



## Whats New & Whats News

We will be open all days except public holidays during the Christmas & New Year period. **Chris** will be working on **Tuesdays, Thursdays** and **Saturdays** and **Mitchell** will be working on **Mondays, Wednesdays** and **Fridays**. Mitchell is doing a locum position with us to cover holidays. Mitchell completed his Chiropractic training at Macquarie University. Neil will be away from 27th December to 22nd January, Adam from 24th December to 13th January and Maggie from 20th December to late January

## Chiropractic and Kids

**H**urray it is school holidays! Time to relax and forget the deadline of having everyone washed, dressed and fed before the bell rings. Before the school year starts again it's a good idea to book in for a Chiropractic check-up for the kids. We take time to make sure school shoes and a school bags are fitted correctly so we should make sure that the little bodies are in alignment.

## Chiropractic and Animals

**H**olidays should be a time when we can relax a bit and have fun with our favourite 4 legged friends. It's a good time to observe your pet and check they do not have limited movement and muscular soreness. As animals get older they suffer from conditions such as arthritis just like we do. They also respond really well to supplements like Kapprex which is a natural anti-inflammatory.

*Neil Gregory - Chiropractor, Osteopath & Accupunturist*

## Focus On.... Chiropractic and Stress

Stress whether caused by physical, emotional, work-related or relationship issues has an impact on our body as well as our mind. There is considerable research that demonstrates the correlation between high stress levels and negative health conditions. Symptoms of stress such as headaches, sleeplessness, moodiness and fatigue can be helped with Chiropractic, Osteopathic and Massage treatments. With stress it is important to break cycles that so quickly form. For example, stress can result in tight shoulders which in turn can result in headaches and sleeplessness. When these occur they will only cause more stress. Intervention to turn the downward spiral is vital. Chiropractic adjustments will have an effect on the nerve supply to the major organs as well as the muscular skeletal system. This helps to restore the bodies Homeostasis (which is the body functioning in harmony, most effectively and efficiently) Together with exercise, a balanced diet, fresh air and good friends to talk to, Chiropractic treatment is an essential ingredient to combatting stress.

*Neil Gregory - Chiropractor*

## Exercise Tip

*How can exercise help with stress? Here's what the research states.*

- Mechanical stress:** Stiffness, tightness and soreness in the joints and muscles can all be helped with as little of 30 minutes of exercise each day.
- Emotional and psychological stress:** 30 minutes of exercise (walking) each day is one of the best treatments for anxiety, depression and 'stress'.
- Chemical stress:** It's that time of year so don't forget the value of exercise for 'detoxification'. Research shows us that exercise has profound benefits for our vascular and visceral systems (organs).
- Physical stress:** Feeling tired? Fatigued? Research shows us that as little as 30 minutes of exercise is one of the best forms of treatment for fatigue.

*So what's the best exercise to do? Well what is very clear is that the benefits seem to be increased if the exercise is performed with friends in a group setting and completed outdoors. However there are no hard and fast rules, we don't care if you walk, run, swim or lift weights just get out there and performed at least 30 minutes of exercise per day.*

*Chris Knee - Chiropractor*

## Recipe

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



### Beetroot hummus

Start your dinner party with a Middle Eastern surprise sensation of beetroot hummus dip!

#### Ingredients

- 450g can chopped beetroot, drained
- 400g can chickpeas, rinsed, drained
- 2 garlic cloves, roughly chopped
- 1 tbs tahini (sesame paste) (see note)
- 1 tbs lemon juice
- 2 tbs olive oil
- Warmed Turkish bread and radishes (optional), to serve

#### Method:

Place the beetroot, chickpeas, garlic, tahini and lemon juice in the bowl of a food processor and whiz to a coarse paste. With the motor running, slowly add the oil through the feed tube until mixture is thick and smooth. Season well, then serve with warmed Turkish bread and radishes, if desired.

**Beetroot contains** – potassium, magnesium, iron, Vitamins A, B6, C, folic acid, carbohydrates, protein, antioxidants and soluble fibre. All of these are vital for the human body to function.

