

Welcome to the Uxbridge Chiropractic Clinic Newsletter.

The topic on everyone's mind at the moment is the Corona Virus and Covid-19

How to optimise our health:

Thanks to the daily Corona Virus updates from the Government we all have a pretty clear idea of what Corona Virus and the condition it causes, Covid-19, is all about. We have been well informed on how to prevent, or at least limit, the spread of the Virus and we are appreciating the humble properties of soap and water, together with the mechanical effect of washing our hands, more than ever. Viruses (and Bacteria) need a host to survive and they thrive in suboptimal conditions within the host, the more optimal (healthy) the host the worst the virus will fair.

How to optimise our health:

HYDRATION

Try your best to drink 1.5 – 2Litres of water every single day. Flush your system.

NUTRITION

Increase your fruit and vegetable intake, strive for 7-9 portions per day. This allows you to increase your vitamin and mineral content and curb sweet cravings.

SLEEP

Keep to your regular sleeping pattern, the average adult needs 7-9hours per 24hour period. With the *stay at home* campaign this is one pattern that seems to have gone out the window. Remember, our bodies heal and rejuvenate through rest.

EXERCISE

Keep active, keep moving, expand your lungs and keep your Oxygen flowing. Viruses, especially the Corona Virus, do not thrive in oxygenated environments.

MINDFULNESS

Your mental health is of huge importance in times like these. Breathing techniques, Meditation, calming music, reading, audible books, guided imagery, Mandala colouring are only a few ideas that are perfect for relaxation and clearing the mind.

It's also the dreaded Hay Fever season...

With the arrival of summer also comes the arrival of hay fever that affects up to 1 in 5 of us.

Symptoms can include:

- ❖ Sneezing
- ❖ Runny/blocked nose
- ❖ Itchy eyes
- ❖ Watery eyes
- ❖ Headaches

TRY NOT TO TOUCH YOUR FACE WHEN YOU ARE OUT AND ABOUT!

Hay Fever is caused by an allergic reaction to the pollen released by various plants.

Types of Hay Fever can be caused by:

- ❖ Tree pollen (released during Spring)
- ❖ Grass pollen (released during beginning of Summer)
- ❖ Weed pollen (released during the end of Summer/beginning of autumn.)

Natural Remedies for Treating Hay Fever

Chamomile Tea – drinking chamomile tea is well known to relieve symptoms. Try brewing 2 bags and leaving them in the fridge to cool down, then place on the eyes to relieve itching.

Steaming – great for breaking up congestion and mucus. Add a few drops of eucalyptus oil to a bowl of hot water and gently inhale the steam.

Quercetin – this is a natural anti-histamine available as a supplement or can be found in Onions, Broccoli, Kale, and dark berries like Blueberries, Blackberries and Cherries.