

# Our October Newsletter



## STOPTOBER

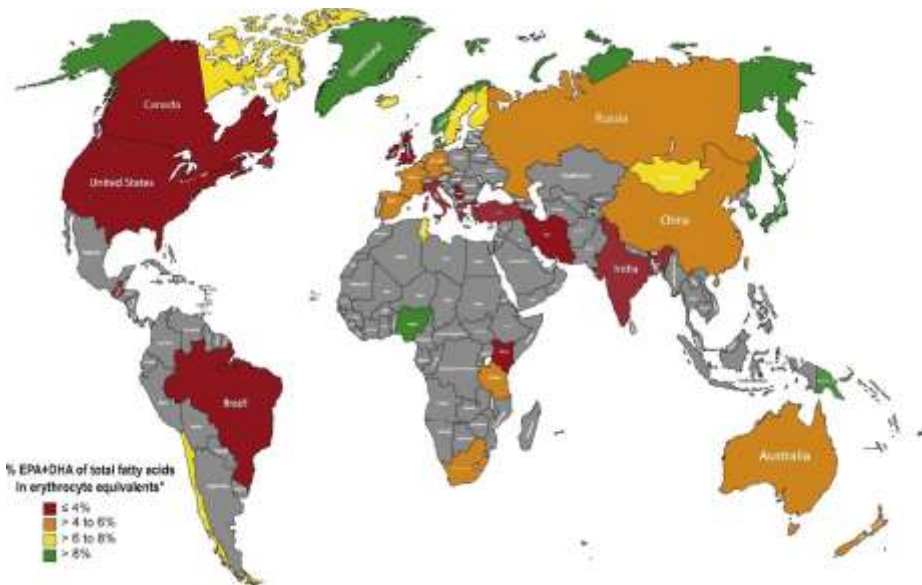
October is the start of Autumn and that means the lead up to Christmas is beginning. The supermarkets have started to stock up on their wine and chocolate ready for the festive period. So throughout October what are you going to stop to get yourself ready for the Christmas season? Eating wheat, smoking, late nights, sugar? Next time you're in the clinic find our Stoptober wall in reception and stick on what you're giving up this month.



## Halloween



Its Halloween this month so post us a picture on our Facebook wall or bring one in to Clinic of yourself or your children dressed up. So get out your spookiest, scariest and bloodiest costumes because the best dressed will win a £10 Voucher to spend on products at the clinic.



Keep your eye out for our November issue where we will be releasing more information on our upcoming walk around Saddleworth for move for Movember. Everyone is welcome to join but moustaches will be mandatory!

## More Omega-3s Please!

A recent Global survey on Omega-3 consumption showed the UK as one of the lowest consumers, along with the United States that also adopt the dangerous 'Western lifestyle', but what's the big deal with Omega-3s? Chronic disease is quickly becoming one of the biggest killers in the UK, with 60% of people dying from chronic diseases each year and 90% of chronic disease is due to lifestyle factors alone including exercise, diet and the way we think. Taking a high dose of Omega-3s daily has been linked to reducing heart attack and sudden cardiac death as well as reducing the risk of dementia and depression. The Map to the left shows the Omega-3 consumption throughout the world the areas in green are those with the highest consumption and they include the Sea of Japan, Scandinavia and other regions of indigenous populations or ones who haven't fully adopted a 'Western' Diet. To try and increase the UK's consumption, we are offering a complimentary large bottle of fish oil to one of our Facebook followers in October. So like and rate our page today for your chance to Win!