



Bouncing into spring by Andy Holter

Spring, also known as springtime, is the season that brings new life as flowers begin to bloom and birds begin to sing. It's British lambing season, with an abundance of baby lambs running through lush green fields, an idyllic picture warmed by sunny, blue skies.

Spring is a great season; it is not too hot and not too cold. The temperature is exactly right for outdoor activities and enjoying much needed time away from hustles and bustles of working life.

Let us also remember with the right temperature, increased daylight, bright sun, and climate, comes beautiful colours, trees, plants, flowers and many other wonders of the Earth that we can enjoy whilst spending time with nature and unwinding after a busy day or week at work.

Did you know? The arrival of spring can positively impact our mood and encourage good feelings of joy, happiness, and contentment. This is because light triggers the release of serotonin, a brain chemical that helps us feel happy!

Sunlight also provides us with vitamins: ultraviolet B rays from the sun provide us with vitamin D, which helps strengthen bones and teeth.

Interesting fact: As warmer temperatures begin to take hold, it's time for our hibernating animals to come out of their winter sleep. The UK's most famous hibernating mammal is perhaps the hedgehog, but bats and dormice also hunker down over winter. Hedgehogs and bats slow down their body processes during winter, as it's the only way to survive when insects and invertebrates are hard to find and so energy must be conserved. With the arrival of spring, their food is back in supply and it is time to get up for something to eat.

But it is not just hedgehogs, bats, and dormice we should look out for. Squirrels and badgers also become more active in the warmer weather and are therefore easier to spot. Let

us not forget amphibians and reptiles as they too will be coming out of hibernation at this time of year and are well worth keeping an eye out for.

If it's not animals that interest you, how about taking a walk in the countryside, either as the sun comes up and starts to warm the air or last thing in the evening as the sun begins to go down. It doesn't matter where you go – it could be down a winding country lane or into some woodland – just spend a few minutes taking in all the sights, sounds and smells around you, as nature springs back to life after its winter slowdown. If you should happen to go into the woods, then swathes of white snowdrops, blazes of bluebells or pungent pockets of wild garlic are truly set to delight your senses.

So then, why not go for a walk this weekend in your local woodland and see what you can find...

Here are some other ideas you could consider this spring

1. Spring clean your space
2. Take a road trip
3. Walk barefoot on the grass or in a meadow
4. Plant a spring garden
5. Watch the sunrise
6. Dine al fresco
7. Feed the ducks
8. Fly a kite
9. Hang a bird feeder
10. Climb a tree and revisit our youth (Think Health & Safety of course!)

What ever you do this spring, do it with a smile and have lots of fun!



CLEANING UP YOU EATING HABITS BY ELAINE

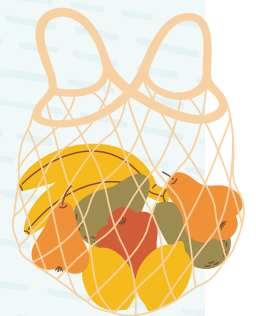
Clearing the arteries! Did you know that eating one grapefruit a day can help clear plaque in one's arteries?

If you suffer with **constipation**, try blending cucumber and pineapple together in a juice – this amazing combination detoxifies the colon and removes excess waste from the intestines.

Fancy a date? I have been reading up on the benefits of eating dates, they are fantastic for you and have been known for their health benefits for thousands of years and originate from the Middle East. Try and eat a couple of dates a day to see if they make a difference, but do go easy as they are high in natural sugars.

Dates are great for the following symptoms:

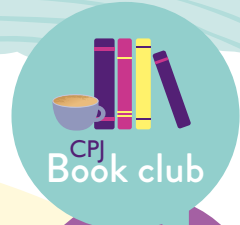
- Constipation
- Muscle fatigue
- Lack of focus/ concentration
- Headaches
- Tinnitus
- Candida
- Heart palpitations
- Cough
- Confusion
- Sleep disturbance



Did you know that...

