



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.

Our chiropractor Nikos will be sporting his very own home grown moustache!

However, you can also raise awareness by getting yourself moving this month and as a clinic we will be holding a walk on

NOVEMBER 26TH

@ HOLLINGWORTH LAKE @11.00 AM

with our moustaches of course, so if you'd like to be involved please feel free to join us to bringing family, friends and even your pets!



Our wonderful team got into the spirit of the Halloween season last month by dressing up in a variety of ghoulish outfits.



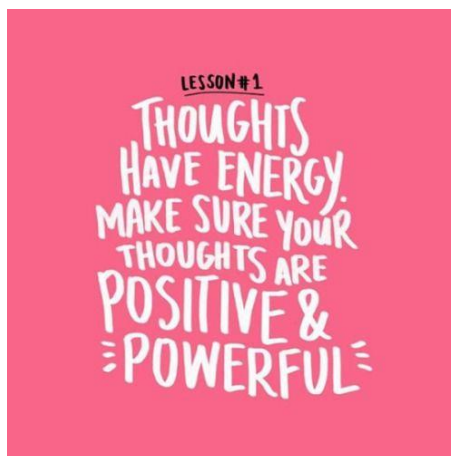
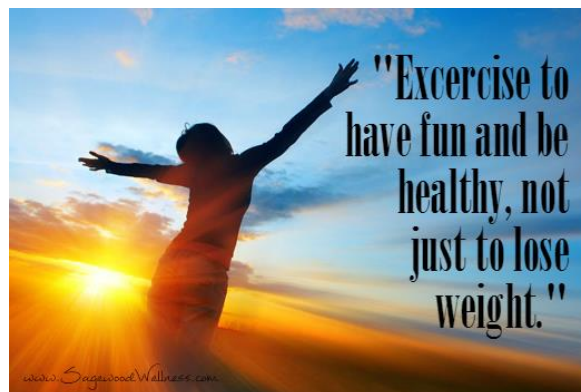
A big thank you to Jo and her out of this world make-up artistry for making the team appear even more ghastly than usual!

Upcoming Events

Our Christmas Toy Appeal this year is December 7th.



Eat Well, Move Well, Think Well



Oldham Chiropractic Team Member of The Month

MARINA



Our newest recruit Marina has fitted in fantastically with the rest of the team since joining us in September. She has amazing customer service skills and has adapted easily into the systems and operations of the clinic.

Nature's Helping Hand

Health Benefits of Banana

Organic  Facts



Nutrients*

Dietary Fiber 10%
Carbohydrate 8%
Calories 4%
Protein 2%

Vitamins*

Vitamin B6 18%
Vitamin C 15%
Folate 5%
Riboflavin 4%

Minerals*

Manganese 13%
Potassium 10%
Magnesium 7%
Copper 4%

*% Daily Value per 100g. For e.g. 100g of banana provides 18% of daily requirement of vitamin B6.



Aids in weight loss



Protects against ulcers



Cures kidney disorders



Useful in healthy weight gain



Relieves menstrual problems



Provides relief from constipation



Helps in treating piles and anemia



Gives relief from arthritis and gout



Boosts eye health and bone health

www.organicfacts.net

Health Benefits of Turmeric



Nutrients*
Dietary Fiber 84%
Carbohydrate 22%
Calories 18%
Protein 16%

Vitamins*
Vitamin B6 90%
Vitamin C 43%
Niacin 26%
Vitamin K 17%

Minerals*
Manganese 392%
Iron 230%
Potassium 72%
Magnesium 48%

Helps to prevent cystic fibrosis and cancer

Boosts cognitive abilities

Helps to detoxify body

Aids in reducing stress
and depression

Useful for treating
gastrointestinal disorders

Beneficial in maintaining
healthy heart

Rich in anti-inflammatory
properties

Relieves menstrual pain and gives relief from fatigue, nausea,
pelvic pain and cramps

Caution: Excess usage of turmeric can cause nausea, dizziness or diarrhea, heart irregularities.

*% Daily value per 100g. For e.g. 100g of turmeric (ground) provides 90% of daily requirement of vitamin B6.