



Focus on Building Up your Immune System

The nervous system and immune system are hard wired and work together to create optimal responses for the body to Adapt and heal. Neural dysfunctions due to spinal misalignments are stressful to the body and can cause abnormal changes that lead to a poorly co-ordinated immune response. Chiropractic adjustments have been shown to boost coordinated responses of the nervous system and immune system.

A New York University study began studying individual susceptibility to various chronic diseases.

The study demonstrated long term chiropractic care showed a 200% increase in immune competence with chiropractic care. The study was consistent with both young and older age groups .

Chiropractic care was shown to optimise the resistance of diseases.

. learn more at - http://www.naturalnews.com/031206_chiropractic_immunity.html#ixzz33e73DvMi

Tips for a Strong Immune System:

A monthly chiropractic adjustment

Exercise

Zinc

Vitamin C

Adam Penfold - Chiropractor

Improved Immunity:

When you are stressed and overworked, you are more likely to be out of balance. A chiropractic adjustment will take the stress off your nervous system and help your body recover faster from any illness or injury.

OUR WINTER RECIPE FROM JO

Ingredients

- 250g extra-lean beef mince
- 1/2 cup chopped fresh flat-leaf parsley leaves
- 2 garlic cloves, crushed
- 1 tablespoon olive oil
- 1 large (200g) brown onion, finely chopped
- 1 medium (150g) red capsicum, diced
- 1 (150g) celery stalk, trimmed, diced
- 400g can no-added-salt chopped tomatoes
- 1 1/2 cups salt-reduced chicken stock
- 1/4 cup (110g) dried risoni pasta
- 400g can butter beans, drained, rinsed
- 1/2 cup (60g) frozen peas
- 4 slices toasted Burgen oat bran and honey bread, to serve

Method

1. Step 1

Place mince, parsley and half the garlic in a bowl. Mix to combine. Using 1 heaped teaspoon mixture at a time, roll into 20 balls. Heat oil in a large frying pan over medium-high heat. Cook meatballs, stirring, for 5 to 7 minutes or until browned. Transfer to a plate.

2. Step 2

Add onion, capsicum, celery and remaining garlic to pan. Cook, stirring, for 5 minutes or until onion has softened. Add tomato, stock and 1 1/2 cups cold water. Bring to the boil. Add pasta and meatballs. Cook for 10 minutes or until pasta is tender. Add beans and peas. Cook for 2 minutes or until heated through. Stir in remaining parsley. Serve with toast.

Chiropractic Care for Kids

Winter can be a period of stress for kids, often they are prone to colds, and as a result suffer coughs, and Flues. The incidence of Asthma and Bronchitis can increase in winter periods. Kids are out and about often training and playing in activities like soccer, rugby, netball and basketball. Which often means training on cold afternoons and evenings. Plus playing on weekends or weeknights.

Chiropractic care can help our kids of all ages, handle these winter blues and keep them fit and active. Chiropractic can help keep muscles supple, joints mobile and spines loose and free. This is sure to keep a smile on our young ones as well as yourself. Always remember to keep up the Vitamin C, Multi-vitamins and Echinacea. All of these supplements can keep our kids healthy and active.

Neil Gregory - Chiropractor, Osteopath & Accupunturist

Mini Meatball and Minestrone Soup



Warming up

With winter here, warming up is even more essential. The colder temperature means reduced blood flow to our muscles and joints which results in increased stiffness. Warming up encourages blood flow to the muscles and joints and it allows our body to adapt and become more supple as we gradually increase the resistance and work capacity. The intensity of the warm-up should begin at a low level, gradually building to the level of intensity required during training or competition.

An example warm up for an exercise class involving weights

- 5-10 minutes on the treadmill – light intensity
- Mobility work – This involves moving the joints through an increased range of motion (using body weight). Examples – lunges, squats, rolling the shoulders over, running with high knees, leg swings.
- Weights – start off with light weights and gradually increase to your 'working' weight. This prepares the central nervous system and ensures optimal muscle contraction.

Cooling down – An essential component after exercise. The cool-down helps the body clear lactic acid that builds up during any activity. Less lactic acid means less soreness and stiffness the next day. The cool down can be similar to the warm up but with a lower intensity. Stretching can also be included. Stretch gently and slowly. Never bounce or stretch rapidly.

Are your muscles sore the next day after working out? This is referred to as DOMS – delayed onset muscle soreness. It is caused by microtrauma to the muscles which results in the accumulation of inflammatory cells within the muscles. The best way to reduce the soreness? Get blood flowing to the muscles again! This can be light cardio, gentle massage or heat.

Mitchell Roberts - Chiropractor

Did you Know?

Did you know: Just like the finger prints on a human palm, the tongue also possesses its own unique print?

Did you know: The human body contains 350 bones when we are born? However, as the body grows, specific bones fuse together resulting in only having 206 bones in the adult body.

Did you know: Cold weather is not always the culprit of the common cold or flu? We are simply more likely to catch a virus in colder weather because we spend more time indoors enclosed with other people and their germs.

Did you know: There are more bacteria in your mouth than there are people in the world?

Did you know: That both humans and long-necked giraffes have seven cervical vertebrae?

Sydney LaVine – Massage Therapist

Interested in training for a big event?

Come join our team

We are planning on doing a team entry in the Pub to Pub run this year. This annual event is on August 24 and is a 13 kilometre run or walk from Dee Why to Newport. If you are interested in joining us please have a chat with Jo who will give you more details.

Exercise Classes

Now being run at Mona Vale Chiropractic Centre on Mondays at 7pm. **Bookings essential.** Call Jo on 99975773. Casual rate \$25, 5 classes @ \$20 each, 10 classes @ \$17 each

Chiropractors Blog

Please check our website for our up to date Chiropractors Blog which gives great up to- date information and practical tips.

Don't forget to look at our website