



# Oldham Chiropractic Clinic

APRIL 2018

## Spring is here, we hope! Time to get active, why not try the Couch to 5k?

### Week one

Begin with a brisk five-minute walk, then alternate 60 seconds of running and 90 seconds of walking, for a total of 20 minutes.

### Week two

Begin with a brisk five-minute walk, then alternate 90 seconds of running with two minutes of walking, for a total of 20 minutes.

### Week three

Begin with a brisk five-minute walk, then two repetitions of 90 seconds of running, 90 seconds of walking, three minutes of running and three minutes of walking.

### Week four

Begin with a brisk five-minute walk, then three minutes of running, 90 seconds of walking, five minutes of running, two-and-a-half minutes of walking, three minutes of running, 90 seconds of walking and five minutes of running.

### Week five

There are three different workouts for this week, which are:

**Workout one:** a brisk five-minute walk, then five minutes of running, three minutes of walking, five minutes of running, three minutes of walking and five minutes of running.

**Workout two:** a brisk five-minute walk, then eight minutes of running, five minutes of walking and eight minutes of running.

**Workout three:** a brisk five-minute walk, then 20 minutes of running, with no walking.

### Week six

There are three different workouts for this week, which are:

**Workout one:** a brisk five-minute walk, then five minutes of running, three minutes of walking, eight minutes of running, three minutes of walking and five minutes of running.

**Workout two:** a brisk five-minute walk, then 10 minutes of running, three minutes of walking and 10 minutes of running.

**Workout three:** a brisk five-minute walk, then 25 minutes of running with no walking.

### Week seven

Begin with a brisk five-minute walk, then 25 minutes running.

### Week eight

Begin with a brisk five-minute walk, then 28 minutes of running.

### Week nine

Begin with a brisk five-minute walk, then 30 minutes of running.

Ask at Reception for a leaflet

When buying any supplement always make sure it is a good high quality one. Our Nordic Oil with its zesty, lemon flavour, offers you all the health boosting benefits of high grade omega 3. From reduced inflammation to brain, eye and heart health Nordic oil is the best way to benefit from the essential fatty acids, DHA and EPA.

Make Nordic Oil part of your daily routine  
Keep stored in the fridge and enjoy 5ml daily. At Oldham Chiropractic we recommend Nordic Oil.

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

Dates available at the front desk

## Fear of Fats

Eating healthy fat is necessary for the production of oestrogen, which is responsible for fertility, brain development, organ sustainability and maintaining healthy bones.

Rather than adopting a low-fat diet, we should focus on eating foods rich in healthful unsaturated fats while limiting foods high in saturated fat and avoiding trans fats altogether.

Fat Can Reduce Inflammation, that's right, some types of fat can actually reduce swelling. Specifically, omega-3 fatty acids, which are found in fish such as salmon and sardines, are the main type of fat associated with reducing inflammation.

Not only do monosaturated fats decrease your bad cholesterol (LDL), but they also increase your body's production of good cholesterol (HDL) Swapping crisps for a couple of ounces of almonds every day will do the trick.

While fat has been given a bad press, the real villain is sugar—and foods that convert to sugar, such as processed cereals, pastas, and breads. It was never fat that was killing us (cardiovascular disease and heart attacks)—it's been sugar all the time, and we're consuming record amounts of it, unprecedented in human history."



## Team Member of the Month



Adele Hunking

Team member of the month this month is the amazing Adele!! After having time off, she has shown true team spirit on her return

Well done Adele





## Stress Awareness Week

### Stress and Autonomic Nervous System

Have you ever been told when you are stressed to stop worrying and just relax? That it's all in your head?

Have you ever suffered from migraines, high blood pressure, gut issues, tense shoulders, pain in the joints, and autoimmune disorder? It's a list of symptoms leading down to the same road called Sympathetic Dominance. But what do we mean by that?

Physiology research shows that stress response memory lives in your nervous system. Take for example exposure to a very stressful event. The brain knows when it needs to activate the "flight or fight" survival mechanism. When you feel helpless, hopeless and lack of control you activate your Sympathetic Nervous System.

The Sympathetic Nervous System is part of the autonomic nervous system (ANS) which is responsible for all controlling unconscious actions like breathing. Under normal circumstances, the Sympathetic Nervous System activates in response to extreme physical, cognitive or emotional stress. This is useful as it allows our body to adapt to situations and ensures we have enough fuel for the crisis. In addition, the hypothalamic-pituitary-adrenal axis of the midbrain begins firing then a signal from your hypothalamus sends a hormonal message to your pituitary gland that stimulates to your adrenal glands.

To activate this "flight or fight" response, stress hormones like cortisol and adrenaline are released from your adrenal glands. What we haven't explored in depth is what happens when this survival mechanism stays switched on or fired up for extended periods of time. This is when our body's hardwired stress response cross out of 'normal circumstance' where they are helpful, to a scenario in which prolonged physiological change can actually cause harm. The body then stores this experience as 'trauma' and it is unable to release the stressful event and remains in the tissues of the body.



Modern life doesn't improve this scenario. We have demanding jobs and arrive home with stresses having heavy weights on our shoulders. When a subsequent stressful event that doesn't pose a serious threat occurs, the traumatic memory is recalled. A large amount of stress hormones are released. Blood rushes to extremities, pupils dilate, muscle tone increases presenting as tension, breathing rate increases, heart beats faster and sweating occurs. Hence, the nervous system responds as if this small incident is life threatening.

This biological response is clearly beyond the ability to rationally control. You just can't think of a way out of it. Chronic stress leads to dissociation or immobility, a state of sympathetic charge and hormonal release, which is health damaging.

The brainstem, governs emotional experience and biological response. When the brainstem is activated by the flight or fight response, it sends message to the developed front of the brain, your prefrontal cortex, which is the area that helps us think rationally and critically.

Understanding what is happening to our bodies, gives us compassion. Learning how your body responds the way it does, leads to awareness and empowerment. By caring for our bodies and understanding the physiologic process that is trying to keep us safe from every trigger, trauma, danger it helps us treat ourselves with kindness. And that is the very first step.



The work is to "retrain" our body. This can be done by understanding and working our health triangle. The three sides of the health triangle that everyone is affected by. The three sides are comprised of physical, chemical and emotional health. It is equally important in obtaining and maintaining this triangle in balance. We can achieve this through different ways like meditation, abdominal breathing, yoga, dancing, spending time in nature, visualisation of tranquil scenes, listening to soothing music, chiropractic, or simply receiving a hug from a loved one.

A study from Harvard university, showed that when 122 patients with hypertension, over 55 years old, trained in practicing relaxation response, 34 of them had achieved a reduction of more than 5mm Hg in their systolic blood pressure. By the end of the second phase of the study, the subjects were eligible to eliminate at least one blood pressure medication!

These are some tools to deactivate the sympathetic response and activate the opposing parasympathetic response. the goal is to feel safe. To regulate breathing, slow the heartbeat, and circulate blood back to the vital organs. These practices can change our physiology and also affect our emotional health.

