

# Our November Newsletter



## Get Moving for Movember

As most of you will know the month of November is a time to make more people aware of men's health and help prevent men dying too young from prostate cancer, testicular cancer and mental health. Most people will know that the typical way to raise awareness is for men to grow a moustache so we will be

raising awareness in clinic by having our pictures taken with a real or fake moustache and displaying them in clinic. However,

you can also raise awareness by getting yourself moving this month, so on the 27<sup>th</sup> November we will be holding a walk around the Saddleworth area, with our moustaches of course, so if you'd like to be involved and/or raise some awareness and money for men's health then please sign up at reception with your name and number or connect through our Movember account <http://moteam.co/oldham-chiropractic-clinic> and we'll see you there!



## Toy Appeal

With Christmas fast approaching its time for our Christmas Toy Appeal again. This is the day where we exchange an adjustment for a Children's toy worth £20 or more that will then be given to the Salvation army for them to hand out to all of the children who otherwise wouldn't get a presents this Christmas. So if you'd like to be involved in this amazing event then get your adjustment booked in on the 8<sup>th</sup> December to get adjusted by Santa and his elves!



## Is Chronic disease killing you?

As mentioned in last month's newsletter, chronic disease including heart disease, cancer, diabetes and arthritis is one of the biggest killers in the UK. The root cause of all Western chronic disease is inflammation, so controlling this and balancing your immune system will help to prevent chronic disease and reduce your 'toxic load'. Many simply dietary and lifestyle changes can be made to reduce inflammation and adding curcumin to your diet could be an easy place to start. Curcumin is what gives turmeric its yellow colour and has been proven to be a powerful anti-inflammatory with some studies showing it to be more effective than medical anti-inflammatories and with none of the side effects of these pharmaceutical drugs. So in the month of November we will be giving away a complimentary tub of curcumin to whoever finds a moustache hidden somewhere in the practice.