

Spring Newsletter

MonaValeChiropractic
Osteopathy, Acupuncture, Scenar, Massage Therapy



9997 5773

www.monavalechiropractic.com



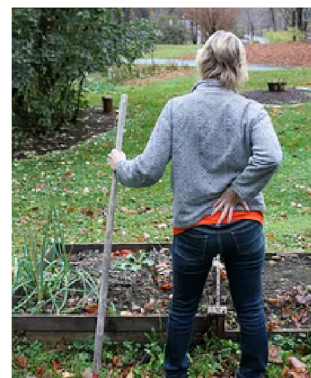
Spring Gardening

Injuries from gardening are a common presentation to the clinic. We often find with the changes in season, people do too much the first time after a long break. It is easy to spend hours longer in the garden than planned.

Here are some tips that can make it safer for you this Spring season:

- Warm-up! Walk and a few stretches before you start will ensure your body is ready to start an active session
- Take regular breaks! Frequent breaks are a great way to minimise injury and let the body rest and recover. Every 15-20 minutes with a 5-minute break in between is a good start.
- Use your hips and legs when picking up pots – stand square-on and bend at the hips & knees while keeping your back straight (think hinging at the hips). Keep the pot as close to your body as possible
- Plant pots on a table, not on the ground
- Reduce the amount of twisting – Twisting places an uneven strain on the muscles and joints. Make sure you squarely face whatever you are working on, this minimises the amount of twisting that can occur.

Remember the most important thing is to pace yourself!



Mitchell Roberts – Chiropractor



Florentina

- 1 x bar Cadbury's milk baking chocolate
- 1 x bar Cadbury's dark baking chocolate
- 2 x cups cornflakes
- 2 x cups unsalted peanuts
- 2 x cups sultana's
- 1 x packet glace cherry (chopped)
- 1 x tin condensed milk

Method:

Melt both chocolate bars in a bowl over boiling water
Pour into lined tin (30cm x 20cm) and refrigerate until hard
Mix all other ingredients in a large bowl and spoon into tin over hard chocolate. Smooth out
Place in oven at 160 degrees for 20 minutes, check after 15 minutes
Cool in Tin, refrigerate overnight
Cut into squares

Enjoy 😊

Tina's Tasty Treat

Please recommend Mona Vale Chiropractic Centre to your family and friends. Google reviews are always welcome

Did you know we stock Practitioner Only products from Metagenics and BioCeuticals?

This month we have a special on two of our most popular products Metagenics Inflammation Intensive Care is a new pain relieving formula specifically designed to deliver bioavailable anti-inflammatories like curcumin and boswellia to the body in order to decrease pain due to arthritis, and/or joint problems. These ingredients also have anti-oxidant activity in order to protect cells against oxidative damage. RRP \$29.95

And

BioCeuticals Ultra Muscleze Night provides a readily bioavailable form of magnesium Magnesium supplementation relieves sleeplessness, restlessness and excess nervous energy when dietary intake is inadequate. Magnesium supports muscle relaxation. Inositol and magnesium support healthy nervous system activity. Helps in recovery from muscle fatigue. RRP 52.95

10% off for the first product purchased and 15% if you buy any 2

If you have any other requirements from our practitioner only Brands We are happy to order them in for you



Introducing Zachary



Zachary is the newest addition to our team at Mona Vale Chiropractic Centre. Born and raised in Mona Vale, he loves the lifestyle of the Northern Beaches and understands what it looks like to be a part of the local community.

Zach graduated from Macquarie University with his Master of Chiropractic in 2022 and is also a member of the Macquarie University academic staff, teaching anatomy to aspiring Medical Professionals.

Zachary has an extensive sporting history, including playing at local clubs in rugby union, rugby league, soccer, and little athletics. His latest engagements are in ultimate frisbee! Zach has a strong interest in all-things sports, including helping patients recover from injuries acquired during their own sporting pursuits.

Zach has seen the benefits of Chiropractic care first-hand, having seen a Chiropractor since the age of 14, and knows the impact that Chiropractic can have on patients from all walks of life. His preferred treatment techniques include chiropractic adjustments, soft tissue work, and rehab exercises in order to help get patients back to their everyday activities and keep them functioning as optimally as possible!

Initially, Zach will be working at the clinic on Wednesdays and Fridays. He is also available at other times by request.

Pip's TIPS

SLEEP IS A VERY IMPORTANT PART OF EVERYONES RECOVERY

Here's a few tips to get the best out of your night sleep

- Try and get at least 7hrs sleep a night, 8 is optimal or even more
- Sleep in a cool darkened room
- Try to not look at screens an hr before bedtime (turn off social media)
- Try not to eat at least an hr before bedtime
- Avoid coffee in the latter half of the day
- When you wake up in the morning look outside into the bright light to help your body tune in to its circadian rhythm
- Taking a Magnesium supplement can also Help

Happy Slumber



Did you know?

Your GP can prescribe an Enhanced Primary Care Plan (for chronic conditions) which gives Medicare rebate for up to 5x Chiropractic visits.

Ask at reception for more details

Ph: 9997 5773 for an appointment