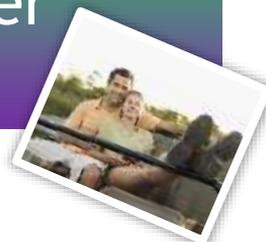


# Our March Newsletter



This month is all about Mother's Day, being a mother is one of the most rewarding jobs on earth and to celebrate Mother's Day Oldham Chiropractic is highlighting the benefits of chiropractic for all mums, whatever their age.

Modern mums have become much more knowledgeable in diet, nutrition, exercise, sports and physical activity and are turning to chiropractic to help them face the different challenges and physical demands of motherhood. Millions of women visit chiropractors because of the caring interaction that develops between patient and doctor and because of chiropractic's effective combination of expert care, specific spinal adjustments, exercise and nutritional guidance, and lifestyle counselling.



Our Mum's At Oldham Chiropractic

## March Offer`

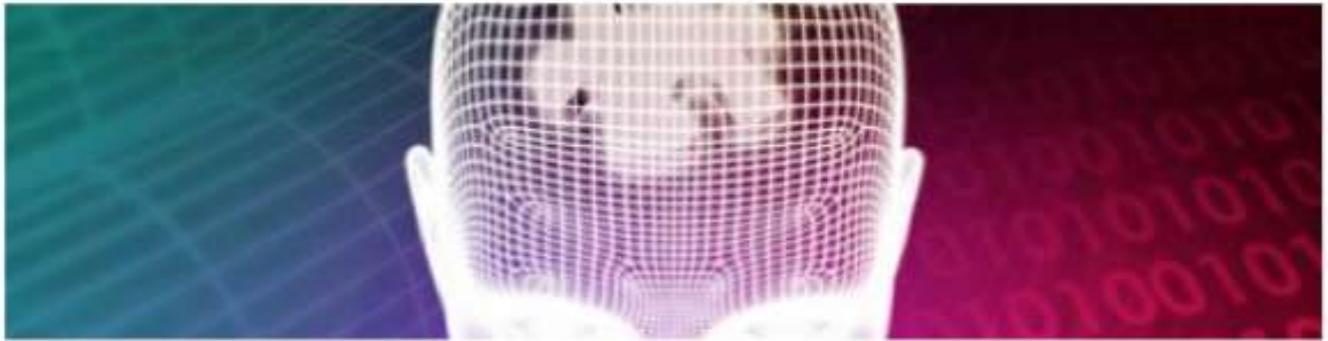
March is for getting back in the Garden and clearing out those weeds. Tag us on Facebook or send us in your best green finger garden photo. The best photo judged by our amazing team will win a tube of our new product Jointace to help with all of those garden induced aches and pains.

Chiropractic offers demonstrated relief for many of the specific health challenges that affect women based on their female anatomy and the fact that the female body is designed to be able to bear children. It is a chiropractic adjustment that helps restore the nerve supply to the body, removing the interference that helps the body to function at its best. Chiropractic isn't a cure for bad period pain, infertility or women's health concerns, but a tool that thousands of women use to ensure that their body is functioning without any interference. Being a healthy mum means guiding your body through many different phases in your life and chiropractic care can help your body operate at its optimal performance.

**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!**

# Beyond A Doubt, Adjusting the Subluxated Spine Changes Brain Function

Research: Adjusting the spine changes brain function by almost 20%, possibly in the prefrontal cortex.



*"We do know that spinal function does affect brain function. There's now solid evidence that adjusting the spine changes brain function. This is the fourth time that the effect of adjusting the spine has on the brain has been studied. This last time it was studied and confirmed by an independent medical researcher."* said Heidi Haavik, one of the researchers behind this recent study, published in the Journal of Neural Plasticity [1].

And, this study indicates that adjustments impact the function of the prefrontal cortex. Haavik is particularly excited about what this implies:

*"The latest study suggests that the changes that we do see in the brain when we adjust the spine do occur in the prefrontal cortex. That part of the brain is like the conductor in the brain."*

Such a finding could explain many of the previous findings of chiropractic's effects -

*"An effect on the function of the prefrontal cortex could explain many previous research results, such as improvements in sensorimotor function relevant to falls-prevention; better joint-position sense in both the upper limb and the lower limb; improved muscle strength in lower limb muscles; better pelvic floor*

*control; and better ability to carry out mental rotation of objects."* observed Haavik.

