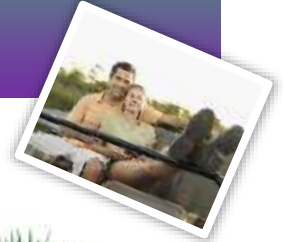


Our December Newsletter



It's beginning to look a lot like Christmas The festive season is now well underway with the streets of Manchester lined with the Christmas markets and our thick coats and woolly scarves becoming an everyday essential. Christmas is a time to celebrate and this year is sure to be no exception, with people planning family parties, work parties and parties with friends as well. Christmas is not only a time to celebrate though but a time to be grateful and look back over the year that has passed, for some it will have been a tough year, for others an year they will never forget. But no matter what kind of year you have had try to focus on the positives , what things have happened that have made you stronger , what laughter have you enjoyed with friends and family and what triumphs have you made with your health ? Focusing on the positives in life makes you happier, gives you more energy, improves relationships and is much better for your overall health. So why not try each night when you get in bed to think of just one positive thing that happened to you that day , no matter how small or how big it will leave you going to sleep in a more positive mood so you wake-up starting the next day more optimistic and full of life.

If you weren't in the clinic in November then you may not have seen our contribution to Movember ! This year we not only donned our moustaches but we organized a move for Movember walk around Saddleworth . Many of our team got involved and many of our practice members too as we took on the 5 mile walk on Sunday 27th November. We were successful in raising awareness for men's health and we even raised some money too ! If you didn't get involved this time keep your eyes peeled for our next charity event and we hope to see you there !





Christmas Toy Appeal



Thursday 8th December

Come and join us on the 8th December for our Christmas toy appeal where each year we swap an adjustment for toy. These toy are then donated to the Salvation Army who then distribute them to children across Manchester who otherwise may not have received anything on Christmas morning.



If you want to get involved, please book your next adjustment for Thursday 8th December and then please bring a toy of a value of at least £20 to donate as payment for your adjustment. If you cannot make it on this day and you would still like to donate a toy for this amazing cause then please drop it into clinic and we will make sure it gets to a special child this Christmas. Please remember none of the toys must contain batteries.



Practice Member of the Month

This month we are celebrating the amazing health achievements of

Avril Clarke

Avril joined the practice in October 2015 and was suffering with agonizing back and leg pain following a disectomy surgery that didn't go to plan! It meant she couldn't exercise, run or play any of the sport she used to. She had started to put on weight due to this and it was beginning to affect her job as well. She was constantly taking strong painkillers just to get her through the day.



Avril has now turned her life around and over the past year she has been extremely focused attending all of her chiropractic treatments. Once she started to feel better in the new year she started with a personal trainer and is now doing 100 burpees a session! She takes minimal medication every other day and has lost about 3 stone in weight and is now eating healthier as well. She has found her work easier and her overall outlook on life is better. We want to say a massive Well done to Avril for being motivated, committed and focused and achieving her health goals and aims.

Would you like to be our practice member of the month in January? Are you doing all you can to reach your health goals? Sometimes making one small change can make all the difference.



A healthy and fun festive treat!



Gingerbread men

Ingredients

- 2 cup Blanched Almond Flour
- 2/3 cup Arrowroot Flour, *plus more for dusting*
- 1/2 tsp Salt
- 1/2 tsp Baking Soda
- 1/2 tsp ground Cloves
- 1/2 tsp ground Cinnamon
- 1/2 tsp ground Nutmeg
- 1/2 tsp ground Ginger
- 4 Tbsp Maple Sugar
- 1/2 cup Molasses
- 3 Tbsp Organic Coconut Oil



Instructions

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, combine blanched almond flour, arrowroot flour, salt, baking soda, cloves, cinnamon, nutmeg, ginger, and maple sugar. Stir ingredients with a wooden spoon to combine.
3. In a small sauce pan, bring molasses to a boil over medium heat.
4. Add coconut oil to the sauce pan, and stir until combined with the molasses.
5. Remove sauce pan from heat and pour into the dry ingredients.
6. Mix batter with a wooden spoon until you have formed a dark golden cookie dough, and all the dry ingredients are combined with the molasses and coconut oil.
7. Place a sheet of parchment paper onto a flat cooking surface, and dust parchment with arrowroot flour.
8. Form dough into a ball, and place on the parchment paper. Lightly press dough down to flatten, and sprinkle with a small amount of arrowroot flour. Place another sheet of parchment paper on top of the dough, and roll into a thin sheet with a rolling pin (about 1/4 inch thick).
9. Sprinkle arrowroot on a small plate, and place cookie cutters into the arrowroot to coat the bottom for cutting. This will keep the cookie dough from sticking to the batter for an easy release after cutting.
10. Once you have made cuts throughout the entire sheet of cookie dough, carefully peel away the excess dough, and lightly transfer the cut out cookies to a parchment lined baking sheet. Form dough into another ball, and roll out again to repeat until all the dough is used.
11. Bake gingerbread people at 350 degrees for 10 minutes. Remove from oven and cool on a cookie rack before frosting



Oldham Chiropractic Team Member of the Month

IONA



Iona is always there to help with any problem you may have. She is always going to extra mile to help people progress by taking coaching sessions and doing extra training for other team members. She is a definite ‘WOW’ CA.