



Happy New Year

It's that time of year. The time of year when everyone refocuses on their health and life as a whole.



The New Year brings a chance for a fresh start, and for most people, it's one that they're all too willing to take. While many of the changes that you make in your life this New Year are dependent on you, some require the help of a professional. If you're looking to regain control of your health this year, take a look at why you should trust a chiropractor to get you started down the right path.

Prevention Plan - Prevention is absolutely the best medicine. If you're ready to make health a priority, starting with prevention is an excellent choice. And chiropractic care makes an effective prevention technique to add to the table. Chiropractors remove restrictions from the vertebrae of the spine using gentle manipulation. This improves the health of the central nervous system, which then improves the health of various other systems in the body. Those who receive chiropractic care often report less illness and a greater sense of wellness in their bodies as a whole.

Reduce Pain and Encourage Movement - Another great benefit of receiving care is the pain relief. Many seek out care specifically for a reduction in pain. Where is this relief felt? Though its most commonly felt in the back, neck, and head, pain relief can be felt all over the body. Beginning the New Year pain-free is a great way to start the year indeed.

Help Keep You Well and Energized - A negative aspect of a misaligned spine is that it zaps your energy and immune system. The lack of efficient communication in the body, which happens when the spine is unhealthy, leads to the demise of both of these important aspects of your health. As chiropractors improve the health of the spine, you may find more energy and less illness invading your life, which is an excellent way to start the New Year.

It Feels Good - Why not start the year out feeling as healthy as possible? Those who get care on a regular basis often just feel better. Their aches and pains are diminished, they can move more easily, and they suffer less. And some even claim that the actual treatment process provides an almost instantaneous relief. If you want to start the year off feeling good, get to the chiropractor right away.

When is the best time to get your health moving in the right direction? Now! Get a jumpstart in the New Year beginning with a quick stop at Oldham Chiropractic.

Product of the Month

Omega-3 Fatty Acids are found in very few foods and cannot be naturally produced by your body. If you don't eat a lot of fish, there's a high probability that you're not getting the Omega-3s your body needs.



Omega-3 Fatty Acids lower the amount of fat in your blood, reducing your risk of heart disease. They also help with the joint stiffness and pain associated with Rheumatoid arthritis

Team Member of the Month



Marina Papadimitriou

Marina has been a star this month all of her children guests received a small gift, Marina has also been helping Trixie with the CA online.

Well Done Marina

Don't forget to reserve a place for you and a friend at our Health Talk

Dates available at the front desk



Oldham Chiropractic Clinic

January 2019 Newsletter

The start of the New Year is a good time to think about what you want to accomplish in the coming months. Perhaps you have already committed to a New Year's resolution, which is a good start.

However, resolutions tend to be all or nothing. Black or White. We usually focus on what we don't want to do rather than what we do want. And we don't usually plan out how to sustain that resolution for a whole year. Perhaps that's why only 8 percent of people who make a New Year's resolution actually keep it.

Instead of resolutions, set goals. Dedicate the time and effort toward setting and evaluating your goals and think of what you could accomplish.

Here are some tips to help you be all you can be:



1. Set specific, but challenging goals.

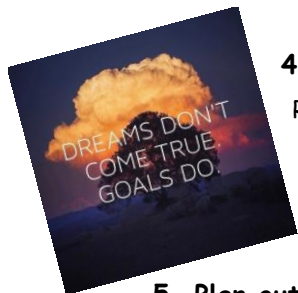
If your goals are detailed and measurable, they are more likely to improve your performance than vague or "do-your-best" goals. Also, to keep your motivation high, goals should be set that are just beyond your reach, but not far beyond your reach.

2. Set multiple goals.

An ideal number is three. More gives you too much to focus on, but only one can put too much pressure on you. A runner who only focuses on qualifying for the Boston Marathon, for example, may feel too much pressure before and during the competition.

3. Ink it, don't just think it.

People are more successful if they write down their goals. A study of Harvard alumni suggests that the three percent of alumni who wrote down their goals at graduation made more money combined 30 years later than the 97 percent who did not.



4. Frame your goals positively instead of negatively.

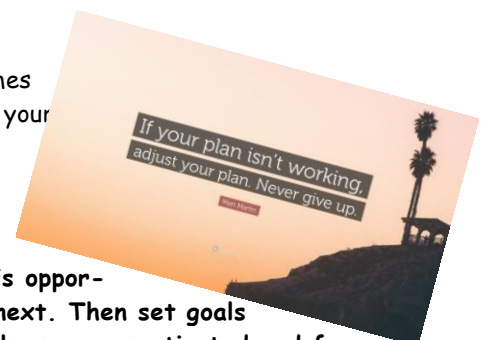
Rather than saying what you don't want to do, write what you do want. Changing "I will avoid eating sweets this year" to "I will eat one small piece of chocolate once a week" has a dramatic impact on your focus and motivation. It allows you to think about the chocolate you can enjoy, not chocolate you can't have.

5. Plan out what you are going to do weekly or daily.

This is incredibly important and a step that most people miss. We tend to think about our goals, but don't write a plan that includes short-term daily or weekly goals. Someone who is trying to lose a certain amount of weight this year should break that total into smaller monthly goals.

6. Include a plan to adjust your goals.

Many of us think that when you set a goal you can't change it. But life sometimes gets in the way. You may get injured during training, and may have to readjust your goals.



Spend some time reflecting on what you want to accomplish today. Use this opportunity to reflect on what you accomplished last year and look toward the next. Then set goals instead of making resolutions. This increases your chance for success and keeps you motivated and focused for the year to come.