved whilst under care for months to years.

So, there you have it, 5 easy and simple tips to enhance your sleep this summer and get you that one step closer to the thriving state!

WORDSEARCH CHALLENGE



THRIVE

SUMMER

HEALTH

ADJUSTMENT

MANGO

HAPPY

SLEEP

HEALING

REFRESH

HOPE

FUN FACT!

*The human body
literally glows.*

You emit a small quantity
of visible light (well, visible
by scientific standards!)

WHERE TO FIND US:

Care For Health

Fox House, Station Approach,
Godalming, GU7 1EU

01483 425544

Monday	0720-1300	1340-1920
Tuesday	0720-1300	1340-1920
Wednesday	Closed	1340-1920
Thursday	0720-1300	1340-1920
Friday	1100-1300	1340-1800
Saturday	0900-1230	Closed
Sunday	Closed	Closed

Mango Magic Smoothie

Serves: 2

INGREDIENTS

240ml orange juice
210g coconut yogurt
220g frozen mango pieces
1 medium carrot, grated

INSTRUCTIONS

Put all of the ingredients into a blender and puree until smooth. Pour and drink immediately. For a deliciously different breakfast, pour into a bowl and top with sliced strawberries, kiwi and banana.