*Mel Williams & Sydney Lavine –  
Massage therapists*

## Top Tips for a Stress Free Christmas

If disappearing to your favourite hide-a-away with a good book and a bottle of wine is not an option, we have put together a few tips to keep the Christmas period as stress free and enjoyable as possible.

1. Try to avoid driving and shopping during busy periods. If at all possible don't go to the Mall! Remember that the internet is a great way to shop.
2. Allow extra time to get to where you need to go. Rushing and being late is one of the most stressful situations to be in. Plan to arrive early, so you have time to read the newspaper or smell the roses.
3. Have a system to remember where you have put your keys, wallet, phone etc. When you are busy you are more likely to lose or misplace essential things. This only adds to the stress.
4. Stay active. You will feel much more relaxed if you keep to your exercise regime. Take the time for staying fit around the holidays and it will definitely keep the stress levels down. Holiday time is a good time for massage and chiropractic treatments to help with your nervous system and stress.
5. Try giving a compliment to everyone you meet. Giving compliments to others forces us to concentrate on the positive and not the negative. If you make others feel better it will rub off.

### If you are hosting a Christmas meal or event

1. Plan ahead One of the biggest mistakes people make is choosing too many dishes that need a lot of last-minute attention, so put some thought into planning your menu. It is more worthwhile to do a few dishes well than to spread yourself too thin. Quality over quantity.
2. Pre-order Christmas meat and seafood - Make sure you place an order well in advance to avoid disappointment.
3. Get the kids involved. Younger or older children, they all love to help. A nice thing to do for the table is have some Xmas chocolates and lollies and wrap them in clear cellophane, tie with ribbon and place a Xmas decoration onto the ribbon or string. Place one for each person. Kids also like to cook Xmas biscuits, put together hampers etc. Cooking with kids is a great way to share the whole Christmas experience.
4. Share the load. Ask other family members to bring something. Delegating and not taking on all the responsibility for the food will help you enjoy your Christmas too.
5. Cook the day before. Prepare as many dishes ahead of time as possible – desserts can usually be made the day before, if you are serving a Christmas pudding or cake. Trifles and custards also taste better when the flavours have had time to develop.

Have a relaxing & stress free Xmas.

*Jo, Leanne & Lynette – Clinic Reception*

## Specials for You

Last minute shopping right up until December 31st go to [www.qualityproducts.com.au](http://www.qualityproducts.com.au) Put in the coupon code MVCCpatient and you will receive 25% discount on whatever you purchase. You can pick up the order from the clinic or we will deliver.

We also have a couple of recommendations & suggestions

Which Health Fund to choose?? We constantly get asked this. Go to [www.iselect.com.au](http://www.iselect.com.au) or [www.comparethemarket.com.au](http://www.comparethemarket.com.au) State that Chiropractic cover is important to you and see the results. Also remember to use it or lose it. Benefits from most Health Funds run from 1st January so if you haven't used all of your allowance for Chiropractic Care book in before the end of December.

Travel Insurance – we highly recommend Travel Insurance Direct. Go to [www.travelinsurancedirect.com.au](http://www.travelinsurancedirect.com.au) or phone 1300 843 843. You may know that Neil recently had a bad accident while he was in the USA. This required emergency surgery plus lots of other assistance. Fortunately he was insured with TID – they were excellent. Who do you recommend? – we will include in our next newsletter your feedback on businesses that you have found to be extra good.

## Did you Know?

**Did you know** stress has been called “the silent killer” and can lead to heart disease, high blood pressure, chest pain, and an irregular heartbeat?

**Did you know** that the term “stress” derives from the Latin stringere (to draw tight).

**Did you know** Chronic stress decreases the body's immune system making it more susceptible to infection and disease?

**Did you know** under stress, the body's blood flow is restricted to specific organs and muscles of the body such as the adrenal glands and the heart, depriving the rest of your body of oxygen and nutrients?

Receiving Chiropractic care and/or massage therapy can alleviate tight muscles and joints that are holding onto too much stress. If you or someone you know is under a lot of stress, make a booking with us today.

*Sydney Lavine – Massage Therapist*

## 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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