

## Whats New & Whats News

Welcome to our very first Mona Vale Chiropractic Centre newsletter. Thank-you for choosing to be a patient at MVCC. Our newsletter will keep you informed about what is happening at our clinic as well as offer information and tips on maintaining a healthy lifestyle. There will also be a special offer or 2 in each edition.

We have recently instigated a computerised booking and patient management system at the clinic. You may have noticed that we are now able to send appointment reminders. The system also allows us to communicate with our patients more efficiently such as sending this newsletter by email. Please keep us informed of any changes to your contact details.

If you haven't already heard, Neil Gregory, the owner of MVCC recently badly broke his wrist. The good news is that he will be back at work by the middle of November. The other upside of suffering this bad injury is that the practitioners at MVCC have learnt techniques to help in the recovery of wrist injuries very quickly, speeding up the healing process.

## Chiropractic and Kids

We are treating an increasing number of children at MVCC and find that kids usually respond very quickly and well to Chiropractic care. Here are a few reasons why more and more people are choosing a Chiropractor to help their kids;

1. To support their child's overall health and well being
2. To encourage good neural plasticity
3. To support their child's immunity and potentially reduce the incidence of colds, earaches and general illness
4. To help with breathing difficulties and allergies
5. To assist with colic
6. To encourage good spinal posture
7. To assist with behavioural disorders
8. To help improve their child's ability to concentrate
9. To help alleviate digestive disorders
10. To assist with sleep issues

## Chiropractic and Animals

Neil has just completed a graduate diploma in Animal Chiropractic. He is now a certified member of the International Veterinary Chiropractors Association. Not many practitioners in Australia have this qualification as the training involves a long residential course in either the USA or Europe. During his training he treated many horses, donkeys, dogs and cats and learnt the skills required to treat all animals and birds.

Just like humans, animals suffer from spinal and joint pain. Although they cannot tell us where it hurts, when they are treated it is very common for instant relief to be felt, demonstration by an appreciative wag of the tail or kiss. An animal always says thank-you! Please spread the word that MVCC treats those with 4 legs as well as 2 legs.

*Neil Gregory - Chiropractor, Osteopath & Accupunturist*

## Recipe

No newsletter is complete without a monthly recipe so this is ours for this month

### Bliss Balls

This is a quick, easy, and healthy recipe that is surprisingly sweet and delicious. (Gluten free, vegan friendly, no added sugar!)

#### Method:

In a food processor start putting the ingredients in the order mentioned above (that's important to get the right consistency) one by one. Once the almonds are grinded a bit, add dates, then prunes, then the rest of ingredients. Finish with adding carob powder. Mixture should be dark, sticky and easy to work with.

Once the ingredients are blended and mixed, start forming balls into a size of a golf ball. Cover with shredded coconut. Try also with poppy seeds and carob.

Makes 15 regular size bliss balls or 30 small bliss balls.

Time: 5 mins preparation, 5 mins blending, 10 mins assembling balls; Easy to make, vegan, raw, gluten free

*Mel Williams - Massage Therapist*



#### Ingredients:

- Almonds whole raw - 1 cup
- Dried dates pitted - 2 cups
- Dried prunes pitted - 2 cups
- Walnuts whole/halves raw - 1 cup
- Sunflower seeds - ½ cup
- Pepitas (pumpkin seeds) - ½ cup
- Sesame seeds - ¼ cup
- Shredded Coconut ¼ cup + some for decorating
- Carob powder, raw ¼ cup
- Extras (optional)
- Cashew nuts (1 cup if instead walnuts or ½ cup with ½ cup of walnuts)
- Hazelnut nuts (as above)
- Raw cacao (instead of carob powder or mixture)
- Recommended Decoration: shredded coconut, cacao, carob, poppy seeds, sesame seeds

## Supplement Profile - Kaprex

Kaprex is a natural plant based remedy that rapidly relieves pain and inflammation with no adverse side effects in both chronic and/or acute conditions. It is a herbal extract of rosemary, hop and olive leaf. It contains no stearates (a filler used in many supplements that can be toxic to some people)

Kaprex reduces the concentrations of a chemical called prostaglandin. This is what produces the pain and inflammation in joints. Kaprex does not upset your stomach as many anti-inflammatories do. It can be taken by anyone irrespective of their age and is also great for animals suffering from arthritis or joint pain.

