



# Oldham Chiropractic Clinic

June 2018 Newsletter

## Oldham Chiropractic Employer of the Year 2018



### OLDHAM BUSINESS AWARDS 2018

#### The Backbone to Our Success

*It's a cliché, we know but in the words of our Chiropractic Business Owner Morten Isnes, the business's success is all about team work. His words were backed up by the Practice Manager Sam Jobey 'the secret of our success is our team'*

*Everything revolves around our people. There are 17 team members, everything we do every day builds an amazing clinic for the community.*

#### Product of the Month

Total FLM contains natural substances known for their anti-inflammatory abilities. This product combines various natural ingredients which offer numerous health benefits.

Boswella serrata gum comes from a tree common in India, and is known for its anti-inflammatory and anti-arthritis benefits.

Turmeric is an herb often used for arthritis, stomach bloating, menstrual problems, lung infections, and more.

Ginger helps ease an upset stomach reduces pain from arthritis, ease menstrual symptoms, and reduces motion sickness.

Milk thistle is a plant that may help relieve the symptoms of chronic inflammatory diseases. It's also used to relieve heartburn and address loss of appetite.

Glutathione is referred to as nature's antioxidant, and protects your body against premature aging. Deficiencies of this nutrient have been studied for its relation to various conditions, including Alzheimer's and Parkinson's



#### Team Member of the Month



Deborah Brindle

Team member of the month this month is the amazing Deborah For stepping in last minute to attend an screening and also for keeping the clinic looking good and for showing pure devotion and passion for what she does!

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

Dates available at the front desk



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## Benefits of Exercise

Exercising isn't just about having a 'summer body' it's about feeling awesome all year round! Here are some of the benefits of regular exercise:

**BRAIN** - Improved mood - Decreased feelings of stress, anxiety and depression - Better memory - Longer attention span - More motivation - Increased ability to learn

**HEART** - Lower blood pressure - Lower heart rate - Decreased risk of heart disease

**BONES** - Higher bone density 'stronger bones' - Decreased risk of fractures

**MUSCLES** - Increased strength - Increased muscle mass - More fat burning, Increased flexibility

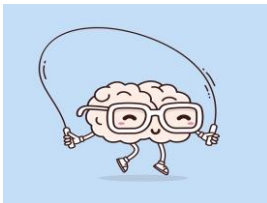
**JOINTS** - Better mobility - Less stiffness - Less pain - Healthier cartilage

**BALANCE** - Improved balance - Reduced risk of falls

**GUT** - Increased blood flow to the gut - Increased gut motility - Decrease in constipation - Less food cravings - Lower appetite

**SKIN** - Younger looking skin - Less skin conditions - Less acne

**OVERALL** - Better sleep - Reduction in body fat - Boosts energy levels - Increased self-esteem - Improved immune system



Do you want to experience some of the amazing benefits of exercise? Here are some of our team's favourite activities:

- Walking
- Yoga
- Pilates
- Strength training
- Rugby



Fitbits and the health app on iPhone are great for tracking your daily steps! Try to hit at least 10,000 steps a day!

## The Surprising Benefits of Exercise.

When people think about exercising they often associate it with the physical benefits, losing weight and looking better. However, there are some surprising benefits from simply moving more that often get overlooked.



Regular exercise has immediate benefits on the brain, including improved mood, focus and memory. It also has long lasting effects and has been shown to protect your brain from different conditions like depression, Alzheimer's disease and dementia.



Exercise improves the health of your brain through both direct and indirect means. The benefits of exercise come directly from its ability to reduce insulin resistance and reduce inflammation. Exercise also stimulates the release of growth factors—chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of new brain cells.

Many studies have suggested that the parts of the brain that control thinking and memory (the prefrontal cortex and medial temporal cortex) are bigger in people who exercise versus people who don't.

That's right, exercise = bigger brains!



Indirectly, exercise improves sleep, problems with sleep frequently cause or contribute to cognitive impairment. Being more active is also associated with reduction in stress and anxiety which improves overall health and wellbeing.

Hopefully all of these awesome brain benefits have convinced you to start exercising or keep active. If you're unsure what exercise you can do safely, speak to your chiropractor for some advice.