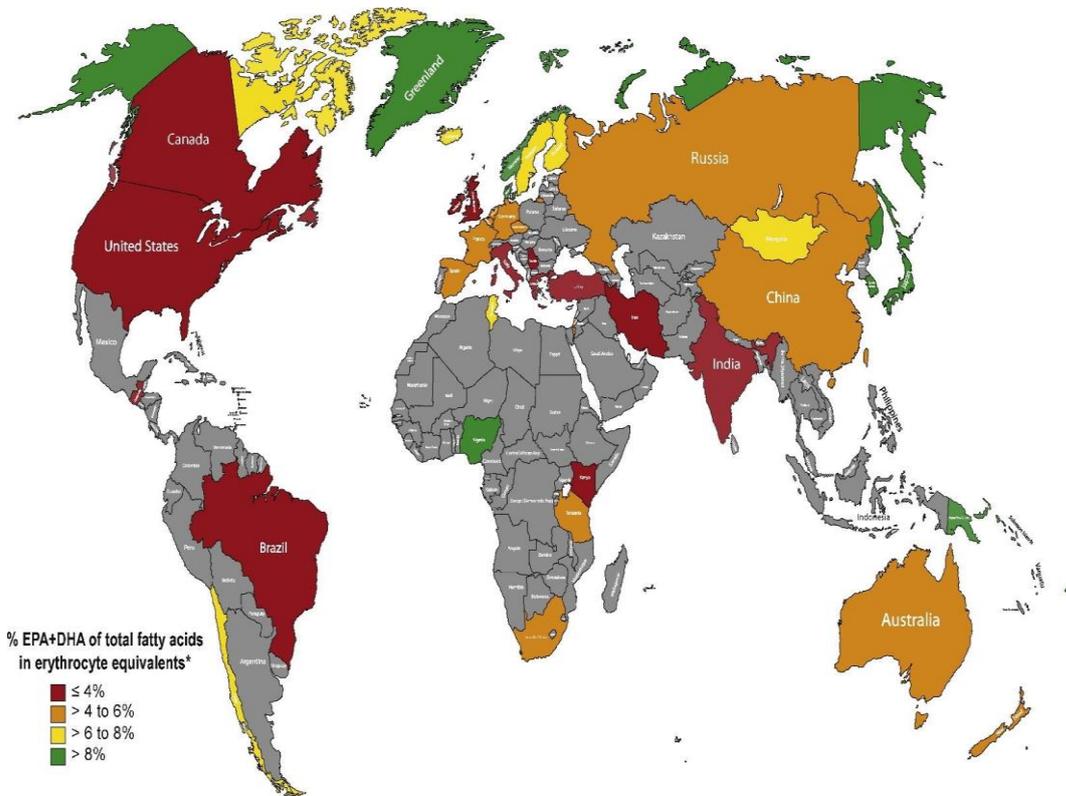


Happy Halloween



From the
Oldham Chiropractic Team



More Omega-3s Please!

A recent Global survey on Omega-3 consumption showed the UK as one of the lowest consumers, along with the United States that also adopt the dangerous 'Western lifestyle', but what's the big deal with Omega-3s? Chronic disease is quickly becoming one of the biggest killers in the UK, with 60% of people dying from chronic diseases each year and 90% of chronic disease is due to lifestyle factors alone including exercise, diet and the way we think. Taking a high dose of Omega-3s daily has been linked to reducing heart attack and sudden cardiac death as well as reducing the risk of dementia and depression. The Map to the left shows the Omega-3 consumption throughout the world the areas in green are those with the highest consumption and they include the Sea of Japan, Scandinavia and other regions of indigenous populations or ones who haven't fully adopted a 'Western' Diet.

Keep your eye out for our November issue where we will be releasing more information on our upcoming walk around Hollingworth Lake for move for Movember. Everyone is welcome to join but moustaches will be mandatory!



AMAZING HEALTH BENEFITS OF PUMPKIN SEEDS



| | |
|--------------------------|-----------------------------------|
| Loaded with Magnesium | Anti-Inflammatory Benefits |
| Zinc for Immune Support | Tryptophan for Restful Sleep |
| Heart and Liver Health | Heart and Liver Health |
| Plant based Omega 3 fats | Benefits for Postmenopausal Women |
| Prostate Health | Anti-Dietetic Effects |



PUMPKIN AND GINGER TEABREAD

Ingredients

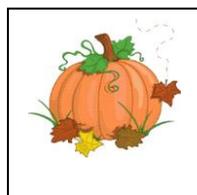
175g butter, melted
 140g clear honey
 1 large egg, beaten
 250g raw peeled pumpkin or butternut squash, coarsely grated
 100g light muscovado sugar
 350g self-raising flour
 2 tbsp. freshly grated ginger
 2 tbsp. Demerara sugar

Method

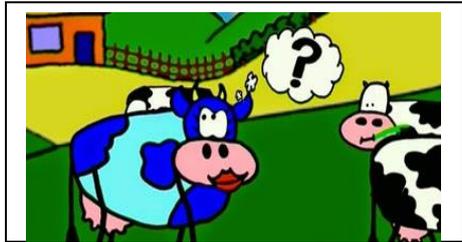
Preheat the oven to 180C/gas 4/ fan 160C. Butter and line a 1.5kg loaf tin with a strip of baking paper.

Mix the butter, honey and egg and stir in the pumpkin or squash. Then mix in the sugar, flour and ginger.

Pour into the prepared tin and sprinkle the top with the Demerara sugar. Bake for 50-60 minutes, until risen and golden brown. Leave in the tin for 5 minutes, then turn out and cool on a wire rack.



What's with the Blue Cow? I hear you ask.....



If you want to hear more ask one of our Blue Cows, who will be happy to explain.



HOW BLUE ARE YOU ???



The story is based on a CBBC programme.

In September we attended our yearly Conference for Chiropractors across the UK. Jo and Steve who organise the seminar had a Chiropractic Clinic themselves and things started to go wrong. So one day they closed the clinic to decide what to do. They started the day with their son who wanted them to sit down and watch the children's programs. What they saw was so profound to them that they started an internal program to train their team, based on the Blue Cow story. This now has gone worldwide and we have been part of the story for the last three years;

We are called Blue Cows, because like to be different, lead from the front and when we put our minds to it we can do just about anything, just like the Blue Cow in the story.

At the conference this year we won some awards.....

Morten and Anthony received the CBO's of the year (Chiropractic Business Owners)

Sam won Practice Manager of the Year

Iona won a Special Recognition Award

We are super proud of our Blue Cow Team!!

Never been to one of our Workshops?
Come along and see for yourself how we can help you improve your posture, flexibility and diet.

We hold them on Monday at 1.30pm Tuesday at 12 noon
and Wednesday at 7.15pm.

See our poster in clinic or ask at Reception for our next one.

Speaking of Blue Cows.....

Deborah was voted the Crack It Team Player 2017 by the rest of the team for her input into this year's conference.

She wowed us all by getting up on stage and speaking to over 200 people as well as keeping everyone upbeat and present with a little dance! Deborah has some serious moves.

Congratulations Deb from all the team, you deserve it, you are one of a kind and most certainly BLUE.

DEBORAH!!



Trixie won September Team member of the month for a number of reasons.

She played full out at the conference and stepped out of her comfort zone many times, she has an infectious upbeat personality and continues to drive herself and the team forward.

Another amazing Blue Cow in our herd. Well done Trixie you are a star.

TRIXIE!!

