

Jan/Feb 2020



HAPPY NEW DECADE

We've all got that one friend who, upon seeing us for the final time in December last year, said:

"See you next decade."

(And if you were the one saying it, rest assured you're probably the funniest friend in your group).

And while it's no secret, the gravity of the fact we've just stepped into a new decade is an easy one to overlook.

There's a Bill Gates quote I always like to reflect on at the end of a decade:

"We always overestimate the change that will occur in the next two years and underestimate the change that will occur in the next ten. Don't let yourself be lulled into inaction."

- Bill Gates

So, to remind you of all the stuff that's happened in the past 10 years, we've pulled together a list of some of the most memorable events.

I apologise in advance if any of them make you feel old!

2010 - The first iPad was released

Considering we're now on the 7th generation, it's incredible to think the

first iPad was launched as recently as 2010.

2011 - Royal Wedding (Prince William and Catherine Middleton)

Not only did the first Royal Wedding of the decade take place back in 2011, the couple have now got three children!

2012 - Gangnam Style became most-watched video on YouTube.

Although I'm glad to leave this K-Pop song in the last decade, in 2012 it knocked Justin Bieber of YouTube's top spot garnering 805 million views.

2013 - Nelson Mandela passed away

The Former President of South Africa passed away at his home, aged 95.

2014 - Ice Bucket Challenge

The Ice Bucket Challenge took the world by storm and raised over \$100m.

2015 - Is the dress black and blue or white and gold?

Remember the great debate over the dress nobody could agree the colour of?

2016 - Leonardo DiCaprio finally won his Oscar

After missing out on the award so many times, Leo finally took home an Oscar for his role in *The Revenant*.

2017 - Fidget spinners

Another craze swept the nation, although these gizmos went as quickly as they came.

2018 - Another Royal Wedding (Prince Harry and Meghan Markle)

Following in his brother's footsteps, Prince Harry married actress Meghan Markle.

2019 - First ever photo of a black hole

Scientists took the first ever photograph of a black hole, although it raised more questions than it answered!

Food for thought, right? Have a great year.

Dr Matthew Scroggs

**BSc (Hons), M.Chiro MBCA,
MRCC Clinic Director**



THE RESOLUTION SOLUTION

HOW NOT TO FAIL AT YOUR 2020 NEW YEAR'S RESOLUTION

When the annual Christmas hibernation comes to a close and we try to pull ourselves together in time for a rousing bout of "Auld Lang Syne", we're often asked, "What's your New Year's resolution this year?"

But no matter how many "New Year, New You" articles you read, you can almost guarantee that the gym membership starts gathering dust mid-Jan. And by the end of the month? You'll be biting into your last Toblerone triangle without a shred of hope of seeing through your resolution this year.

Failing to stick to a New Year's resolution is an oh-so-familiar phenomenon; almost a British rite of passage, if you will. But you know what? It really doesn't have to be. Here are five tips to help you create a healthy resolution, and to stick to it throughout 2020.

1: ACCEPT WHO YOU ARE

Review resolutions you've made in the past and reflect on why the failed ones didn't work.

Think about your top priorities, strengths and preferences and come

up with resolutions that won't require a complete personality change to achieve.

2: SET TARGETS

You don't achieve resolutions by magic, you know. Do whatever it takes to create multiple avenues for motivation, with targets to meet along the way. Want to get into running? Book a 10k later in the year. Want to walk more? Set a weekly step count that'll challenge you to do it.

3: CREATE THE FITBIT EFFECT

The more you measure change and see growth, the more likely you are to continue with the activity; the rise of fitness trackers is testament to that. So find a way to monitor the progress you've made – whether that's a simple chart on the fridge or an app on your phone – and keep it updated.

4: GET YOUR FRIENDS INVOLVED

You don't have to do this alone. Ask a close friend or family member to support you with your resolution and

to give you a boost whenever you're struggling to stay motivated.

Let's face it, your initial enthusiasm is likely to wane. But if there's someone there to hold you accountable, you'll find it easier to plough on through.

5: TURN RESOLUTIONS INTO HABITS

Resolutions are typically "all or nothing" and many people throw in the towel at the first hurdle. But if you can cultivate your resolutions into habits, you'll find it easier to keep going. Set alarms on your phone to remind you to put a fresh gym bag in the car, or to eat the fruit you've brought to work. Before long it'll become second nature!

Whatever resolution you choose, we wish you a happy and healthy 2020 (and if you do need some help finding the right resolution for you, turn over the page!)