Eggs are great for degenerating the liver. There has been a myth for years that eating eggs can increase your cholesterol levels. After many studies, this has now been proven wrong and you can eat up to five eggs a week. Probably best not to fry them, but boiled or poached are a healthy way to add protein to your diet.

Avocados can reduce the risk of cervical cancer. During pregnancy, eating an avocado aids the health of the womb and development of the baby – and they take nine months to ripen!



Check out the CPJ Book club this month – it's a belter of a book!

Avocado Hummus recipe



- 1 large avocado – skin and seed removed, 1 small can of chickpeas, drained
- 120 grams of tahini paste, 4 tablespoons of fresh lime juice
- 1 clove of garlic, ½ teaspoon of sea salt, ½ teaspoon of ground cumin
- ¼ teaspoon of smoked paprika, small bunch of chopped coriander
- 4 tablespoons of olive oil

Whiz up all the ingredients in a food processor and keep in a plastic container in the fridge to stop the avocado from turning brown.

Did you know that if you eat avocado with tomato, the good fats in avocados increases the amount of the cancer fighting lycopene found in tomatoes by four times!



Spring clean your way to good health!

Spring cleaning is not only good for the soul; it's good for your health too...

Believe it or not, cleaning has benefits that go beyond just having a clean home; spring cleaning can be an act of self-care instead of simply a chore, especially when you appreciate the very many health benefits it has to offer.

Here's how a little cleanliness and organization can benefit you:

Cleaning supports a strong immune system. If you or a loved one suffers from seasonal allergies, you may be quick to blame it on early tree pollen. But it may not be just pollen that's responsible for tickly noses and sneezing fits. Dust, mildew, mould, pet dander and even bugs can be big immune system triggers for people prone to allergies. Cluttered homes tend to gather a lot of these pollutants during the winter months; it's been clinically proven that pollution inside your home can often be worse than outdoor air pollution! The best way to reduce the build-up of these 'pollutants' in your home is to regularly vacuum your carpets, furniture and upholstery and thoroughly and regularly clean damp areas such as bathrooms, cellars and garages.

Cleaning reduces stress. The physical act of cleaning may turn your brain off for a while, allowing you to relax your mind. Cleaning may on the surface feel like a repetitive, mindless task; but this might be just the break your brain needs to de-stress. Getting rid of external clutter can also help you free yourself from internal mental clutter. Doing housework for as little as 20 minutes can actually reduce stress and anxiety levels by up to 20% and you can further boost the benefits by choosing products with calming scents like lavender or eucalyptus.

Cleaning can improve heart health. We've spoken about the benefits of regular exercise a lot over the past year and the crucial role it can play in lowering the risk of many chronic illnesses. Low-intensity physical activities such as spring cleaning all have a positive impact on overall fitness levels: during 30 minutes of

vacuuming you can amazingly burn up to 111 calories for men and 94 calories for women, not to mention increasing your heart rate.

A clean bedroom will help you get a good night's sleep. People who make their beds regularly are 19% more likely to sleep well on a regular basis! So if you have trouble sleeping at night, try clearing the clutter from your bedroom, change your sheets, and even try a natural room spray; one with lavender will naturally aid sleep.

A clean space helps increase your productivity. The nature of clutter in your direct environment has significant effects on your ability to focus. When you are less distracted by mess or clutter around you, you free up mental space allowing greater concentration on the task at hand.

Cleaning can improve your mood and make you feel accomplished. While you may not love it in the moment, the end result almost always leaves us most feeling extremely satisfied. A clean and tidy, fresh smelling home can naturally boost endorphins in the brain and improve energy levels.

Cleaning encourages a healthier lifestyle. Good habits encourage more good habits, so cleaning your environment and feeling more organized at home can naturally feed into a cleanse of other aspects of your life including your diet, exercise routine, and sleep habits. Cleaning need not just be about the space around you. Why not try changing your workout routine; exercise outdoors in the fresh air, plan a weekend jog with friend instead of a walk. Spring is a time of renewal, so what better time to change things a little...?



"The best way to find out what we really need is to get rid of what we don't." *Marie Kondo*