

Vibrant Life Newsletter

Celebrations

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

Jo was team member of the month in December



Congratulations also to Matt who celebrated his first year of working with us at Vibrant Life.

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



Recipe of the Month

Immune Boosting Carrot Soup

- 2 tbsp. olive oil
- 2 large red onion
- 2 cloves garlic
- 2 tbsp. fresh ginger
- 1 1/2 tsp. ground turmeric
- 700g carrots
- 1 sweet potato
- 4 cups chicken stock
- Juice & zest of a lime
- Greek yogurt (to garnish)
- parsley (to garnish)
- Salt and pepper

Cook until vegetables are tender (15-20 mins). Blend the soup until smooth.

Happy New Year!

We hope you all had a lovely Christmas break and have started with renewed purpose and vigour.

After the excitement of Christmas and the New Year, January can be a funny month of short and dark days, grey skies and we can easily feel low and down. At this time of year many of us suffer from a dip in our mood and general well-being, don't worry it's quite normal as our biological systems shift throughout the seasons, our moods inevitably shift as well. So at this time of year, especially after a period of over-indulging in a bit too much rich food and drink, it's really important that we are looking after our health to ensure we are the best we can be.

Lots of people look to January to detox and restart healthy habits that have fallen by the way side. So here are 7 tips to help you battle the winter blues and stay in good vibrant health.

1.) Move More, Feel Better.

Physical activity and exercise activate the brain to release the neurotransmitters of endorphins, serotonin, dopamine, and others that are all related to regulating our mood.

Starting an activity can also help by providing a pleasant change of scene. Try a group fitness class at the gym or with Marcella at Seagrass Studio. An exercise class is also a great way to get a social boost.



2.) Get Quality Sleep

Sleep makes you feel better, but its importance goes way beyond just boosting your mood. Getting enough quality sleep is a key part of a vibrant healthy lifestyle, and can benefit your heart, weight, mind, and more.

While you sleep your body goes into rest, repair and recovery mode, so if you're aiming for a healthier and less stressful 2018, improving the quantity and quality of your sleep is essential. Aim for a couple of early nights per week and see how it makes you feel. You'll be surprised at how much better you feel once you are getting enough sleep. Most adults need seven to nine hours a night.

3.) Boost Your Vitamin D Levels

As you get most of your mood-boosting vitamin D through a chemical reaction in the skin that occurs following exposure to sunlight, it's no wonder than during our short, dark winter days many of us are deficient in

Vitamin D, which is the reason why new Government guidelines recommend a daily Vitamin D₃ supplement.



Vitamin D is important for a huge number of functions in the body, from supporting strong and healthy bones to maintaining your immune system.

Product of the Month

This Wholefood vegan Vitamin D₃ comprises a natural plant base of lichen.

Vitamin D is most commonly associated with assisting with the maintenance of strong bones and teeth, helping support the functions of the immune system and contributing toward normal muscle functions

Vitamin D is also needed for normal growth and development of bone in children



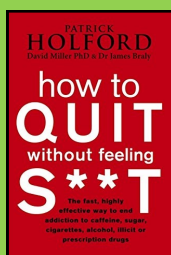
Book of the Month

How To Quit Without Feeling Sh**t

This is very helpful book that looks at why millions of people have cravings for substances such as coffee, sugar and alcohol, as well as to drugs.

The author explains how the brain becomes addicted and how it can be 'unaddicted' through a combination of diet, supplements and lifestyle factors.

The book provides a 12-week action plan for becoming addiction free without the unpleasant symptoms of withdrawal.



4.) Stay Social

Isolation and loneliness are bad for both your physical and mental health. Taking time to reconnect with people who make you feel good and nurture your resilience is a powerful thing to do, and will set you up for the year.

Research consistently shows that social interaction is key to human health. We tend to hunker down during the winter months and be less socially active. Try making plans to meet once a week with your friends, join new activity groups or even grab coffee with work buddies during the day.



5.) Drink More Water

Most people take drinking water for granted, but keeping hydrated has a huge impact on overall health. To function properly, all the cells and organs of the body need water. It is also used to lubricate the joints, protect the spinal cord and other sensitive tissues, regulate body temperature, and assist in digesting food and much more.

The amount of water you consume everyday plays an important role in maintaining a healthy body. Experts recommend drinking a minimum of 8 to 10 glasses of water each day to maintain good health.

For a super health boost add fresh lemon or lime juice to your water to help neutralize the acid levels in your body and provide a large number of other health benefits.

6.) Eating Clean & Green

Winter blues can make you crave sugary foods and carbohydrates such as chocolate, pasta and bread, but don't forget to include plenty of fresh fruit and vegetables in your diet.



Cruciferous veggies such as broccoli, cauliflower, kale, cabbage and pak-choi contain phytonutrients that help enhance immunity and boost overall health. Wash down whatever you're munching on with a cup of decaf green tea to give your metabolism a kick and further aid in the eradication of unwanted toxins.

7.) Get Adjusted

By removing interference to the nervous system chiropractic adjustments have been shown to boost the immune system, improve your mood and increase your ability to adapt to stress. Whats not to LOVE about getting adjusted at any time of the year.

Did you notice how all of our tips for Vibrant health suggest adding a healthy habit? In the same way you would get rid of darkness by adding light you get rid of sickness and disease by adding health!