Kaprex is a practitioner only prescription which we stock at \$44 for 60 tablets.

## Exercise Tip

What's the most powerful exercise?

Did you wake up this morning feeling fatigued or anxious? What about your sore knee? How's it feeling this morning? You might be interested to know that research shows 30 minutes of walking (exercise) a day is the number one treatment for fatigue and is one of the best known treatments for knee arthritis, dementia and Alzheimer's, diabetes, risk of hip fracture in elderly, anxiety and depression. It only takes 30 minutes per day and will improve your quality of life.

**Chris Knee - Chiropractor**

## Specials for You

1. Christmas shopping is always a challenge. If you like giving useful gifts go to [www.qualityproducts.com.au](http://www.qualityproducts.com.au) When you get to check out put in Coupon Code: **MVCCpatient** and you will receive 25% discount on whatever you purchase plus your order will be delivered to your door. This offer is valid until 25th December 2013
2. Refer a friend – we really appreciate personal recommendations to our clinic. If you refer a friend between now and December 31st, Neil will be happy to give you or your pet; a complimentary treatment. Make sure you tell your friend to let us know that you made the referral and we will send you a letter with details of the complimentary treatment.

## Did you Know?

**Did you know** that massage may be the oldest form of medical care? Egyptian tomb paintings show people being massaged.

**Did you know** that healthy touch of any kind can reduce the heart rate and lower blood pressure?

**Did you know** that Bob Hope, who lived to be 100, had daily massage as part of his health regimen?

**Did you know** that during a massage, the body's nervous system switches from sympathetic to parasympathetic. This is the same thing that happens when we sleep. This is what brings on that drowsy feeling similar to when we wake up from a sleep.

**Did you know** that Julius Caesar used massage to help his epilepsy?

*Sydney LaVine – Massage Therapist*

## Focus On... Massage

**Bring On the Heat** - As summer rapidly approaches, the last thing we want to think about is putting ourselves in a situation that involves MORE heat. Unless of course that something is a hot stone massage. People have mixed ideas about what this form of massage involves, so here are some quick facts to put our minds at ease.

**A Bit of History:** Hot stone massage is an ancient technique that uses heated, flat, smooth rocks on specific regions of the body. In most cases basalt rocks (volcanic rocks) are used as these retain and deliver therapeutic heat.

**Benefits:** The benefits of hot stone therapy are similar to those of remedial massage. However, the heat from the stones aid in more efficient muscle relaxation, increased blood flow, alleviation of muscle pain, and most importantly deep relaxation for the mind and soul. This form of massage is safe, gentle, and above all effective.

**What to Expect:** We have all seen the cliché pictures of beautiful women lying on a table with stones perfectly placed along their spine. This technique does occur in the treatment but for the majority of the massage, the therapist uses the stones as if they were a part of his/her hands. The stones are usually in constant motion working from one area to the next. Cold stones are also incorporated in areas that are inflamed or trigger points in the neck and face for headaches and migraines.

Remedial/hot stone fusion: \$95 an hour Full Body Hot stone: \$110

## We work as a team!

Our Chiropractors and Massage Therapists work as a team. Please do not feel embarrassed if you want to see a different practitioner than the one who has been treating you for a while. We encourage our patients to consult with any of the practitioners at our clinic. Rest assured that we always work together for what is best for you - our valued patient

## Your Feedback??

Your opinions, suggestions and advice are important to us. We would love you to contribute to the MVCC newsletter. Just call or email us.

Don't forget to look at our website

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