

Yoga With Adele Newsletter January 2021



KINETIC CHAIN
ASSESSMENT SPECIALIST

Pose of the Month: Locust

Strengthens the entire back line of the body and core muscles. Opens the chest and lengthens the spine.

Massages the internal organs and aids digestive flow.



Hold as long as you comfortably can, but don't forget to Breathe.

'Live-Stream 'Pop Up' classes during January

'Tier 4' it is then. Not the news we were hoping for, but it looks like it may be a while before normal classes can resume.

So, I am going to try out some 'Live' sessions on Facebook & YouTube for you all to join in with at home.

Santa bought me a Laptop Microphone and I'm hoping the sound quality will be much better than it has been on the YouTube Videos.

This will be a 'Real time' Yoga class where you can join in with me as I actually create the class.

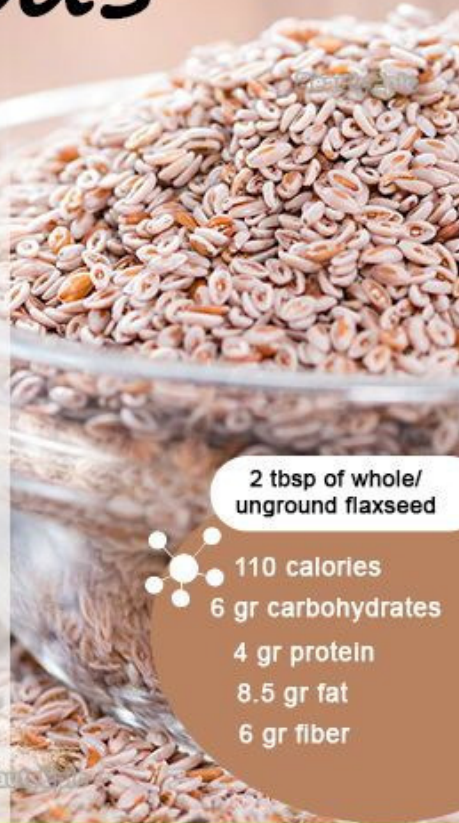
To get notifications for these live videos you will need to 'Follow' me and allow notifications on Facebook and/or 'Subscribe' to my channel on YouTube.

All the links can be found at the bottom of this
Newsletter.

Flax Seeds

Benefits

- ✓ High in **Fiber** But Low in **Carbs**.
- ✓ High in **Omega-3 Fatty Acids**.
- ✓ Helps Make Skin & Hair Healthy.
- ✓ Helps **Lower Cholesterol** & **Treat Hyperlipidemia**.
- ✓ High in **Antioxidants** (Lignans).
- ✓ ALA in flax can help reduce **inflammation** & protect the **lining of the GI tract**.
- ✓ May Help **Prevent Cancer**.
- ✓ May Help with **Weight Loss**.
- ✓ Helps Decrease **Menopausal & Hormonal Imbalance Symptoms**.



2 tbsp of whole/
unground flaxseed

110 calories

6 gr carbohydrates

4 gr protein

8.5 gr fat

6 gr fiber



Spotlight on.....

ARTHRITIS

'Arth' = Joint

'Itis' = Inflammation

Arthritis means 'inflammation of the joints' and is a condition that causes pain, stiffness of movement and sometimes swelling of the affected areas.

The 2 most well known types are :

Osteoarthritis is the most common form and this effects the smooth cartilage lining of our joints causing pain and stiffness of movement. This form is often associated with the natural wear and tear of the joints due to the ageing process but can also be caused by overuse or injury of a joint.

Rheumatoid arthritis is when our bodies own immune system targets our joints causing pain and swelling .

Whilst there is no cure for arthritis, there is a lot we can do to ease the symptoms and slow down progression.

Two of the biggest things impacting the condition are :

1. Movement and Exercise.

2. Diet & Nutrition

It is vital that we Do Not stop exercising, even though we may not feel like it, as this will ultimately make the condition worse.

Exercise is proven to increase circulation, improve healing & repair of soft tissue, increase suppleness & strength. The list goes on and on.

We should try to be a little more mindful of HOW we exercise
Such as, making sure we move correctly, warming the body up properly, working at a level that is still challenging but not

damaging, and try to be consistent in how much we do as

'Stopping and Starting' can be harmful.

Yoga is an excellent form of exercise for this condition as it is slow and mindful making it very safe and can be easily tailored to target specific requirements .

Certain foods can also help or hinder the condition .

It is known that that too much Sugar, Caffeine, Dairy , Processed food , Wheat , MSG and Red meat will all increase symptoms of inflammation for a lot of conditions, not just arthritis.

But we should also be aware that certain foods we may think of as 'Healthy' can actually worsen the symptoms of Arthritis in some people [not ALL people though ...so try taking them out your diet for a while to see if they are a trigger for you]

Foods which may Increase inflammation include:

Tomatoes, Peppers, Aubergines [Nightshade family]

Cauliflower & Citrus fruits such as lemons & limes.

Foods which can help to Decrease inflammation include:

Foods rich in Omega 3 such as Walnuts, Oily Fish, Flaxseed.

Foods rich in Anti-oxidants such as Berries & Cherries

Spinach & Broccoli



Follow me on Facebook :

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 **YouTube** Subscribe to my 'FREE ' YouTube
Yoga Channel here :

<https://www.youtube.com/user/yogawithadele1>

Contact me via Email : yogawithadele@live.co.uk

Have a Great Month ...Stay Safe

Adele xx

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