

— Dec



THE GIFT OF GIVING

It's that most wonderful time of the year. The tree is up, the lights are on and Christmas lists have been sent to Father Christmas well ahead of time.

Everyone has their favourite holidays but you'd be hard-pressed to find someone who doesn't enjoy the winter festive season... although those grinchers do exist.

And while we might not be on course for a white Christmas it certainly still is the season for giving, which in itself has become a more sensitive topic. With the current state of the world and the economic woes we seem to hear about every single week it's becoming increasingly harder to sustain a living - for some just putting the heating on this Christmas is going to be difficult.

Giving, in itself, should be a selfless act, one removed from the notion of a transactional deal where we seem to expect to receive as many presents as we give out. But anyone who's forgotten to get a gift for someone will tell you at Christmas how awkward things get with the whole family around. There's no escaping or "I'll take you for a meal out to make up for it" texts that work so well for those missed birthday mishaps.

No. Christmas time is a one-shot gift-giving scenario riddled with ambiguous briefs on price, preference and delivery times.

Will they spend as much on me? Will they even use this? Will it even turn up before Christmas Eve? So many questions and if you're reading this then it's already December and the clock is ticking!

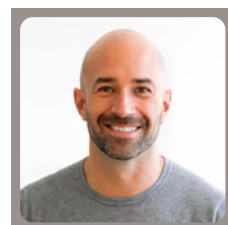
Despite all the worries actually going out and getting something, whatever the cost, for someone else leaves you with a good feeling - knowing that on Christmas morning they'll be something of a surprise for someone to open. And that feeling doesn't just have to extend to your family.

With so many people struggling with costs this winter, why not do something to help others? It doesn't have to be major, just whatever you can spare. There's a handful of amazing charities out there that help families over Christmas with anything from toys to food for Christmas dinner.

And there's nothing better than helping someone who truly needs it! From everyone here, we want to wish you a wonderful time this December whatever your faith or beliefs.

Luc Archambault

Chiropractor





The Best Plants You Can Put In Your Home To Beat Mould

It's not a sexy topic, but with the winter season now truly in full flow, it's a topic that needs covering. With the home being more occupied than it is in the summer months and with worse ventilation it's natural for nasty things like mould and mildew to build up in the house.

When it gets cold our natural urge is to whack the heating on (where we can this winter) which actually creates an environment that mould loves... essentially it's their Christmas! Mould spores that have gone dormant in the house come to life and begin to spread in areas where warmth and moisture can be found. This is why it builds up so easily in bathrooms and on bedroom windowsills where condensation is frequent multiple times a day.

You might think that you need to rush out now amidst a barrage of Christmas shoppers to find yourself a dehumidifier and while they do a great job at taking the moisture out of the room they aren't the cheapest solution and they don't actively kill the pesky mould either.

But we've put together a few houseplants you can choose for your home that will do a much better job and save you a lot of money in the long run....

1. The Peace Lily

One of the most common houseplants, the Peace Lily not only looks beautiful but packs a mean punch when it comes to its air purifying skills. Several studies have shown that the plant is highly effective in removing mould spores found in the air along with other toxins. Also as a plant that is adapted to tropical life, they thrive best out of direct sunlight where it can receive indirect bright light. It's also happy to live in humid conditions, so would be ideal to sit on a bathroom floor taking lots of the toxins out of the humid air post-shower.





2. Palms

Palms are another great choice when it comes to battling humidity in your home and fighting off the undesirable mould. The way the palm does this is by absorbing moisture through the leaves. Try searching for Areca, bamboo or reed palm varieties near you.



3. English Ivy

When it comes to mould-fending plants, you can't go wrong with the English Ivy. Native to the UK, you won't have to worry about the plant adapting to a different climate or surviving in your home. Not only does it remove airborne mould but it also tackles other toxins such as formaldehyde and benzene too. Just remember its leaves are toxic to animals so best kept away from pets.

SPICED APPLE CRISPS

Ingredients :

- 2 Granny Smith apples
- cinnamon, for sprinkling

Instructions :

Step 1 : Heat the oven to 160C/ 140C fan/ gas mark 3. Core the apple and slice through the equator into very thin slices 1 - 2mm thick. Dust with cinnamon and lay flat on a baking sheet lined with parchment paper.

Step 2 : Cook for 45 mins to 1 hour, turning halfway through and removing any crisps that have turned brown. Continue cooking until the apples have dried out and are light golden. Cool, store in an airtight container and enjoy as a snack.



Fun Facts ~

Australia's diameter is 600km wider than the moon's



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CHIROPRACTIC

WHERE TO FIND US:

236 Kennington Park Road
Kennington, London,
SE11 4DA

(020) 7793 7454

info@spineworkschiro.co.uk
www.spineworkschiro.co.uk

Opening Hours:

Mon- Fri: 8:00am – 1:00pm
3:00pm – 8:00pm

Sat: 9:00am – 2:00pm

PATIENT OF THE MONTH

CONGRATULATIONS!

ALESSANDRO!!!

Through his dedication and regular adjustments over the last 7 months, our patient of the month Alessandro has achieved an amazing postural correction!

We are so proud of him and his hard work!
Keep it up Alessandro!

