

June 2019



THE 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:

IMPROVED BRAIN FUNCTION

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

HEALTHY HEART

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

STRONGER BONES

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

STRONG MUSCLES

Increased strength - Increased muscle mass - More fat burning - Increased flexibility

STRONG JOINTS

Better mobility - Less stiffness - Less pain - Healthier cartilage

IMPROVED BALANCE

Improved balance - Reduced risk of falls

HEALTHY GUT

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

HEALTHY SKIN

Younger looking skin - Less skin conditions - Less acne

OVERALL

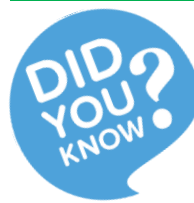
Better sleep - Reduction in body fat - Boosts energy levels - Increased self-esteem - Improved immune system

NOTICE BOARD

The new dates are out for our health workshops. This is a great opportunity to learn how chiropractic care can help you **GET WELL** and **STAY WELL**. You will have the opportunity to ask any questions you may have and how we work at Oldham Chiropractic Clinic to help you achieve your best results for both new and existing guests.

- Monday 03rd June (19:00)
- Monday 17th June (13:30)
- Wednesday 26th June (19:00)

CHIROPRACTIC CORNER



Do you know someone who would benefit from chiropractic care? Want to spread the message of chiropractic but don't know how? Oldham Chiropractic Clinic gives talks to our local businesses and sports communities twice a month. Let us know if you would like us to make a personal appearance at your workplace to assess your colleagues' posture and spread the joys of chiropractic within YOUR 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.

Boswellia serrata gum comes from a tree that is 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



WHAT IS BODY IMAGE AND MINDFUL EATING?

Body Image refers to the way we think, feel about and see our body. Our body image can be influenced by our own beliefs but also the beliefs of our friends, family and society. An unhealthy body image can lead us to suffering low self-esteem and can adversely affect many different aspects of our lives.

Body image issues can affect men and women of all ages. Sometimes a negative body image can be developed in early childhood or during puberty and can stay with us our whole lives. Often a negative body image can change our relationship with food. Food can be a source of pleasure, and it can also be a problem which causes a great deal of pain and frustration.

There are many events in daily life that involve food including socialising with family and friends and in the workplace. If our relationship with food is fraught with guilt, shame and anxiety, it can take the pleasure away from enjoying the simplest things in life. Learning about Mindful Eating can assist in developing a healthy body image and a healthy relationship with food.



Understanding Mindfulness and Mindful Eating

The healing and transformative effects of mindfulness practice have been understood in the Eastern traditions for many centuries. Mindfulness can be defined as the practice of being in the present moment with awareness, openness and acceptance. Mindfulness encourages us to attend to our bodily sensations, feelings, and thoughts and has been demonstrated in psychological practice to enhance both psychological and physical wellbeing. Mindfulness practice can assist us to become aware of our emotional and physical states and our need to ease our feelings of discomfort by eating. It supports us to experience awareness of what we are feeling without judgement.

Mindful eating encourages us to understand the impulses and the history that drives our urge to eat for comfort or distraction.

| Body-positive | Body-neutral |
|--|--|
| I feel good about myself, because I know I'm beautiful | How I feel about myself has nothing to do with my appearance |

We learn to tune into our bodily sensations and decide whether we are physically hungry. If the answer is yes, we are physically hungry, we can eat while paying attention to the appearance of the food, the smell, the taste, and what the mind is thinking about the food that we are eating. If we understand that we are not physically hungry but are responding to historical impulses to comfort or distract, then we are able to attend to the urges and the meaning behind them; to develop the knowledge and skills to eat in the way that nature intended and to develop a healthy relationship with food.

The core premise of mindful eating is 'it is not what you eat but the way you eat', (Albers, 2008).

Eating is necessary to sustain life and to provide us with the nourishment and energy to live life in a fulfilling and satisfying way. Eating is pleasurable and an integral part of family and social life. Food and eating can also become problematic when we use it in some of the ways listed above. Many of these reasons for eating are valid ways to manage our feelings when we are unsure of other ways to manage or cope. When we are using food in this way, it is common to experience a sense of shame and an urge to be secretive about our eating habits.

Body Image Statistics and Facts

The National Eating Disorders Collaboration of Australia conducted a national survey in Australia in 2007 of 29,000 young people and found that the number one concern was body image for both males and females. Body dissatisfaction has been found to be a risk factor for unhealthy eating behaviours that include extreme dieting, binge eating, and emotion-based eating. It has also been identified as a risk for the onset of clinical eating disorders such as anorexia nervosa, bulimia nervosa, as well as depression and low self-esteem.

Further studies indicate that even when women are classified within the healthy weight range, they remained unsatisfied with their body and wanted to lose weight.

These attitudes and the dissatisfaction with our bodies can be understood in many ways, but it is evident that the impact of the media in the promotion of an ideal body type plays a large part in creating anxiety and dissatisfaction with our bodies. The way in which we perceive our bodies relates to our beliefs about our value and our self-worth.