

# September Newsletter

The British summer is drawing to a close, the dark nights are starting to creep back in and the new school year is upon us. Most people say they tend to feel better in the summer or on holiday when the sun is shining and the temperature is warm, so how do you get that euphoric feeling of the summer in the winter months?

The sun allows our bodies to make Vitamin D and the benefits of Vitamin D definitely make you feel better these include:

1. Boosting your immune system, which helps you to fight infection and stops you getting that "common cold"
2. Improving Muscle function
3. Improving Cardiovascular function, for a healthy heart and circulation
4. Improving your respiratory system - for healthy lungs and airways helping you to exercise better
5. Increasing Brain development so we can concentrate better and learn more
6. Anti-cancer effects

SO supplementing in the winter with good quality vitamin D can make sure you experience the effects of the summer in the winter too!



## Condition of the month

### Backpack Syndrome

The new school year is upon us so that means we need to be checking our children for correct backpack fittings to ensure they aren't carrying TOO MUCH weight. A heavy and improper fitting backpack can lead to many future spinal problems.



From the picture you can see the large magnitude in change in the forward head posture of this child to counter balance the weight of the backpack. It's no wonder children are complaining of back and neck pain at earlier and earlier ages! If you think you, your child or someone you may know is struggling from backpack syndrome get them booked in for a complimentary spinal check-up now!

**Don't Forget To Reserve A Place For You And A Friend At Our Workshops On Monday at 1.30pm, Tuesday at 12.30 and Wednesday Evenings at 7:15pm. See The Front Desk For More Details!**

## WHEN ONE DOOR CLOSSES ANOTHER ONE OPENS .....

Last month we said goodbye to our amazing Chiropractor Hannah. She has left us to start a new life in Bournemouth. Hannah is in the process of opening her own Chiropractic Centre and help the people of Bournemouth.



Although we are sad to see Hannah go and we wish her all the best in the future, we open our arms to our newest team member Marina...|



Marina is from Chalkida on Evoia Island which is one of the Greek Islands and graduated from the Chiropractic College in Bournemouth.

She will be a wonderful asset to our team and we look forward to working with her.

## Oldham Chiropractic's Team Member of the month in August was Dave



Dave was awarded last month's title due to his commitment to his guests, the clinic and the team! If you haven't had the pleasure of meeting Dave yet, look out for him in clinic and give him a wave, his storybook makes a good read too.



Autumn is upon us, so get cooking....



## PUMPKIN SOUP

### INGREDIENTS

2 tablespoons olive oil  
1 onion, finely chopped  
1 leek, white part only, finely sliced  
1 garlic clove, crushed  
1/2 teaspoon ground coriander  
1 teaspoon ground cumin  
1/2 teaspoon freshly grated nutmeg  
1kg peeled pumpkin, diced  
1 large potato, peeled, diced  
1L Massel chicken style liquid stock or vegetable liquid stock  
1/2 cup (125ml) thin cream

### METHOD

Heat oil in a large saucepan over low heat, add onion and leek and cook for 2-3 minutes, until softened but not coloured. Add garlic and spices and cook, stirring, for 30 seconds. Add pumpkin, potato and stock and bring to the boil. Turn heat to low, cover and simmer for 30 minutes. Allow to cool slightly, then blend in batches.

## Pumpkin and Walnut Loaf

### Ingredients

Makes: 2 loaves

225g plain flour  
300g caster sugar  
3/4 teaspoon salt  
1 teaspoon bicarbonate of soda  
1 1/2 teaspoons ground cinnamon  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground allspice  
1/2 teaspoon ground cloves  
425g pumpkin puree  
75ml water  
2 eggs  
1 teaspoon vanilla extract  
4 tablespoons vegetable oil  
60g chopped walnuts



### Method

Prep:20min > Cook:50min > Extra time:20min cooling > Ready in:1hr30min

1. Preheat an oven to 180 C / Gas 4. Grease 2 loaf tins.
2. Stir the flour, sugar, salt, bicarbonate of soda, cinnamon, nutmeg, allspice and cloves together in a large bowl. Whisk together the pumpkin puree, water, eggs, vanilla and vegetable oil together in a separate bowl.
3. Gradually pour the wet mixture into the dry while whisking until everything is well mixed. Fold the walnuts into the batter. Divide the batter between the two prepared loaf tins.
4. Bake in the preheated oven until the top is golden and springs back when lightly pressed, 50 to 60 minutes. Allow to cool 20 minutes before removing from the tins