

# Leskupu Clinic | NEWS

*So as we wring out our clothes and hope that the wet weather stays away, we here at Leskupu Clinic wish you a Happy 2016!*

## What If?

So many of us carry on our daily lives with not a thought that what if something happened to us walking to work, sitting on a train or taking a (Continue)



**Be Prepared  
Be Aware  
Be Ready**

## Mobile news

Review the latest iPhone Apps



## Android Update

For android Smartphone users read about



## Blenders, blenders

Are they worth it?



## One Mince pie.....two mince pies.....

Fighting back after christmas excess. Our guide to getting fit, personal trainers and avoiding injury in your quest for.....  
Page 3



## What If?

So many of us carry on our daily lives with not a thought that what if something happened to us walking to work, sitting on a train or taking a run in the park. How would someone get into our phones and phone our loved ones: Our phones are not human and we all protect them heavily with passwords.

So here is a quick reminder how to enter the correct data from emergency phone numbers to any allergies you might have.... 5 minutes maximum if you are slow data entry person!

See below.



**FOR IPHONE****For Iphone:**

Look for the health app ( LOVELY LITTLE HEART ON YOUR IPHONE )

Then find the Medical ID shaped like a snowflake ( bottom right hand corner)

Click Create Medical ID

Turn on Show When Locked to make your Medical ID available from the Lock screen. In an emergency, this gives people who want to help you, some important information, like the emergency contacts you've entered.

tip: If you'd rather not classify a contact as parent, friend, partner, etc., you can choose either "other" or simply "emergency" as the relationship field.

Once you have added the information click done and thats one less thing to worry about.

**FOR ANDROID**

There are many different Apps on your google play for Medical ID but we have read many reviews and ICE seems to be the way forward. ICE Data provider is Free or ICE currently @ GBP2.99

Split into two activities (emergency contacts list, and medical notes page), the system helps to simplify data retrieval for first responders and medical professionals. The contacts section, allows you to quickly select contacts from your phone and add them to your ICE contact list. The medical notes section provides access to all relevant medical information through a single page.

This makes ICE or ICE Data Provider a fast, simple, and exceptionally effective way to relay vital personal and medical information, during emergency situations.

# Are Blenders worth the hype and truly good for you?

So the hype this Christmas and on everybody's post Christmas bulge list was a NutriBullet: One was sold every 30 seconds during the sales rush last Christmas in the UK.

It pulverises fruits, nuts, vegetables and seeds, "extracting" nutrients with its high-powered blade.

"Unlike juicers and blenders, NutriBullet nutrition extractors break down the cell walls of fibrous plant foods, releasing important vitamins and minerals contained within," the website promises.

"More than juicing, more than blending, and more than chewing, nutrition extraction allows you to receive the highest degree of nutrition your food has to offer."

At the core of the NutriBullet plan is the Nutriblast – a smoothie comprising 50 per cent greens and 50 per cent fruit, plus two to four tablespoons of 'boosts' (nuts, seeds or other super-charged foods). To make a Nutriblast, you always follow this method, but tailor the ingredients depending on the results you want – whether it's better sleep, cardiovascular health, or stronger muscles. It couldn't be simpler – just swap breakfast or lunch for a filling smoothie.

Is it a complete substitute to food and losing weight, no and the boring truth is you need a well balanced diet including regular exercise but to ensure a meal whilst on the run or at work is full of the essential goodness and to start you off with a balance of greens and fruit and boosts, then getting one of these is certainly a brilliant way to incorporate a start to 2016 being a healthy one!







# Getting over the Christmas weight gain and getting fit without injuring yourself!

Many of us eat and drink to merry over Christmas and New Year, then back to work and some of us feel our clothes are a little tight - we either buy new clothes or think a gym subscription is the way to go. ( and then come to see me once the damage has been done!).

Whether you are a regular gym user or not, unless you are proficient in understanding your body and how it works, the damage can be unbelievable in using the wrong equipment for 1 minute let alone for half an hour: many of us are culprits of watching someone work out and think I can do that too but not truly understand the machine nor how to use it.

As a chiropractor I see many people who come to me who are wanting to get fit before the next ski season or the hope of a full game of tennis or golf, rugby or football sooner rather than later. They have either booked one gym trainer session or none and the tears and pain they have caused

can range from the neck all the way to the toes.

I am currently working with a range of personal trainers throughout the City and Greater London area and we work alongside one another in ensuring from a Chiropractors treatment plan, that your body is functionally correct and from theirs, a correct training programme is put together: we liaise on a weekly if needs be basis to ensure that the complete package of treatment and exercise is helping you achieve your goals for whatever reason.

The list is below and please do not hesitate to talk to me on your next visit to discuss the best way forward to achieving a healthy 2016! ( in no particular preference ):

**Stuart Slater**

M: 07590 266208

E: [stu@themovementproject.co.uk](mailto:stu@themovementproject.co.uk)

W: [www.themovementproject.co.uk](http://www.themovementproject.co.uk)

Location: Covent Garden

**Luke Chamberlain**

M: 07850 122910

E: [luke@impulsefitness.london](mailto:luke@impulsefitness.london)

W: [www.impulsefitness.london](http://www.impulsefitness.london)

Location: The City

**James Barr**

M: 07747 625392

E: [james@impulsefitness.london](mailto:james@impulsefitness.london)

W: [www.impulsefitness.london](http://www.impulsefitness.london)

Location: The City

**Angela Ahumada Lama**

M: 07503 664840

E: [angela@bionicpulse.co.uk](mailto:angela@bionicpulse.co.uk)

W: [www.bionicpulse.co.uk](http://www.bionicpulse.co.uk)

Locations: W2, W8 or home visits

**Joanne Groves**

M: 07515 813171

E: [jo8acow@gmail.com](mailto:jo8acow@gmail.com)

Location, Wimbledon, Clapham, Putney

**Henry Barratt**

M: 07740 461947

E: [hb@henrybarratt.com](mailto:hb@henrybarratt.com)

W: [www.henrybarratt.com](http://www.henrybarratt.com)

Location: Mayfair, Knightsbridge, Parklane