

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.

We will be at the Braunton Academy Christmas Pamper Night on Friday 15th December, offering health advice, check ups and massage. Tell your friends and come along for a night of pampering

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

You know we love a green smoothie so here's one for you to try.

Skin Booster (Serves two)

- 10cm piece of cucumber
- 1 handful spinach
- juice of 1 lemon
- 2 chopped celery sticks
- 1 kiwi
- ¼ avocado
- 2 cups filtered water or coconut water

Blend all of the ingredients in a high speed blender until smooth.

You can purchase quality alkalising water filters and jugs from us, ask for details.

Welcome to the 1st Vibrant Life newsletter!

We are very pleased to present the very first Vibrant Life monthly newsletter, aiming to keep you up to date with all the exciting changes we have planned and provide you with even more information about books, recipes and products, as well as upcoming events and offers to help you make the most of your Vibrant Life.

If you hadn't already noticed, we have now fully rebranded from County Chiropractic to Vibrant Life Chiropractic. After 16 years of helping the people of Exeter and South Devon, Rachael and Steve have bid farewell to the Exeter practice in order to focus on providing worldclass health care to the communities of North Devon.

We are the only centre in the UK to offer multiple highly trained NIP-practitioners. We are at the cutting edge of modern chiropractic and are dedicated to helping the people of North Devon. We really appreciate you referring friends and family to us so we can continue to help as many people as possible.

Team News

Rachael and Simeon had a fantastic time at the NIP (Neuro Impulse Protocol) Seminar they attended in Amsterdam last month. The most experienced NIP chiropractors in Europe came together to discuss advances in research and make important refinements to this cutting edge protocol.



These refinements make the technique even more effective, with both straightforward and complex neurological cases getting fast improvements.



Rachael, Liz and practice member Jo took part in the delayed Halloween run at Arlington Court. The very muddy and slippery 10k was full of frightening spooky characters lurking behind trees.

Last but not least we would like to give a warm welcome to Sarah as she joins the Chiropractic Assistant team. We are really excited to have Sarah in the team as she has a wealth of chiropractic experience, having worked for a number of chiropractors over the last 15 years, as well as working for the United Chiropractic Association.



Sarah is also studying Massage Therapy and when she isn't running around after her daughter Rebecca she loves to go walking on the moors and around the coast with her family and dog.

Product of the Month

Nordic Oil is a premium Omega 3 fish oil which is triple filtered and infused with anti-oxidants (for maximum purity & freshness). You can rest assured that you are getting the very best on the market.



With its zesty, lemon flavour, this award winning oil offers you all the health boosting benefits of high grade Omega 3. From reduced inflammation to brain, eye and heart health – this oil is the best way to benefit from the essential fatty acids, DHA and EPA.

Book of the Month

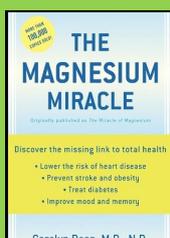
The Magnesium Miracle

This is a great read full of really helpful information that has all been researched and referenced by Dr. Carolyn DeMarco.

It's interesting to discover the essential role Magnesium plays in our health and how we suffer without enough of it in our body.

Ensuring you have sufficient levels of this vital mineral can help to guard against and alleviate so many ailments and threats to our long term health.

“Clearly there is more to life than magnesium, but life can't exist without it.”



The wonders of Epsom Salt

The amazing health benefits of Epsom salt tend to be a very well-kept secret. Long known as a natural remedy for numerous ailments, absorbing magnesium sulfate (Epsom Salt) through the skin draws toxins from the body, relaxes muscles and the nervous system, reduces swelling and much, much more.

Research shows that approximately 90% of people are deficient in this important mineral due to lifestyle factors that actively deplete our magnesium levels (such as lack of sleep, excess stress, or alcohol/caffeine/sugar consumption). On top of that, many natural sources of magnesium are becoming depleted due to over-farming and high pesticide use.

Using Epsom salt around the house and in beauty treatments is one easy way to improve magnesium levels and boost our health. Here are 4 ways you can benefit from using this super powered salt:

1. Relaxing bath

Add 1-2 cups of Epsom salt into a running bath, lay back and relax for at least 12 minutes. For the added benefit of moisturizing your skin add a spoon of olive oil or coconut oil.

2. Soothing foot bath

Add half a cup of Epsom salt into a bath or bowl of warm water, get yourself comfy and soak your feet for at least 20 minutes. Rinse your feet with fresh water. This will also soften the skin of the feet; neutralize any foot odor; help to relieve the symptoms of Athlete's foot; draw out any splinters and soothe aching feet. Use a pumice stone afterwards to rub away any calluses before moisturizing the feet.

3. Firming Facial Wash

Grind up half a teaspoon of Epsom salt (in the blender or using a mortar and pestle), add to your face wash or cleansing oil and massage it into your face, rinsing with cool water. Epsom salt can help to rejuvenate and rehydrate the skin as well as providing a deep cleanse and exfoliation.

4. Spritzing body spray

Heat equal parts of water to Epsom salt until dissolved, wait until cool, then transfer into a spray bottle. This solution can be sprayed over the skin for absorption of the minerals and can help to soften the skin, ease itching and other skin issues, as well as reduce stress and aid sleep.

There are literally hundreds of other uses in the home or garden from beauty tips and cleaning, to providing nutrients for plants and warding off slugs. Epsom salt is odorless and very safe, causing few problems during topical use. If skin becomes irritated reduce concentration of salt.

We have Epsom Salt in stock, ask one of the team for details.