

October/November 2021



MORE EMPATHY, LESS OPINIONS!

To say that we're currently all living in a highly pressurised environment is a massive understatement. Never in the history of mankind have I seen as many "opinions" about what someone should or shouldn't do with their health be so flippantly spoken about in the media, social media, and the general everyday conversation. Of course, this all comes off the back of unprecedented times, but is that ok?

I have to say I was quite nervous sitting down to write this article because of the very similar premise where if someone states their personal perspective on just about anything they can subject themselves to immense ridicule from others.

I recently enjoyed a conversation with someone I greatly admire, and he said something that really resonated with me. He said, "I really believe we are living in a period of history where opinions are in no shortage, but empathy is massively lacking."

You see it's probably no surprise to you reading this that I have certain opinions about mandating any medical procedure in any way shape or form.

In short, I think it's near enough the closest thing I have witnessed to a sort of medical "apartheid". But I am acutely aware that that is just my opinion and I choose very carefully how I communicate around that subject.

In today's world, there is a multitude of things up for public discussion about our health and what's right. This is something that we saw before the pandemic, but this has been heightened to an extreme with a microscopic social lens on everything we do now. This causes widespread and subjective opinions on both healthcare and day-to-day life.

There are opinions on whether someone should be vaccinated or not, opinions on whether someone should

wear a mask or not, opinions on whether someone to enforce social distancing or not, opinions on whether someone should be hugging someone or not, opinions on whether someone should visit their elderly grandparents or not and whether someone should be going to nightclubs or not. And a thousand other variations. Basically, there is pretty much nothing you choose to do or choose not to do, that can't be "judged".

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HERE IS MY “LINE IN THE SAND”!

It's that someone should always have the right to choose what goes in their body, and even if I don't agree with that choice, I will defend your right to make it, without discrimination, pressure, or segregation. We could never truly know why and how someone has ultimately ended up choosing a particular health path without living a day in that person's “shoes”. What hardships, losses or fears they are currently living with.

We all have many people we work with and socialise with, who have chosen, for example, to get vaccinated, or continue to wear a mask and maintain social distancing even after the restrictions have been dropped and conversely, we all work with and mix with people who have not chosen to do those things.

I was once taught that the definition of empathy is to truly attempt to put yourself in someone else's shoes. Now more than ever I believe that that that intent is so desperately needed. Keeping a soft heart is my mandate. I will add that Scott Fitzgerald once said the test of first-rate intelligence, is the ability to hold two opposing or conflicting ideas in the mind at the same time, and still retain the ability to function.



Two opposing ideas, philosophies or decisions are NOT the problem, our current intolerance that both or allowed, and quite frankly necessary, is!

With that said we believe you are the “doctor”, your body, your choices and your right to choose and feel empowered by that decision and not ashamed of it, is our stance.

IN SHORT, WE'RE YOUR BIGGEST FANS EITHER WAY!

Luc Archambault



WINTER IS COMING

How To Prepare Your Body For The Colder Months

The autumn equinox is behind us and it won't be long before we're in the depths of those cold winter months. But winter doesn't have to be unpleasant, while many people experience lower energy levels and more illnesses during the winter months, that doesn't have to be an inevitability.

Our 5 step winter prep plan can help you to prepare your body and mind for the shorter days and colder months, so you can have a happy and healthy winter.

STEP 1: SUPPLEMENT VITAMIN D3

Vitamin D levels decline during winter, due to the weaker sun and the fewer hours we spend with our skin exposed to the rays that stimulate Vitamin D production in our bodies.

Research shows that vitamin D supplements are a highly effective way to protect from respiratory virus infections, so supplementing can help keep you healthy through the winter. But not all vitamin D supplements are created equal.

Because of the way your body uses Vitamin D, it's important to opt for a sublingual supplement that goes under your tongue (sublingual). These supplements can come in drops or a spray. Be sure to choose Vitamin D3 (rather than just D) as that's the most effective form for this purpose.

STEP 2: WRAP UP WARM

As the weather gets cooler, it's important to dress appropriately to conserve energy and protect your health. When your body temperature drops, your body has to use extra energy to produce heat and keep you toasty warm.

While being cold alone won't make you sick (you have to be exposed to a virus for that to happen) it can reduce your immune system and make you more susceptible to illness. So wrap up warm to protect your immune system and conserve your energy.

STEP 3: DON'T HIDE INDOORS

Fresh air and nature can have a hugely positive impact on your physical and mental health. But as the days grow shorter and the temperature gets cooler, it can be tempting to stay indoors more.

Outdoor fun doesn't have to be reserved for the summer months. The changing leaves in autumn make for beautiful forest walks, the darker, churning sea makes a beautiful view as you walk along the seafront and there's plenty of outdoor winter hobbies to take up.

Take up star gazing or visit your local dry ski slope. Wrap up warm, light the fire pit and invite some friends round for a winter BBQ. You might have to be a little more creative, but there's plenty of ways to make being outdoors in winter fun.



STEP 4: MAKE PLANS

Summer is usually effortlessly filled with events and opportunities for fun. BBQs, festivals, weddings and holidays all get you out of the house and mixing with your nearest and dearest.

Winter doesn't quite have the same natural effect. But variety and socialising are important for your mental health. While it can be nice to snuggle up on the sofa with a blanket and the latest Netflix blockbuster, staying home alone too much can be damaging to your emotional health.

So make plans. Invite friends round, book tickets to a show, plan a party or schedule some time to visit your family. A little proactivity can help make this winter more fun and ensure you get plenty of time with your family and friends.

STEP 5: EAT FOR IMMUNITY

Your immune system is your defence against colds, flu and even coronavirus. If you want to stay healthy this winter, it's time to pay attention to what you eat.

Your diet has a huge impact on your health, energy and your immune system. Some foods can strengthen your body's ability to fight disease while others can inhibit the immune system, making you more likely to get sick.

Eat plenty of fresh fruit and vegetables. Brightly coloured produce such as peppers, berries, beetroot and oranges are high in vitamin C - a nutrient that's essential for good immune health.

Seeds and seafood are high in zinc, a mineral that helps boost your immune system and protect you from illness.

Leafy green vegetables such as kale and spinach are high in minerals and iron, important for healthy blood and good energy levels.

Then there's the not so great foods that are best to avoid...

Alcohol, sugar and processed foods all have a negative effect on your health and can lead to reduced energy and poorer immune function.

So, if you're keen to make this winter your best winter yet, these 5 simple steps will help keep you healthy and happy this winter.



WORDSEARCH CHALLENGE



WINTER
IMMUNITY
ONION
VITAMIN
HAPPY

FAMILY
AUTUMN
EMPATHY
OUTDOOR
ENERGY

FUN FACT!

The tiny pocket in jeans was designed to store a pocket watch!

If you've been mystified by the tiny pocket on your jeans - now you know what it was originally intended for!

WHERE TO FIND US:

SPINEWORKS

236 Kennington Park Road, London,
SE11 4DA

0207 7937454

Mon: 8:00 – 13:00 | 15:00 – 20:00

Tue: 15:00 – 20:00

Wed: Closed

Thu: 8:00 – 13:00 | 15:00 – 20:00

Fri: 8:00 – 13:00

Beetroot & Onion Seed Soup

Serves: 1

INGREDIENTS

250g cooked beetroot
100g canned lentils
1 small apple
1 crushed garlic clove
1 tsp onion seeds (nigella)
250ml vegetable stock

INSTRUCTIONS

Tip the beetroot, lentils, apple, garlic and onion seeds into a blender with the vegetable stock and some seasoning, and blitz until smooth. Heat until piping hot then scatter over some extra onion seeds and serve.