

Our June/July Newsletter



The Holiday season is here, remember to take care and put on lots of sunscreen, YES even in the UK

While it's great to be outdoors for exercise, fresh air, and a healthy dose of Vitamin D, you also have to consider the health of your skin and how to protect it from harsh UV rays. Here are our top summer sun protection tips...



1. Wear Sunscreen - This is perhaps the most obvious thing to do to protect your skin from the sun, but many people neglect doing this or they use sunscreen that offers inadequate protection. It has been suggests using sunscreen that has a sun protection factor (SPF) or 30 or higher, with "broad spectrum" protection from both UVA and UVB rays. Apply liberally to all exposed skin, at least 15 minutes before you plan to trek out into the sunshine.

2. Wear a Wide-Brimmed Hat - Wide brimmed hats are great weapons against the potentially harmful effects of the sun. Choose a hat with a 3-inch or more brim for the best protection.

3. Wear UV Sunglasses - It's more than just about having dark lenses that reduce glare and strain on the eyes. Sunglasses also offer various levels of UV protection. UV rays can damage the skin on your eyelids as well as the more sensitive parts like your eye's cornea. Bottom line: don't cheap out on sunglasses. A good pair with sufficient UV protection is worth the investment (and they'll make you look cooler).

4. Stay Hydrated - drink plenty of water when you're out in the hot sun. It can be misleading how much moisture you're losing in the heat and thirst doesn't always reflect this. Not having adequate water in your body can not only complicate sunburns, but it can also lead to heat stroke that can require hospitalisation. Pay special attention to keeping your kids hydrated, as they may not vocalise the symptoms of feeling exhausted or dizzy from the heat.

Don't Forget To Reserve A Place For You And A Friend At Our Workshops On Wednesday Evenings at 7:15pm or Monday Lunchtime at 1:30pm. See The Front Desk For More Details!

WHEN ONE DOOR CLOSES ANOTHER ONE OPENS

Last month we said goodbye to our amazing Chiropractor Paul. He has left us to start a new life with his girlfriend Pauline in the south of France, where he and Pauline hope to open up a chiropractic centre and help the people of their community.



Although we are sad to see Paul go and we wish him all the best in the future we open our arms to our newest team member Paula.



Paula is our newest chiropractor she is from Cornwall but she has been working in Portsmouth for the past 3 years. Her partner Dan was offered a job at a state of the art gym in Manchester and so they packed up their things and took the big step of moving up North. Paula is an excellent chiropractor and has a keen interest in strength training and nutrition. 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 April was Ciara and May was Trixie



Our Chiropractic Assistants are the people who keep the Chiropractors on their toes. The clinic relies on them to keep everything running smoothly.

Their dedication to our guest's welfare is outstanding



Top Tips to Organise Your Fridge for Healthy Eating Success

Hunger strikes. You open the fridge door. How are things looking in there? Sparkling clean, or more like where healthy eating goals go to die?

If your shelves are a graveyard of gravy leftovers, with a ton of takeout containers, there's a reason why making good choices has become a struggle. Too often, fruit and veg are festering in a bottom drawer, while cheese, salami, and sugary drinks get to sit front and centre. So what are you going to grab first?

If your goal is to lose weight, set yourself up for success, and start by completely clearing out and organising your fridge. Here are seven smart tips that put healthy eating within reach



Be A Lean Protein Machine

Say goodbye to any processed meat, like bacon, sausages, and salami, and replace it with lean protein, like chicken, salmon, tofu, and eggs. Extra points if you grill and slice your chicken at the beginning of the week, so it's ready to pile on salads

Get Fruity

As soon as you get home from the supermarket, rinse bite-size blueberries, strawberries, grapes, and cherries, pat dry with paper towels, and arrange them in bowls. Cut up whole fruit, like melon and pineapple, and place it in lidded containers. Stack fruit at the front of the fridge, where the colours will catch your eye when you're craving something sweet. Freeze slices of lemon and lime and add to sparkling water when you fancy a refreshing drink.

Get Your Sparkle from Water

Most of us consume way too much sugar, and nearly half of that comes from sugary drinks. Stop buying fizzy drinks, juice, and even diet drinks. Nothing is better than water! You can still give it a twist. Stock a few different flavours of sugar free sparkling water, or try infusing with fresh fruit and herbs.

Love Low Fat

Nothing wrong with cheese — a nibble of cheese is healthy, in moderation! But nutritionists say plain, unsweetened Greek yogurt deserves the top-shelf treatment.

