



DECEMBER—JANUARY 2016/2017: Xmas News with AVC

Visit the clinic in the month of December to go into the draw to win a Christmas Hamper!

Did you know we do corporate talks?

If you think your workplace might benefit from a visit from one of our chiropractors let us know! We can offer group presentations covering a variety of topics regarding health, wellness and overall wellbeing in the workplace and in life. We offer our talks to businesses of all sizes and can also offer complimentary individual spinal screening. If you or your workplace are interested to find out more feel free to give us a call!



Pregnancy and Chiropractic

One of the most common symptoms experienced by women during pregnancy is low back pain. It is so prevalent that when mentioned to your GP or obstetrician it can be reassured that it is just part and parcel of being pregnant. Pain, however is not normal and when experienced during pregnancy it is no different. In fact, it's your body signalling your brain that something isn't sitting quite right: be it joint irritation, muscular imbalance or inflammation.

Pregnancy pain may be alleviated by chiropractic manipulation and when combined with exercise it is extremely effective.

Is it safe?

Chiropractic manipulation is safe to be performed on all areas of the spine during pregnancy. As your body changes, modifications to the adjustments are made to adapt to them. Based on your chiropractor's assessment, gentler techniques could also be utilised as hormonal changes could affect the way your body responds to and handles pain. If you're interested in finding out more have a chat to your chiropractor at your next appointment.



REFERRALS

Remember each time you refer a new client your name will be placed into our monthly draw to win a range of great prizes!

The more people you refer the more chances you have of **winning!**

Fees for 2017

Due to Andrew's limited availability next year his fees for a regular adjustment will be increased to \$70. A regular adjustment with our other chiropractors will remain at \$65.

A reminder that a \$30 fee applies to any missed chiropractic and massage appointments.



Clinic News

- ◇ We would like to extend a very warm welcome to Meg who has joined us at the front desk. You would have seen Meg's smiling face before as she has worked with us previously. Be sure to say hello next time you are in!
- ◇ We will be open over the Christmas and New Year period. Get in quick to book your preferred appointment time now

Paleo Shortbread Cookies

(Makes 8)

Ingredients:

- 1/3 cup coconut flour
- 4 T grass-fed butter
- 1 T maple syrup
- 1/4 t vanilla extract
- 2 T dark chocolate chips (optional)



Method:

1. Preheat oven to 160°C.
2. Cut butter in with the coconut flour using a pastry cutter or two knives, until the butter turns pea-sized.
3. Add in maple syrup and vanilla extract and cream them into the dough until a smooth dough is created.
4. Divide dough into eight even amounts. Roll each piece into a ball, place on a baking sheet, and gently flatten with the back of a fork.
5. Bake for 6-8 minutes, watching carefully so they don't burn.
6. While the cookies are baking, melt the chocolate chips over a double boiler, or in the microwave on 50% power for 1-2 minutes, stirring frequently. Pour the melted chocolate in a small plastic bag or piping bag. Once the cookies are naked and mostly cooled, drizzle the chocolate over the cookies. Allow the chocolate to harden before enjoying!

Christmas Opening Times

We will be open our normal hours leading up to Christmas.

Christmas Eve:	Normal Hours
25/12 — 27/12:	Closed
28/12 — 31/12:	Normal Hours
01/01 — 03/01:	Closed
04/01 onwards:	Normal Hours



From the team at Andrew Vincent Chiropractic, we would like to wish you a very Merry Christmas and a safe and Happy New Year!

STAFF NEWS

Andrew is looking forward to making it to 54— first Vincent in three generations to do so!

Mark is looking forward to his trip to Japan with the family

Matt is looking forward to time away in Burleigh & Kingscliff over Xmas

Jacinth is pumped for a busy period of work over Xmas

Nick is looking forward to working between Xmas & New Years for the first time in 10 years

Louise is excited to have Eli home from Melbourne over the holidays

Kara had a relaxing time in Bali & is looking forward to going to Newcastle for New Year.

Kate is looking forward to a study break & Christmas!

George -Adios Amigo!

Iris has relocated to the Sunshine Coast and is enjoying her new lifestyle

Jasmine is excited to be continuing her Diploma of Remedial Massage Therapy in the New Year.

Jess is excited about going camping over the New Years break.

Meg is excited about her trip to Japan in January

Whilst we understand that there are emergencies at times, we do appreciate 24 hours notice for cancellation of appointments, if possible.