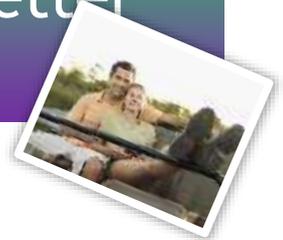


Our February Newsletter



February is the shortest month of the year but as the lighter mornings and warmer days start to roll in it's a great time to remind yourself of your new year's resolutions. What goals did you set in January? Are you still working towards them or have you already achieved them? Refocus yourself this February and remember to ask your Chiropractor to help you with any health goals you might be looking to achieve this year.

Quote of the Month

**"Be Somebody
Nobody thought You
could Be"**



Our ever-growing team at Oldham Chiropractic is very happy to welcome another new member, Christine to our massage team. Christine has recently joined our team but has been working as a massage therapist for over 10 years. Massage is a great therapy that compliments chiropractic by releasing any muscle tension caused by poor posture at a desk or whilst sleeping as well as removing toxins from the body that can lead to muscle aching, swelling and pain. Christine will also be working on a Saturday as well as during the week. So, if you want to give massage a try then speak to your chiropractor about integrating it into your care or one of our front desk team to get your massage booked in today.

February Offer

Have you got somebody special you want to treat this Valentine's Day? A Partner, A friend or even yourself.

Then why not treat them to a massage with our Valentines gift voucher which gets you 20% off the original price. Please see the front desk for more details and get your pre-wrapped voucher today!

**Don't Forget To Reserve A Place For You And A Friend At Our Workshops On
Wednesday Evenings at 7:15pm or Monday Lunchtime at 1:30pm. See The Front Desk
For More Details!**

Take On The Cold Shower Challenge

Looking for something to give you more energy, aid with weight loss and help you sleep better? starting your day with a cold shower may be something you should give a try. Our bodies aren't designed to constantly be living in warm central heated houses so started your day with a cold shower naturally gives your body a kick start for the day giving you the benefits listed above amongst others that include:

- Increase alertness
- Refines hair and skin
- Improve immunity and circulation
- Speeds up muscle recovery and reduces soreness
 - Eases stress
- Relieves depression



20-DAY COLD SHOWER CHALLENGE

| | | | | | |
|------------------|----|----|----|----|----|
| WEEK 1 15 sec | 1 | 2 | 3 | 4 | 5 |
| WEEK 2 30 sec | 6 | 7 | 8 | 9 | 10 |
| WEEK 3 45 sec | 11 | 12 | 13 | 14 | 15 |
| WEEK 4 60 sec | 16 | 17 | 18 | 19 | 20 |

INSTRUCTIONS:

- PRINT & PASTE ON YOUR FRIDGE
- START WITH A WARM SHOWER
- FINISH WITH A COLD SHOWER (SEE SECONDS ABOVE)
- RELAX AND BREATHE SLOWLY
- DO THIS FOR AT LEAST 5 TIMES A WEEK
- CHECK OFF WITH A MARKER OR PENCIL

Follow this easy 25 day guide to get you kick started
Today!

Oldham Chiropractic's Team Member of the month

Is

NIKOS



A massive well done to Nikos for becoming our team member of the month for January, A well-deserved win for his hard work and dedication to his guests, providing outstanding care and helping to ensure all of his guests reach their health potential.

Practice Member of the Month

This month we are celebrating the amazing health achievements of

Shelia Doherty

Shelia joined our practice 3 years ago after suffering with mid back pain for a period of time. It was affecting her sleep and her concentration at work. She had seen a physiotherapist but with no success she turned to Chiropractic.



Shelia was referred to one of our Chiropractors, Dr. Hannah, who adjusted Shelia and over the next 2-3 weeks and Shelia's symptoms started to diminish, she began to sleep better, her energy improved and she was finally pain free.

Shelia is now a silver member of our community and attends the practice monthly for regular spinal checks to help maintain her improvements and help her reach her ongoing health goals or as Shelia puts it "so she can lead her life with a spring in her step"

Would you like to be our practice member of the month in February? Are you doing all you can to reach your health goals? Sometimes making one small change can make all the difference.

Healthy Valentines Pancakes

Looking for something to treat your partner to on Valentines morning? Then why not try these easy to make and healthy pancakes.

Ingredients

- 1 Banana
- Cups of Oats
- 1 egg
- Coconut oil



Method

1. Blend together to banana, Oats and egg to make a smooth mixture
2. Add some coconut oil to a frying pan
3. Once hot add half the amount of the mixture and cook through
4. Top with strawberries and raspberries

