



Oldham Chiropractic Clinic

MARCH 2018

This month is all about Mother's Day. Being a mother is one of the most rewarding jobs on earth and to celebrate Mother's Day Oldham Chiropractic is highlighting the benefits of chiropractic for all mums, whatever their age.

Modern mums have become much more knowledgeable in diet, nutrition, exercise, sports and physical activity and are turning to chiropractic to help them face the different challenges and physical demands of motherhood. Millions of women visit chiropractors because of the caring interaction that develops between patient and doctor and because of chiropractic's effective combination of expert care, specific spinal adjustments, exercise and nutritional guidance and lifestyle counselling.

YOUR MARCH CHALLENGE

March is about getting back into the garden and clearing out those weeds. Tag us on **Facebook** or **Instagram** or send in your best green finger garden photo.

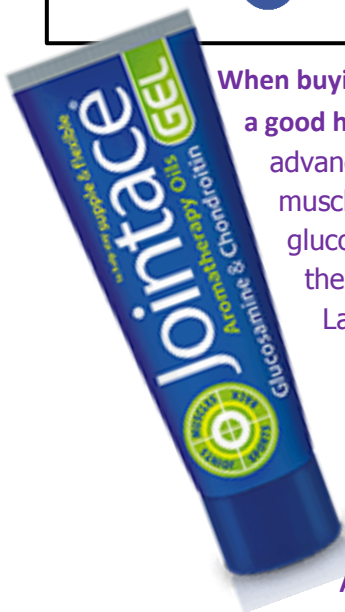
The best photo judged by our amazing team will win a tube of **Jointace**® to help with all those garden induced aches and pains.



Oldham Chiropractic



OldhamChiro



When buying any supplement always make sure it is a good high quality one. Jointace Gel is an advanced massage gel for healthy joints and muscles, combining the beneficial properties of glucosamine and chondroitin, with aromatherapeutic essential oils including Ginger, Lavender, Eucalyptus and Clove Bud.

Jointace Gel's unique formula is designed to help maintain general joint health as it combines the benefits of soluble glucosamine and chondroitin in a lipophilic formula with aroma active essential oils and menthol.

At Oldham Chiropractic we recommend [Jointace Gel](#)

YOUR SMOOTHIE IS A SUGARY BOMB

This (not so) Innocent smoothie has almost 30 per cent more sugar per 100ml than Coca-Cola and is the most sugar-rich smoothie on the market.

Don't be fooled by the two portions of your five a day. The high fructose sugar content piles the pressure on your liver, and the fact that it's a smoothie makes virtually no difference.

The fibre has been so heavily pulped during the manufacturing process that the full sugar load of this smoothie is still rapidly absorbed by the body.

Why not make your own smoothie? Check out our vision board near our hot drinks section in clinic for healthier alternatives and their benefits.



Team Member of the Month

Dave Rankin



This month Dave has been voted by his Team as the most Courteous Team Member

Don't Forget to reserve a place for you and a friend at our workshop

Mondays (13:30), Wednesday (19:15) and Thursdays (19:15)



Proof that Chiropractic treatment helps migraine sufferers

If you have a headache, you're not alone. Nine out of 10 people suffer from headaches. Some are occasional, some frequent, some are dull and throbbing, and some cause debilitating pain and nausea. What do you do when you suffer from a pounding headache? Do you grit your teeth and carry on? Lie down? Pop a pill and hope the pain goes away? There is a better alternative.

Research shows that spinal manipulation – one of the primary treatments provided by Doctors of Chiropractic, may be an effective treatment option for tension headaches and headaches that originate in the neck.

A 2014 report in the *Journal of Manipulative and Physiological Therapeutics (JMPT)* found that interventions commonly used in chiropractic care improved outcomes for the treatment of acute and chronic neck pain and increased benefit was shown in several instances where a multimodal approach to neck pain had been used. Also, a 2011 *JMPT* study found that chiropractic care, including spinal manipulation, improves migraine and cervicogenic headaches.

So, What Can We Do

If you spend a large amount of time in one fixed position, such as in front of a computer, on a sewing machine, typing or reading, take a break and stretch every 30 minutes to one hour. The stretches should take your head and neck through a comfortable range of motion.

Low-impact exercise may help relieve the pain associated with primary headaches. However, if you are prone to dull, throbbing headaches, avoid heavy exercise. Engage in such activities as walking and low-impact aerobics.

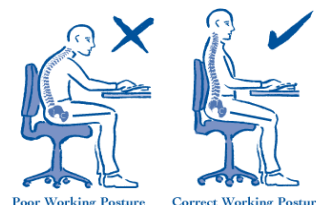
Avoid teeth clenching. The upper teeth should never touch the lowers, except when swallowing. This results in stress at the temporomandibular joints (TMJ) – the two joints that connect your jaw to your skull – leading to TMJ irritation and a form of tension headaches. Drink at least eight 8-ounce glasses of water a day to help avoid dehydration, which can lead to headaches.

72% of migraine sufferers in a clinical trial experienced either 'substantial' or 'noticeable' improvement after a period of chiropractic treatment, defying historical scepticism of Chiropractic by some medical practitioners.

What Can a Doctor of Chiropractic Do?

Your Doctor of Chiropractic may do one or more of the following if you suffer from a primary headache: Perform spinal manipulation or chiropractic adjustments to improve spinal function and alleviate the stress on your system.

Provide nutritional advice, recommending a change in diet and perhaps the addition of B complex vitamins. Offer advice on posture, ergonomics (work postures), exercises and relaxation techniques. This advice should help to relieve the recurring joint irritation and tension in the muscles of the neck and upper back.



Doctors' of Chiropractic undergo extensive training to help you in many ways beyond just treatment for low-back pain. They know how tension in the spine relates to problems in other parts of the body, and they can take steps to relieve those problems.

Sinus
pain is behind browbone and/or cheekbone.



Cluster
pain is in and around one eye.



Tension
pain is like a band squeezing the head.



Migraine
pain, nausea and visual changes are typical of classic form.



Headache Triggers

Headaches have many causes, or "triggers." These may include foods, environmental stimuli (noises, lights, stress, etc.) and/or behaviours (insomnia, excessive exercise, blood sugar changes, etc.). About 5 percent of all headaches are warning signals caused by physical problems. The remaining 95 percent of headaches are primary headaches, such as tension, migraine, or cluster headaches. These types of headaches are not caused by disease; the headache itself is the primary concern.

The majority of primary headaches are associated with muscle tension in the neck. Today, we all engage in more sedentary activities than in the past, and more hours are spent in one fixed position or posture (such as sitting in front of a computer). This can increase joint irritation and muscle tension in the neck, upper back and scalp, causing your head to ache.