

## Our May Newsletter



It's May already! Not only do we get 2 bank holiday weekends but May also marks the beginning of the British summertime.

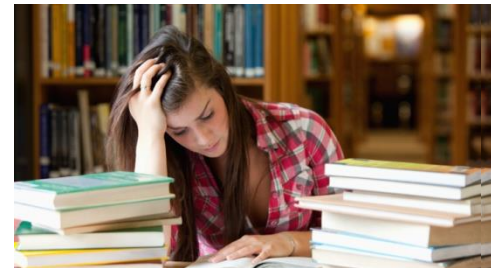


For some of our guests they won't quite be able to enjoy the sunshine just yet as many exams start in May.

Exams and deadlines can be stressful, learning to manage emotional stress is really important for our overall health, it's just as important as good nutrition, sleep and exercise.

### Oldham Business Awards

**We have been nominated 'best employer' in the upcoming business awards. All of the team members are attending the award ceremony on 12<sup>th</sup> May where the winner will be announced, wish us luck!**



Here are some tips to help you manage feelings of stress and anxiety:

Try getting some Headspace – headspace is a free app that teaches you to practice mindfulness, listen to it for just 10 minutes every day to reap the benefits.

Keep a gratitude journal. List 3 things that you are grateful for every morning, this habit will help you to relax and think positively.

Make stress your friend. Research has found that stress may only be bad for you if you believe that to be the case. What if you viewed the signs of stress (heart pounding, breaking into a sweat, butterflies in the stomach) as signs that your body was energized and was preparing you to meet a challenge? Your stress response becomes healthier when you view it in this way.

**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!**



*Checking future adults...today!*

15-19  
MAY  
2017

# CHIROPRACTIC FOR CHILDREN

SPINAL  
AWARENESS WEEK  
MOVE BETTER • LIVE BETTER

Alliance of UK  
CHIROPRACTORS

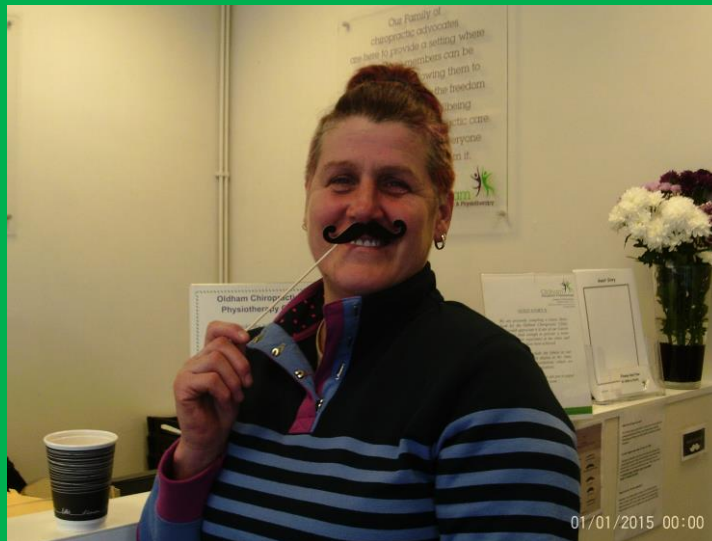
Spinal Awareness Week is run every year, promoting the importance of taking care of your spine and nervous system through Chiropractic and a healthy lifestyle. The week is run by The United Chiropractic Association who represent a growing body of chiropractors focused on transforming healthcare globally.

The theme of this year's Spinal Awareness Week is **"Chiropractic – Checking Future Adults Today!"**

Through chiropractic adjustments, exercise and diet advice, Chiropractors can have a huge effect on the health of not just those in pain but the whole family.

## Practice Member of the Month

This month we are celebrating the amazing  
health achievements of  
**Lucy**



“Lucy has been one of the most positive people I have ever met in my life.  
A farmer, carer, mother, labourer, English/Greek woman!

Lucy has been part of our practice for almost a year now and she has been doing  
incredibly well considering  
how demanding her day to day life is and how much her body has to endure.

She has been one of the biggest beacons of chiropractic referring new guests to  
our practice and spreading the word of Chiropractic and true good health.

If you haven't already, you should buy and try Lucy's eggs. I know they make the  
best omelette I have ever tasted!

Thank you for being such an amazing person and influence Lucy you deserve to  
be named guest of the month.”

- Dr. Nikos Poullis

# Oldham Chiropractic's Team Member of the month

Is

ANDY



Massive congratulations to Andy for all his hard work with his massage guests. He injured himself during a rugby match which left him limping. This didn't stop Andy, he came into work and ensured his guests didn't miss out on their massages!

Congratulations Andy you are a true team player!

## Healthy Summer Ice Lollies

Now that summer's round the corner why not try these refreshing nutritious alternatives to sugary ice lollies.

### FOR THE CHOCOLATE LOLLIES

- 2 ripe bananas
- 2 tablespoons of coconut milk
- 2 tablespoons of water
- 2 medjool dates
- 1 heaped teaspoon of raw cacao powder

### FOR THE STRAWBERRY LOLLIES

- 1 ripe banana
- 1 cup of strawberries
- 2 tablespoons of coconut milk
- 2 tablespoons of water
- 2 medjool dates

### FOR THE BANANA CINNAMON LOLLIES

- 2 ripe bananas
- 2 tablespoons of coconut milk
- 2 tablespoons of water
- 2 medjool dates
- 1 teaspoon of cinnamon

### METHOD

Simply remove the stones from the dates and peel the bananas. Then place the ingredients for your chosen flavour into a blender and blend for a minute until smooth, pour into an ice lolly mould and freeze – do the same for each flavour. Freeze for 5 hours before enjoying!



Food is the best way to get the nutrients we need into our bodies as it is the easiest way for our bodies to absorb them. However, if you don't think you're getting enough nutrients from the food you eat then why not try a multivitamin? Make sure it is a good high quality one free from chemicals.

See the front desk for more details on what we have available at the practice.