



Chiropractic Tips for Christmas

Often Christmas is a stressful period on your body with over indulging on Christmas cheer, fighting the crowds and lugging heavy presents and then suitcases around. Here are a few Christmas survival tips.

1. Eat Healthy foods first. Try to fill up on the healthy foods before you come to the less healthy ones
2. Watch the Alcohol. Balance a glass with water with every alcoholic drink.
3. Get a mental break. - Don't forget to rest during this holiday break. Try to get 8 hours of sleep each night.
4. Take the time to do some exercise. Enjoy the summer, go for a walk, enjoy a swim, have fun on a bike ride. Get out and about and see the sights of our beautiful city
5. Reflect on the success you had this year. Focus on the good bits and set your goals for the New Year.

We wish you a Merry Christmas and a Happy New Year from all of the staff at Mona Vale Chiropractic Centre.

Neil Away

Neil will be away from December 30th to February 16th. Both Adam and Mitchell will be available during this period.

CYCLING TIPS

With summer now upon us, a lot of us are dusting off the bike and getting out on the road. Whether you are riding the Akuna Bay trail or just having a leisurely cruise around the back streets, we have some tips that can help you avoid injury.

Hydration prior to riding is very important in this hot climate. Plenty of water and a magnesium supplement prior to riding followed by an electrolyte drink during will ensure you have sufficient energy levels to complete your ride.

A loose grip on the handlebars is very important. This reduces the stress and tension placed through the wrists, elbows and shoulders.

Some common cycling problems Chiropractors see in practice:

- Neck strain and headaches from neck extension posture when riding
- Upper back strain – from hunching over the handlebars
- Soft tissue injuries – from repetitive activity, falls, cramping
- Pelvic and hip dysfunction – due to poorly set up seat height and wrong frame sizes.
- Wrist and elbow complaints due to increased weight bearing through the joints.

It is important that your bike is correctly fitted to your body size. If you are looking at purchasing a new bike, get yourself properly measured and fitted at a specialist bike store.

Mitchell Roberts - Chiropractor

Christmas Opening Hours

We will be open all days except public holidays. We will be here to help you between Christmas & New Year (restricted hours). Please phone early to make an appointment

Exercise Classes

Classes will be held at the clinic on Mondays and Thursdays until 22nd December and then start again in February 2015

Chiropractic Care for Kids

Back To School with "Heavy Backpacks" (they will be back to school before you know it!)

With bags this heavy It's no wonder many kids think school is a "Pain in the back" Australian children are at a risk of permanent spinal damage because of incorrectly packed and fitted school backpacks. Adult Back pain and spine disorders can stem from childhood activities including carrying a heavily loaded backpack for 12 years or more of schooling.

Many bags children use may be fashionable, but unless they allow for even distribution across the back, they can cause pain. School can be a challenging time for children, so ensuring that they are as comfortable as possible is very important.

Chiropractors are positioned to educate parents and children about spine care. We would be happy to check that your child's backpack is suitable and adjusted correctly before the first day of school.

Just phone to make a booking for a complimentary bag check.

Neil Gregory Chiropractor/Osteopath

Adam Penfold, one of our Chiropractors, has also furthered his skills in helping people through Applied Kinesiology.

Your nervous system monitors and coordinates all your body interactions. On that basis, Adam uses muscle testing systems to assess your nervous system function and find a solution to your health concerns. If you or someone you know are physically, chemically or emotionally stressed, the following conditions may occur;

- Recurrent ear, nose, sinus and throat infections
- Irritating dry and tickly coughs
- Hormone related disorders
- Symptoms of PMT
- Irritable bowel syndrome, bloating and indigestion
- Food intolerances
- Sleep pattern disorders
- Childhood disorders including dyslexia and behavioral problems.

If you would like help in addressing some of these very common problems, Adam may be able to help or advise accordingly.

Healthy Christmas Cake - From Teresa Cutter (Healthy Chef)

This is an extremely delicious and simple Christmas cake to make. This is a dense and moist fruit cake with a high ratio of fruit, which means I don't need to use any extra sugar in the recipe. I'm also using ground almond meal which replaces traditional white refined flours that make up most store bought cakes. The almond meal is also gluten free and adds moisture so I just need to add a small amount of macadamia nut or olive oil to make it complete. I love the combination of vanilla, orange and cinnamon in recipes and my Christmas cake is the perfect recipe to marry the flavours together. Serve in small portions after Christmas lunch or dinner or warm it up and serve as a pudding with [vanilla bean custard](#) or thick natural yoghurt and orange blossom honey.

NOTE:

If you wish to soak your Christmas cake in orange liqueur, as soon as you remove the cake from the oven, skewer holes through the cake and drizzle over 1/4 cup orange liqueur so it can penetrate through the holes and infuse into the cake. This cake can also be served as a pudding served with vanilla bean custard or thick natural yoghurt.

Other Services at the Clinic Building

Gunter Swoboda is a psychologist, speaker, author, mentor, coach and facilitator who has over three decades of counselling and organisational development experience. His passion for people, philosophy and psychology has allowed him to shape a curriculum to assist his clients to move beyond simply surviving in their world. It has enabled them to learn how to truly thrive within it.

Over time, much of Gunter's work has taken place with men and the issues men are dealing with. This interest in men's issues has led Gunter to develop the project 'Making Good Men Great', a project that aims at helping men to rethink masculinity, provide a way to help men shape their lives to be aligned to thrive, and finally to become an inspiration to others.

In a world where the demands on the individual and the family have become more and more challenging, 'Making Good Men Great' focuses on getting things back on track in three key areas:

- individually;
- the family and
- at work.

For further information contact Rebecca on 9999 0429. Gunter Swoboda has been working with us at 1801 Pittwater Road for nearly 20 years.

Gift Vouchers

Avoid fighting the crowds and buy your nearest and dearest a gift voucher from Mona Vale Chiropractic Centre. Vouchers can be used for any treatments and for the purchase of supplements and products.

Ingredients

Serves 20 small portions

- 600 g mixed dried Fruit or a mix of the following (raisins, prunes, figs, apricot, currants, sultanas, dates)
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla bean extract or paste
- 1/4 teaspoon nutmeg
- zest and juice from 1 orange
- 3 tablespoons olive oil
- 3 eggs
- 200 g (2 cups) ground almonds
- 50 g walnuts



METHOD

Preheat your oven to 150 C (fan forced)
Prepare a 20 cm round cake tin with baking paper lining the sides and the base.
Combine dried fruit, spice, vanilla, orange zest + juice, olive oil and eggs.
Add the almonds and walnuts and mix through.
Spoon Christmas Cake batter into your baking tin.
Bake for 1 hour and 30 minutes. Check with a skewer to see if it comes out clean, if not bake for another 30 minutes.
Cover the top if necessary to prevent over-browning.
Cool, then remove from the tin and store in an airtight container in the fridge for up to 1 month.

*Don't forget to look
at our website*