

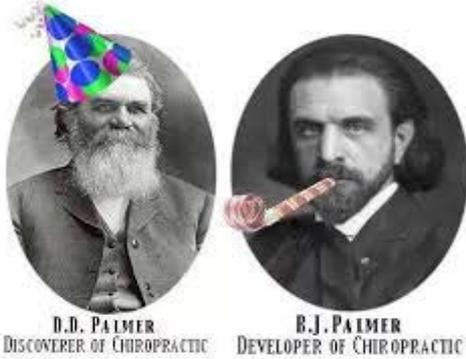


Oldham Chiropractic Clinic

September 2018 Newsletter

Do you know who discovered Chiropractic?

Its the birthday of Chiropractic on the 18th September in 1895 D.D. Palmer carried out the first chiropractic adjustment, his son B.J. Palmer helped to expand it in the early 20th century



As you will know Chiropractic is a healthcare discipline that emphasises the inherent recuperative power of the body to heal itself without the use of drugs or surgery. The practice of chiropractic focuses on the relationship between structure (primarily the spine) and function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health.

Product of the Month

Wholefood Zinc is a gentle, safe and bio-effective supplement in an easy-to-take capsule and suitable for vegetarians and vegans



Wholefood Zinc is made from hydroponically-grown brassica (a member of the broccoli family)

Zinc is found in cells throughout the body. It helps the immune system fight off invading bacteria and viruses. The body also needs zinc to make proteins and DNA, the genetic material in all cells. ... Zinc also helps wounds heal and is important for proper senses of taste and smell

Chiro Kids Backpack Winner! Last month our Chiropractors had great fun seeing the children and grandchildren of our guests. The children came in with their school backpacks. Wearing a bag on their backs incorrectly can be the start of problems for later life. All the children who came in were entered in to a drawn for a Harry Potter Backpack.

And the winner isEva Leigh



Team Member of the Month



Jo Waldren

Team member of the month is the fantastic Jo. Jo has been spreading the word about our Chiropractic Wellness Community and asking guests if they would like to become a member.

Don't forget to reserve a place for you and a friend at our Health Talk

Dates available at the front desk



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Migraine and Chiropractic

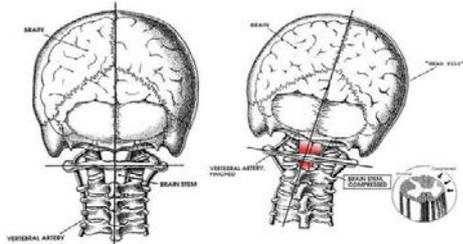
The chances are that you, or someone you know, has suffered from migraines. I'm sure we can all agree they are overwhelmingly debilitating and impactful.

Research from The Migraine Trust states that migraines are the third most-common disease in the world with more prevalence than diabetes, epilepsy and asthma combined. They affect three times as many women as men, with this higher rate thought to be driven by hormones. Research also shows that more than half of people with migraine experience the symptoms of an attack at least once a month; but some are affected far more often, so that the average frequency across the UK is 24 attacks a year.

So why in 2018 with all the research, funding and technology have we not found a solution? There are a number of factors that can trigger migraines, including diet, alcohol, caffeine, stress, smoking, and hormonal changes, to name just a few. However, in most cases, these are triggers and not the root cause of the pain – which is why many do not find a solution to just “managing” the problem.

It's been found that more than 50% of migraine patients are unsatisfied with their current treatment and the majority self-medicate using over the counter medication, without seeking further help.

Over time there has been a wealth of research into how and why people find a solution from Chiropractic care for migraines.



Did you know that the upper cervical spine can act like a potential ‘choke point’ in the spinal hydrodynamics and play a contributory role in the pathology and progression of neurodegenerative diseases, such as migraines?

“Misalignments in the upper-cervical spine compress vertebral veins and affect cerebral spinal fluid (CSF) flow. An increase in CSF flow in the brain can then compress veins and reduce drainage.”⁵

In other words, problems in the upper neck can restrict the supply of blood and essential fluids to the brain. Any misalignment of the upper neck obstructs the communication process between the brain and body, which leads to a wide range of breakdown in the function of the body and central nervous system.

The muscles in the upper cervical spine are the most sensitive ones in the entire body. Their sole purpose is to send information to the brain about the position of the bones of the upper cervical spine in relation to your skull.



Those muscles can be stretched unevenly and that can interfere with those signals between the brain and the body responsible for posture and balance

Your Chiropractor is educated and trained to identify any imbalances in your posture and is able to correct any interferences that may contributing to symptoms, allowing you to live at your maximum potential and enjoy life in the fullest without fear.

Who have you told about chiropractic today?
