

Our January Newsletter



Happy New Year!

Well it's come around quickly but another year is over and a new one is beginning. What are your goals, challenges, aspirations or resolutions for the year ahead? Most people don't engage in New Year's resolutions and the main reason for this is because they say they don't work. There is a reason why New Year's resolutions don't work for most people and here's why. Firstly, most people don't write them down, it has been proven that you are 42% more likely to achieve your goals just by writing them down. Secondly most people aren't specific enough with their goals, "I want to lose weight", "I want to exercise more", but how much do you want to exercise? What type of exercise? What time frame have you set yourself? What is your plan to achieving this? If you don't set yourself a specific measurable target how will you know if you've achieved it so you can reward yourself?

January Offer

To help a friend or loved one kick-start their New Year we are offering consultations for just £20. So if there is someone you know who would benefit from Chiropractic or an overall health check-up then please see our CA's to book a consultation today!

Quote of the Month

"The Way to Get Started
Is To Quit Talking and
Begin Doing"

Walt Disney

Goal setting is important to make you move forward in life, especially when it comes to your health. To make sure you achieve your goals you need to be made accountable for your actions. This is why personal trainers are so effective. When it comes to exercise they aren't just there to help you with your exercise but to make you accountable for your goals. If you have any health aims or goals for the upcoming year be sure to let your Chiropractor know so we can help you achieve them and become the best you can be.

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!



Beat that Winter Cold



With every winter comes the dreaded cold and flu! But why is it that in the winter time people always seem to get sicker? Most people think that we get coughs and colds in the winter due to the temperature with the weather being much colder. This may have a small part to play but it is mainly due to the fact that most people's immune systems are lowered in the winter and this is mainly due to a lack of sunshine. In the UK we aren't exposed to a lot of sunshine in the summer let alone the winter and the Vitamin D we absorb from the sun is a massive immune system boost which helps our bodies stay strong to fight off infections before we start to feel any symptoms. This lack of sunshine combined with over-indulging on chocolate, wine and bread during the holiday season and the lack of sleep most of us get due to how busy we are, means our immune systems are at a massive disadvantage and this makes us more susceptible to catching the looming cold or flu. So this winter time why not try and beat that cold by helping out your immune system and supplementing with vitamin D, not only does vitamin D give your immune system a boost but it also helps with depression and can boost weight loss as well.



When buying any supplement always make sure it is a good high quality one. We have processed food in our society which we know is detrimental to health but we also have processed supplements as well. They contain nasty synthetics that hinder our health instead of aiding it. At Oldham chiropractic we recommend DLux Vitamin D spray which comes in a variety of strengths to cater for adults, children and babies. Ask your chiropractor or one of our CA's for more information.

Team Member of the Year for 2017

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NIKOS



A massive well done to Nikos for becoming our team member for 2017. 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.

Oldham Chiropractic's Team Member of the month

ANDY



Massive congratulations to Andy for all his hard work with his massage guests.

Congratulations Andy you are a true team player!

Dry January



How are you New Years resolutions going??

Alcohol Concern has thrown down the gauntlet to drinkers: can you manage a month without alcohol? The Dry January campaign aims to attract funding through donations, raise awareness of alcohol-related problems and educate people about the health benefits of abstaining from alcohol.

Aside from saving money, Alcohol Concern claims that abstaining will help you lose weight and improve your sleep.

There is no shortage of participants - more than two million people signed up last year. But is there any evidence that Dry January works?

Gram for gram, alcohol contains almost the same amount of calories as pure fat, so abstaining for a month could reduce your weight, assuming you don't compensate for the lost calories by eating more. Fat accumulates in the liver as a result of drinking. As little as two weeks' abstinence can return your liver to good health, reducing the risk of alcohol-related liver disease.

As for improving sleep, there is clear evidence that you will get a better night's sleep if you abstain from alcohol.

January Detox

Get rid of those December Toxins with this easy and tasty Detox juice.

- 2 stalks celery.
- 1/2 cucumber.
- 1/2 lime.
- 1 cup cilantro.
- 1 cup kale.
- 1 green apple.

Available at Holland & Barratts

