

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 but also a time to be grateful and look back over the year that has passed. For some it will have been a tough year and for others a year filled with good times they will never forget. However, no matter what kind of year you have had it is always best to try and focus on the positives.

What things have happened that have made you stronger? What laughter have you enjoyed with friends and family? 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 big or small 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.

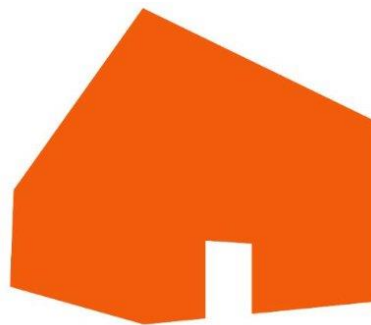




Maggie's Movember Charity Walk



On Sunday November 26th we did a charity walk for Movember around Hollingworth Lake to raise money for Maggie's - The MacMillan Cancer Charity in Oldham.



MAGGIE'S

We successfully raised £166.00!!!

Eat Well, Move Well, Think Well





Christmas Toy Appeal


Thursday 7th December

We held our Christmas toy appeal last week where each year we swap an adjustment for a toy. These toys are then donated to the Salvation Army who then distribute them to children across Manchester that otherwise may not have received anything on Christmas morning. A big thank you to all our guests who donated a hugely generous amount of toys for children of all ages to enjoy this Christmas.



*** Nature's Helping Hand***

Health Benefits of Broccoli Organic Facts



- Aids in treating cancer
- Removes toxins & free radicals from body
- Helps to maintain healthy & glowing skin
- Protects eyes against macular degeneration & cataracts
- Provides relief from stomach disorders
- Strengthens immune system
- Helps to maintain healthy heart

Caution: May cause allergic rash

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Health Benefits of Frankincense Essential Oil Organic Facts



- Prevents premature loss of hair
- Helps fade stretch marks and scars
- Preventive measure against oral issues
- Gives relief from bronchitis and congestion
- Boosts immune system
- Effective remedy against stress and anxiety
- Rich in antiseptic and anti-aging properties
- Aids in digestion and promotes urination
- Relieves symptoms linked with menses and PMS

Caution: Avoid usage during pregnancy

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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 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



GAIL

Our team member of the month is Gail for being a kind and supportive member of staff who always goes the extra mile to listen and be a help to others.