5 WAYS TO MAKE 2020 YOUR HEALTHIEST YEAR YET



On January 1st countless people will have made the mistake of setting out on fad diets and strict eating plans that they simply won't be able to keep up. Truth is, there are much better ways to create a healthy and happy lifestyle, and one that you can maintain throughout the year. Here are 5 ways you can improve your physical and mental health in 2020.

1. PRACTISE MINDFUL EATING

These days, we have an overwhelming abundance of food choices and eating's become a quick-paced act that many don't put a whole lot of thought into.

By eating mindfully you'll slow things down and turn eating into an intentional act, rather than an automatic one.

You'll become more aware of the triggers that make you want to eat too.

2. REDUCE YOUR ALCOHOL INTAKE

If you're a regular drinker, making healthier choices isn't necessarily as simple as doing Dry January. It's not a sustainable approach (and it's not all that easy to get through a whole month, if it's not what you're used to!). Put an achievable limit on your weekly units and opt for lower percentage drinks where possible. And drink more healthy smoothies instead!

3. HYDRATE MORE

Drink more water and you'll have more energy for the things you love. Did you know you ought to be drinking at least two litres of water per day, and more if you're partial to a cup of tea or coffee (or several)? If you're a fizzy drink enthusiast, try to crack down and switch to H2O instead; the phosphoric acid used in drinks like Coke is no good for your bones, you know!

4. ENCOURAGE YOURSELF TO STRESS LESS

There's no magic wand that can turn your boss into a whole new person or cut your mortgage repayments in half, but there are some very achievable things you can do to reduce your stress levels. Find time to exercise more, even if it's only for 30 minutes a few times a week. And cut down screen time and caffeine before bedtime to improve your sleep. It'll make a huge difference.

5. GET REGULAR ADJUSTMENTS

The fastest way to put a stop to stressful headaches and nagging back pain is to see a Chiropractor. Their hands-on approach will soothe and relax tight, aching muscles, loosen painful joints and strengthen your body so you can get on with doing the things you love, uninhibited. Give us a call on **01993 811 025** to schedule your appointments for 2020.

Winter Warmer SPICED PARSNIP SOUP

INGREDIENTS

- > 800g parsnips
- > 1 large onion
- > 2 cloves of garlic
- > 5cm piece of fresh ginger
- > Olive oil
- > 1tsp cumin seeds
- > 1tsp garam masala
- > 200g red split lentils
- > 1.5l organic vegetable stock
- > 4tbsp natural yoghurt
- > 4 sprigs of fresh coriander
- > (And a drizzle of chilli oil if you fancy!)

INSTRUCTIONS

Peel and roughly chop your onion and parsnips and add them to a large saucepan over a medium heat, with one tablespoon of oil. Pop the lid on and let them cook for 20 minutes (or until the parsnips are a deep gold colour), stirring occasionally as you go. Grate in the garlic and ginger, then scatter in the spices and the lentils, and cook for another 5 minutes. Add the stock and simmer for 20 minutes, loosening with a splash of water if needed. Season to perfection, blitz it up then serve this winter warmer with a ripple of yoghurt, a sprinkling of garam masala and coriander leaves and – for a warm glow – a little chilli oil.

For meat eaters, this soup will go beautifully with some ham hock. And for veggies? Dip in a poppadum!

Enjoy!

WHERE TO FIND US:

The Woodstock Chiropractor

41 Oxford Street, Woodstock,
OX20 1TJ

01993 811 025

Monday: 0900-1800

Tuesday: 0900-1900

Wednesday: 0900-1900

Thursday: 0900-1900

Friday: 0900-1800

WORDSEARCH CHALLENGE

RELAX
RESOLUTION
MINDFUL
JANUARY
HABIT
WARM
HEALTHY
NEW
PARSNIP
EXERCISE

E	S	U	S	P	T	R	W	R	L	N	L	Y	U
P	T	X	S	E	S	X	E	T	L	U	I	U	I
L	I	L	E	L	E	S	I	C	R	E	X	E	P
P	U	T	P	A	R	S	N	I	P	J	R	B	J
Y	H	T	L	A	E	H	N	R	W	R	N	R	E
W	R	R	E	S	O	L	U	T	I	O	N	W	Y
Y	E	I	I	P	T	M	Y	R	A	U	N	A	J
U	L	E	T	S	I	L	I	I	U	R	E	R	I
Y	A	H	I	S	B	X	E	N	F	C	H	M	E
N	X	L	M	S	A	I	W	H	D	D	T	E	A
A	A	N	N	L	H	R	L	T	L	F	S	A	C
D	L	I	N	A	W	U	S	W	Y	T	U	E	N
U	S	A	Y	N	I	R	S	N	E	A	U	L	A
A	A	R	T	I	E	R	S	N	P	N	P	E	J