

APRIL-JUNE 2016: AUTUMN NEWS WITH AVC



Welcome Dr Jacinth!

Jacinth has previously worked in a busy suburban clinic in Brisbane for a few years, gaining practical experience before joining AV chiro in 2016. Jacinth has a holistic approach to health combining chiropractic with rehabilitation to meet the needs of her patients. When not adjusting she enjoys an active lifestyle and is keen on scuba diving and hiking.

Posture Posture Posture

The healthy curves of our spine develop early in life. They assist us to function and move efficiently, reduce the risk of injury (balance and shock absorption) and promote longevity.

It is very important that your child's development progresses unhindered by spinal and neuro-musculoskeletal problems. Early check-ups can address and correct issues before they create a bigger effect and allow peace of mind.

Kids Don't Always Bounce– Get them Checked!

A child has many physical stresses to deal with during their growing years, and problems in children's spines can occur at almost any point in their development and growth. Children have hundreds of falls, big and small, in their first few years of life. When injuries occur, some of them can have a lingering effect and they don't always grow out of it.

Problems can occur:

- During pregnancy (positioning)
- During labour and delivery
- Developmental milestones; rolling, crawling, standing, walking, etc
- All the bumps, falls, sporting injuries and challenges they work through along the way!



Does my child need a check up soon?

The sooner problems are corrected the sooner good function can be restored.

Some things to look for:

Children

- Uneven shoulders or hips.
- Poor posture.
- Muscle, joint pain or headaches lasting longer than 2 days.
- A significant fall or injury.
- Uneven shoe wear.

Babies

- Tilting or rotation of the head or hips.
- Non symmetrical flexibility/movement of limbs.
- Discomfort in any position.
- Difficulties with breast feeding.
- Irritability or poor sleep.



Autumn News with AV Chiro

Clinic News

- We would like to extend a very warm welcome to Iris, and to George and Emily who have joined us on the Front Desk!
- *A big farewell to Aidan after 10 fun filled years at AV Chiro! He is now off to practice at his clinic in Yeronga full time. We wish him the best of luck.*
- **Did you know ...** chiropractors look after more than just backs and necks! Head on over to our Facebook page to read more about how your joints can benefit from chiropractic care.



Get cooking for Autumn with AV Chiro! Pumpkin Pie Energy Bites

Ingredients

- 1 cup of pitted Medjool Dates
- 1/2 cup of pecans
- 1/3 cup of roasted pumpkin puree
- 1/4 cup of unsweetened coconut flakes
- 2 teaspoons of vanilla
- 1 teaspoon of cinnamon
- 1/4 teaspoon of nutmeg
- 1/4 teaspoon of ground cloves
- Pinch of salt

Method

1. Roast some sliced pumpkin in the oven at 180°C until soft—remove, and mash to form 1/3 cup of pumpkin puree.
2. Place dates into a small bowl and cover with water. Let soak for 10 minutes, then drain.
3. Place the pecans into a food processor and pulse until finely ground. Add in the rest of the ingredients, including the soaked dates. Pulse until combined. Adjust the spices to taste. Refrigerate for 30 minutes to chill.
4. Use your hands to form the dough into small balls. Store in the fridge in an airtight container. Enjoy!

Fees for 2016

There will not be any fee increases at this stage. However, for third party payments such as EPC (Medicare) and Workcover there will be a gap payment applicable to meet our regular fees. For more information, please ask one of our staff members.

STAFF NEWS

Andrew has found tomatoes are now his new passion—ask him about his bumper crop!

Mark is looking forward to his trip to Ballina after Easter.

Matt is having fun moving house, and is off to his brother's wedding in America.

Louise has finished her sailing course, and is now looking for a crew and a boat.

Nick was off enjoying his holiday when this newsletter went to print—we're sure he's having a ball!

Kara is studying hard and is about to leave us temporarily for a long prac.

Kate is busy continuing her study.

Libby is looking forward to cooler weather so she can go kayaking on the river.

George just finished his first triathlon, and is now thinking about doing a half ironman.

Emily is loving living in Brisbane, and had a great trip home for Easter.

Iris just came back from a great trip to Lightning Ridge.

We understand that there are emergencies at times, but we appreciate 24 hours cancellation