

# Vibrant Life Newsletter

## Upcoming Events

We have begun our series of important health and wellness workshops to ensure you get well faster and get more from your care.

Please ask for details to reserve your space.

## Stay up-to-date

'Like' us on Facebook and enjoy regular updates and keep yourself informed about what's going on day-to-day around our centre. @vibrantlifecentre

facebook 

## Recipe of the Month

We love chia seeds and use them all the time. Chia seeds are mini powerhouses packing more calcium than milk, more antioxidants than blueberries, and more omega-3 than salmon.

### Chia Breakfast Pudding

1 ½ cups Coconut, Oat or Nut milk

1/3 cup Chia seeds

1/4 cup Cacao or cocoa powder

2 Tbsp. Honey

optional: 1/2 tsp vanilla extract

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Add all ingredients to a bowl and whisk or blend to combine. Leave covered in the fridge overnight or at least 3-5 hours to soak. Serve chilled with desired toppings, such as fruit, granola, yoghurt, etc



## Guest Appreciation Party



**Who knew ferret racing could be so much fun!** We are pleased to say that the Guest Appreciation party last month was a great success. It was lovely to see so many of our practice members and their families.

We would like to say a big thank you to Debbie Harding for the fantastic job she did on the PA and to all of you for your support and enthusiasm. As well as having a great party we also raised nearly £500 for the SW Children's Hospice, which is incredible!



Look out for details of our next guest appreciation at the end of the year.



## Practice Member News



Many people presume chiropractors do 'bones' and 'back pain' if you've seen one of our chiropractors you will know it is actually about the function of your brain and nervous system which is why we wanted to share this fantastic story from Paul about his recovery from a stroke.

*"I had no idea what Neuro Impulse Protocol was but had been encouraged to visit Rachael following a stroke, which had resulted in both physical and mental effect on me and my daily routine. Slightly nervously I visited Vibrant Life and was immediately put at ease. In a calm and relaxed manner I was introduced to Neuro Impulse Protocol. There was no painful manipulation and instead gentle hands on pressure on vital areas. The relationship between my brain and body has improved significantly after just a few visits and this of course has lifted my spirits and benefited my self confidence.*

Thank you Rachael!!!!



## Team News



We would like to offer a warm welcome to Caroline who has just moved from Brighton to join the Vibrant Life team. Caroline is a fantastic Massage Therapist who has spent the last 8 years enjoying an active life and training in Massage Therapy in the wonderful Wanaka, New Zealand.



Recognising and celebrating excellence at Vibrant Life, we are so proud of our amazing team who are dedicated to serving you day in day out.

Caroline was team member of the month for having such a positive impact in her first few weeks. Caroline has bundles of energy, fully involved with all aspects of the team and has gone above and beyond to help our practice members. Well done Caro!

## Product of the Month

Electro-Magnetic Frequencies are damaging our health and well-being. Therefore, it is important to get electromagnetic radiation protection.

Energydots™ SmartDOT is programmed to harmonise or retune the EMF frequencies from the electronic equipment you use regularly to prevent it from harming us.



We have a fantastic opportunity to purchase a family pack of 5 protective SmartDOTs for £35 (RRP £50) *Limited availability.*



## Little known dangers of EMF exposure



Many people still do not realize that we're chronically exposed to something that can dramatically deteriorate our health, and, unless it's identified and remediated, can lead to a wide range of health issues that may have serious implications on our long term health.

Exposure to something that we cannot see, taste or hear is understandably difficult for many of us to comprehend, however the dangers are very real and extensive research is reinforcing the importance of finding technologies to protect us.

### WHAT ARE EMFs?

There is no escape from the fact that we are surrounded by Electro-Magnetic Frequencies (EMFs) from our phones, tablets, computers and wi-fi all of which emit a low level radiation that interferes with our bodies own natural rhythm and energy frequency.



There has been mounting concern over the last decade about the health effects of this exposure and the fact that constant exposure to EMFs can cause symptoms of illness in children and adults, particularly those who already experience low immunity. Some people find the constant level of EMFs challenging and have what is termed 'electro-stress', experiencing symptoms including headaches, tiredness, insomnia, inability to concentrate, unexplained pins and needles and in extreme cases depression and anxiety.

### WHY ARE EMFs A PROBLEM?



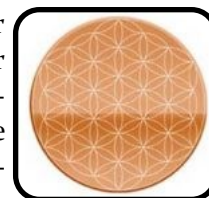
The bodies 'fight or flight' reaction to this Electro-stress can have a wide number of effects on our brain, body and overall health and well-being. The cells in our body are extremely sensitive transmitters of electromagnetic energy so the body will pick up and react to any electrical field to which it is exposed. It's important to remember that these exposures are cumulative, it all adds up.

### WHAT DOES THIS HAVE TO DO WITH CHIROPRACTIC?

What we are beginning to realise is that for some people exposure to EMFs may be causing reoccurring subluxations. The overload that EMFs cause could be hampering your progress with your NIP chiropractic care. Please talk to our team about this.

### WHAT CAN WE DO ABOUT EMFs?

There are a variety of EMF protection products on the market. One which we have used for years now are the Energydot™ which act as frequency harmonisers rather than EMF blocking or shielding. The DOT itself is a low power magnet acting as a storage device. They are programmed with an energy signature and like a tuning fork the Energydot re-tunes man-made EMFs to a natural harmonic so the human body's electrical sensors recognise the re-tuned emissions as being in harmony with its natural healthy state. This means the body no longer needs to react defensively to emissions from the 'harmonised' device and electro-stress is relieved.



Double-blind placebo controlled research demonstrates that Energydots can make a positive difference. If you are interested to know more, our practitioners can test your reaction to Electro-stress and show you how the Energydots work.