If, as this research suggests, adjusting improves prefrontal cortex activity, a part of the brain that is responsible for just so much higher level function, then what does this mean in terms of chiropractic's impact on things like behaviour, decision making, memory and attention, intelligence, processing of pain and emotional response to it, autonomic function, motor control, eye movements and spatial awareness?

**Why This Study Matters.** Again, this study not only shows that when we adjust subluxations we change brain function. It changes activity by 20% just by adjusting.

And this effect may be on the conductor in the brain.

This shows us that every time we're adjusting someone, we're having a big, positive effect on the brain. And a brain that's functioning differently and conducting its activities better is sure to have an effect on the body.

1. Leic et al. "Manipulation of dysfunctional spinal joints affects sensorimotor integration in the pre-frontal cortex: A brain source localization study." Neural Plasticity, Volume 2016

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## Practice Member of the Month

This month we are celebrating the amazing health achievements of  
**Wyn Cronshaw**

Wyn joined our practice in March 2016 as she was suffering from knee pain when exercising and walking. She has always had a keen interest in her health and wondered how chiropractic could also help her with her knee but also how it could help her reach her optimal potential in her life.



Wyn has now been attending the practice for over a year and is a silver member within our membership community. She has not only seen the benefits in her spine and knees but she is now able to walk faster and further, which has helped with the amount of exercise she can do and her energy levels have increased as well as her mood.

Wyn has had support and advice for nutrition and supplementation as well as spinal care and at her most recent appointment with her specialist, he was astonished at the fact that Wyn's bone density had got better not worse on her most recent scan. This amazed him as he had never seen these sorts of results before and puts it down to Wyn's commitment to her health through adjustments, eating right, moving well and thinking well.

We think Wyn is an amazing lady and she has gone above and beyond to achieve her health goals and is now reaping the rewards for sticking to it.

Well Done Wyn, Keep up the good work.

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

# Oldham Chiropractic's Team Member of the month

Is

NIKOS



A massive well done to Nikos for winning our team member of the month for February.

A well-deserved win for his commitment to his guests and his efforts in helping to spread the word in our community about Chiropractic and Health.

**Congratulations Nikos!**

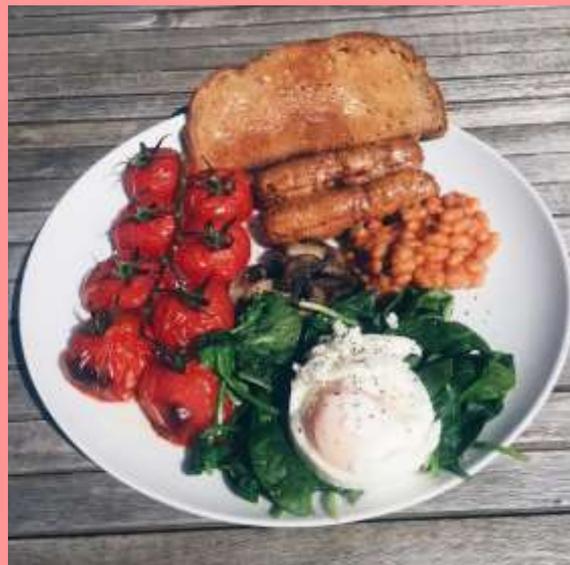


# Healthy Mother's Day breakfast

Treating your mum to a home cooked breakfast this Mother's Day? then why not try this healthy alternative to help kick start her special day?

## Ingredients

- Bacon
- Eggs
- Sausage
- Sour dough bread
- Spinach
- Tomatoes



## Method

1. Grill the bacon and sausages and tomatoes
2. Poach the eggs by cracking the eggs into a small cup. Add some vinegar to a pan of boiling water and stir. Add the egg whilst the water is moving. Cook for 2 mins and remove.
3. Wilt the spinach using a steamer
4. Lightly toast the sourdough bread
5. Serve with some freshly squeezed orange juice.

