

Unwind Health NEWSLETTER

July/August 2025

Mould and your Health

Mould can grow almost anywhere, but the last place you want it is in your home. Poor ventilation or insulation can create damp, stagnant areas where mould thrives, especially in bathrooms, kitchens, and other moisture-prone spaces. It often shows up as fuzzy or discoloured patches, black, green, white, or even orange on walls, ceilings, tiles, carpets, and furniture. While it might seem like a surface issue, mould can have a serious impact on your health if left untreated. Exposure to mould spores can lead to coughing, sneezing, nasal congestion, wheezing, and even respiratory infections. For those with asthma, allergies, or other respiratory conditions, symptoms can become significantly worse. To reduce the risk of mould growth, it's important to ventilate your home daily by opening windows or using exhaust fans, especially in bathrooms and kitchens. Wipe down damp areas regularly, fix any leaks promptly, and consider using a dehumidifier in persistently damp areas. It also helps to dry your clothes outdoors rather than inside to minimise indoor moisture.

If you're renting and mould is caused by structural issues rather than general living habits, your landlord is legally responsible for addressing it. Don't ignore signs of mould, as it can also damage your home and belongings over time. If you're experiencing ongoing health symptoms and suspect mould may be the cause, consider having your home assessed by an environmental specialist. Hidden mould behind walls or in ceiling cavities isn't always visible, but it can still affect your health.

A clean, dry, and well-ventilated home is essential not just for comfort, but for your long-term wellbeing. Don't wait, address mould issues early and protect your health.

Is excessive *screentime* affecting your *posture*?

Every extra hour hunched over a laptop or scrolling on your phone nudges your head a little further forward (imagine balancing a bowling ball on a stick!). This "tech-neck" position can add up to 25 kg of extra load on the upper spine, tightening chest muscles, weakening the postural muscles between your shoulder blades, and setting the stage for headaches, mid-back pain, and even breathing fatigue.

Simple changes can Help!

- ✓ Raise your phone/laptop to eye level
- ✓ Keep your neck tall and shoulders relaxed
- ✓ at your desk set a 45 minute reminder to stand, stretch, and reset your posture
- ✓ Hold your phone with both hands to stay more balanced and aligned.

Winter wellness boosters

1. Vitamin D

- Why? We get less sun in winter = less natural Vit D = more fatigue, lower mood, poorer immunity.
- Crucial for? bone health, mood immune support

2. Vitamin C

- Why? Powerful antioxidant that boosts immune defence
- Crucial for? Tissue repair, collagen production & severity of colds

3. Zinc

- Why? vital for immune system strength
- Crucial for? wound healing, hormone support, fights off infections



Success story of the month

One of our many amazing clients has experienced a massive shift in his overall health and wellbeing. When he first came to us, he was struggling with intense lower back pain. After taking X-rays, we discovered underlying lumbar spinal dysfunction that had been affecting his movement and quality of life. He committed to the initial phase of care, allowing his body the time it needed to adjust, realign, and adapt. He initially got a little bit worse, but trusted the process. The results have been incredible, today, he is completely pain-free, back to doing the activities he loves like skating, and even feeling younger and more energetic. The best part? His wife noticed he even looks taller and more confident in his posture! Stories like this remind us why we do what we do — helping people not only get out of pain but also rediscover freedom in their body and joy in their everyday life.

Breathe better in 60 Seconds

Most of us breathe shallowly when we're stressed, hunched over screens, or rushing through the day. Shallow breathing tells your nervous system you're under pressure, which can increase muscle tension, raise blood pressure, and make it harder to focus.

Deep, slow breathing helps in 3 big ways:

- ✓ Activates your parasympathetic nervous system (your body's "rest and digest" mode)
- ✓ Reduces stress hormones, helping you feel calmer and clearer
- ✓ Improves oxygen flow to your brain and muscles, boosting energy and focus

Try this quick exercise anywhere:

- Inhale through your nose for 4 seconds
- Hold for 2 seconds
- Exhale slowly through your mouth for 6 seconds
- Repeat for 1 minute

This tiny reset helps your body unwind, clears your head, and supports better posture.

The Power of Movement Snacks

Long hours of sitting can leave your muscles stiff, your posture strained, and your energy drained. The good news? You don't need a full workout to break the cycle, just a few "movement snacks" scattered through your day can make a huge difference.

Movement snacks are short bursts of activity that:

- ✓ Increase blood flow and circulation
- ✓ Boost energy and concentration
- ✓ Support healthier posture and spine alignment

Examples include:

- Walking around the office or home for 2 minutes
- Doing calf raises or squats while the kettle boils
- Standing up for a quick stretch between emails

Think of them as little deposits in your "health bank account." Every small move adds up, keeping your body mobile, your mind sharper, and your spine happier throughout the day.

THIS OR THAT? WELLNESS ADDITION

This or that	Ian's Pick	Aimee's Pick	Janelle's pick
matcha 🍵 or Coffee ☕	☕	🍵	☕
Cold plunge ❄️ or Sauna 🔥	🔥	🔥	🔥
Morning walk 🌞 or Evening stretch 🌙	🌙	🌞	🌙