



TOP TIPS TO AVOID HEADACHES

Headaches are never a nice thing to experience. They take you out of whatever you're doing and make it near impossible to concentrate, rest or think about anything else besides the head pulsating pain. There are a few different types of headaches that most people experience and we've listed a few ways that you can help avoid them.

1. Cluster Headaches:

A cluster headache is a very painful type that is usually experienced by people on one side of the head and near the eyes. They usually last around 30 to 90 minutes and can be triggered by lots of everyday things. If you suffer from this type, avoiding things like foods that contain nitrates, altitude changes, alcohol, smoking and bright lights could help.

2. Tension Headaches:

This headache is less throbbing and more pressure related. You might experience a tightness or sensitivity in the head or in the neck that can lead to the pain. This type is usually brought on from an activity which can span from exercise, awkward sleeping position and even stress and anxiety. Avoiding the activity that caused the tension is the best way to avoid future tension headaches as well as changing your sleep position and taking up breathing exercises to relieve stress and anxiety.

3. Migraine Headaches:

It is estimated that there are 190,000 migraine attacks experienced every day in England (NATIONAL INSTITUTE FOR HEALTH AND CLINICAL EXCELLENCE) and is primarily a recurring attack that can last between 4 to 72 hours. It causes an individual to suffer head throbbing on a moderate to severe level and is often accompanied by nausea, sensitivity to light and sound and sometimes vomiting. Research into migraines has often pointed to hormones, genetics and environmental triggers so avoiding high-sodium foods could help as well as staying hydrated with water and keeping to a regular sleep schedule.

We hope these tips can help you if you ever suffer from headaches and will give you a better idea of what can cause them!

Mark Fairclough

Chiropractor





5 Plants To Help Your Health & Wellbeing At Home

Most people when shopping for a houseplant to introduce into their home or office usually have size and aesthetic in mind. And while making sure that the plant is actually going to fit on your desk or window ledge is important there's another element to consider... health and wellbeing.

There are types of plants that you can bring into your home or office that can have some added benefits. Let's check out the list below.

1. Aloe Vera

Aloe vera is well known for being the go-to answer for skin irritation and sunburn and while you usually see it added to lotions you can apply it straight onto your skin to really absorb the benefits of the plant. Pure Aloe vera is thick and gel-like and once a leaf is big enough you can cut it off the plant, slice it open and scoop it out the gel. The plant is also good at purifying air, and it works at absorbing particles that might come from paints, cleaning products and other chemicals around the house or office.



2. Fern

The fern plant is another great air purifier to have around the house. A Boston fern is excellent at removing particles like plastics and smoke from the air and once absorbed by the plant are turned into materials it can use for growth. It even helps humidity levels by helping to restore moisture to the air too.



3. Lavender

With its many uses, a lavender plant will more than certainly come in handy around the house. The gentle aroma and violet flowers are not only pleasant to look at and breathe in but keeping a few sprigs around your bed can help with drifting off to sleep as well as helping to reduce anxiety and depression.



4. Peace Lily

The crisp white flower of the peace lily will not only help your home or office feel more tranquil but will also do some good to keep it in top shape. The peace lily has been known to be highly effective at removing mould spores from the air, so definitely place this plant in the bathroom or kitchen to really let it get to work.

5. Spider Plant

The sprouting spider plant is a great choice for those new to keeping house plants as it's easy to care for. It will also help remove some toxins from the air but is also known to be pet-friendly as it is one of the few plants that are non-toxic to animals making this a great addition to homes for pet owners.



COCONUT AND APRICOT BITES

Ingredients :

- 1½ tbsp coconut butter
- 3 tbsp apricots, finely chopped
- 2 tbsp + more for rolling desiccated coconut
- 3 tbsp porridge oats

Instructions :

Put all the ingredients for whichever bite you are making in a small blender and pulse until well combined. Take out tsps of the mix, and roll into balls. Dust in desiccated coconut (if using), or sesame seeds if you like, before chilling.



Fun Facts ~

J is the only letter that doesn't appear on the periodic table.

All 26 letters of the alphabet can be found in the periodic table except for the letter J. Out of the 118 elements, not once is J used.

WORDSEARCH CHALLENGE



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School

N	O	I	S	I	V	E	L	E	T
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Sun

G	E	K	F	F	Q	U	M	K	V
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Garden

B	L	I	M	T	Q	T	H	Q	N
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Television

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Radio

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Table

D	T	H	Q	G	R	R	M	M	W
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Flower

A	T	E	H	W	A	B	T	N	O
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Car

R	W	N	V	G	D	O	Y	G	L
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Kitchen

S	C	H	O	O	L	O	T	O	F
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Book

Y	R	A	C	M	K	K	D	I	E
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