



Mona Vale Chiropractic Centre will be **closed** the following times this holiday season:

December 25th-December 28th and January 1st

Bookings between the 28th and the 31st will go quickly so call us on 9997-5773 and pre-book today!

The Holidays are here! Most of us will be travelling to see family and friends over the holidays so we wanted to spread some helpful tips that will make travelling over the holidays stress free.

Packing tips:

- Rolling up shirts and pants into tight rolls makes for more space in your suitcase (Also stuff small objects into shoes)
- Toss in a few dryer sheets in your bag to keep your clothes smelling nice and fresh
- You can use a plastic straw to feed your necklaces and chains through to prevent a tangled mess

Travel tips:

- If you are driving, make sure you leave very early in the morning or late at night to avoid the traffic.
- Whether you driving or flying be sure to get up and walk around as many times as possible
- If you are flying, make the sacrifice and fly on Christmas day or New Years day. There is less madness on the actual holiday!
- Take screen shots or photos of maps and directions of where you will be on your phone ahead of time to alleviate extra data fees

Pilates at Mona Vale Chiropractic Clinic

Dr Adam Penfold has recently completed his pilates instructors certification and is currently holding classes at the studio at the end of the driveway at the clinic.

Blending his clinical chiropractic knowledge with pilates core strengthening exercises and stretches you can benefit from advanced injury management, treatment and maintenance.

Movement, flexibility, strengthening and alignment is what our body needs to feel well and perform to its potential. The pilates classes may help with your day to day aches and pains and injury prevention.

Classes are \$20 and will hold a max of 6 people. If you would like to attend please call 99975773 or 0449985252

Breakfast is the most important meal of the day, we cannot stress this enough! Eating a healthy breakfast every morning will help, raise your metabolism, promote better concentration, aid in higher energy levels, even help prevent type 2 diabetes. It also makes for a good role model for the children in our lives. Try this quick but healthy recipe that will leave you and your family feeling full and ready to face the day.

Apricot, cranberry and pistachio quinoa porridge

- 1 ½ cups quinoa, rinsed, drained
- 1 ½ cups milk of your choice
- ½ cup dried apricots, chopped
- 1/3 cup dried cranberries
- 1 ½ tablespoons brown sugar
- 1/3 cup pistachios, coarsely chopped
- Drizzle of honey to serve



Gardening with care

With Christmas coming quickly, we tend to see an increase in the number of gardening related injuries due to the rush of getting the house ready for Christmas day.

Some simple tips to minimise your chance of injury:

- Warm up – start with a short light walk to get the blood flowing through the muscles. Add a few stretches for your hamstrings, quadriceps and shoulders
- Hydration – make sure you consume plenty of water before and during gardening, especially during the summer heat. Also don't forget the sunscreen
- Digging – make sure the shovel is in front of you and avoid twisting motions. The same goes for raking - rake towards your body, not the side. Alternating sides frequently can also help reduce strain.
- Kneeling – Use a kneeling pad to protect your knees. Remember to hinge at the hips, do not bend at the spine.
- Lifting – Use your knees and hips for power along with keeping the back straight. Avoid any twisting movements when holding heavy objects
- Vary tasks – Instead of concentrating on a job or one area at a time, vary tasks to ensure you are not holding the same position for extended periods.
- Regular breaks – take a short break every 20 minutes to change your position and to do a few stretches.

For more information on lifting and digging techniques consult your chiropractor at Mona Vale Chiropractic Centre

Human Body Word Search Puzzle



APPENDIX

ARTERY

BLOOD

BONES

BRAIN

EARS

ESOPHAGUS

EYES

GLANDS

HEART

JOINT

KIDNEY

LARGE INTESTINE

LIGAMENT

LIVER

LUNGS

MOUTH

MUSCLE

NERVES

NOSE

PANCREAS

RIBS

SKIN

SMALL INTESTINE

SPINE

SPLEEN

STOMACH

TONSILS

TRACHEA

VEIN

Chiropractic and Massage therapy: A Match Made to Work

Here at MVCC we strive to give our clients a thorough treatment that includes targeting the problematic joint/s and the soft tissue surrounding these joints that are directly in charge of holding the body in its intended position.

To illustrate why massage and chiropractic care can work so well together, let's look at a fairly common scenario: a stiff lower back from sitting to much or carrying a heavy load. A combination of muscle/ soft tissue tightness and joint restriction are likely contributing to compromised movement patterns and even pain in other areas of the patient's body.

For the lower back pain patient, although the pain may be associated with a specific area in the lower spine, it could be that the muscles of the hip region are restricting healthy movement in the hip joint- thus becoming the reason the lower back seized up in the first place. To reduce the likelihood of future spasms, it is important to get the joints in the hip and lower back region moving properly. But to do that the muscles have to "give" enough. That's where the deep tissue massage comes in. Deep tissue work before an adjustment can result in a more thorough release or relaxation of the tissues in problem areas, helping improve the effectiveness of chiropractic treatment, as well as in other areas of the body that may be compensating or working overtime for the affected area.

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.

Don't forget to look
at our website