

NOVEMBER-DECEMBER: CHRISTMAS 2015 NEWS



Visit the clinic in the month of December to go into the draw to win a **Christmas Hamper** worth over \$400

Posture and Spinal Health

Just as foundations of a house need to be strong, we need a good stable posture to prevent injury. We have 33 bones (vertebrae) in our spines, which are stacked in a unique way. Each bone is connected to each other by joints and discs. In this way the spine has great flexibility and mobility. When our spine is



properly aligned, the force placed upon it from our movements and gravity is distributed equally keeping our bodies balanced, maintaining wellbeing and assisting in injury prevention. In addition to regular chiropractic care, the simple act of maintaining good posture can play a vital role to also achieving and maintaining optimal spinal health.

Poor posture arises for two main reasons:

Tight Tonic Muscles — Your tonic muscles are responsible for holding your posture. They can constrict and tighten making it more difficult to achieve and maintain correct posture. You need to stretch these muscles to increase your range of motion so that you can improve your posture.



Weak Phasic Muscles — Your phasic muscles are used for dynamic movement. They can weaken and lengthen, making you more prone to slouching. You need to strengthen them so that your neck and back can maintain proper posture all day.

To offset our modern lifestyle, we need to actively care for our postural muscles. The **Posture Medic** is a product that was created for the purpose of assisting us to stretch, strengthen and stabilize our tonic and phasic muscles in order to correct poor posture and maintain spinal health. Just wearing the Posture Medic for 15 minutes a day can retrain your postural muscles. Ask us at your next appointment about sizing and how the Posture Medic may be able to assist you!



Stretch



Strengthen



Slide the Posture Medic over shoulders.



Adjust for comfort.

Stabilize



Merry Christmas and Happy New Year!



Clinic News

- We would like to extend a very warm welcome to Libby who has joined us as a Chiropractic Assistant
- Dr Aidan McGuigan will be on holidays from 21st December 2015 and will be returning 11th January 2016

*** **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 fee.

2015 Christmas Recipe Paleo Rum Balls

(Makes approx. 22 balls)

Ingredients

- 1 Cup Almond Meal
- 1 Cup Medjool Dates (pitted)
- 1/2 Cup Shredded Coconut
- 2 tbsp Coconut Oil
- 1/2 cup Cacao
- 1 Shot Rum (optional)
- Extra Coconut for rolling

Method

Place all ingredients into a blender.
Blend until all ingredients are combined.
Roll combined ingredients into small balls then roll in coconut.
Leave to rest in the fridge.
Enjoy!



STAFF NEWS

Andrew won't know what to do with himself when the clinic closes over Christmas for the first time in 30 years. He is also looking forward to seeing Eli in December.

Mark is looking forward to a week up the coast over Christmas

Aidan is powering into three weeks off over Christmas.

Matt is back swimming and loving it.

Louise is devastated but proud that Eli has had his scholarship extended and will be away for another 12 months. She is also enjoying uni being over.

Kara had a fantastic time in New York and is glad uni is over for another year.

Kate is looking forward to her European winter get-away.

Isaac is happy to have gotten through and finished his first year of his Masters in Architecture.

Libby has finished her degree and is looking forward to spending time in the sun



Christmas
Opening times

The clinic will be closed over the Christmas and New Year period.
We will be closing 2pm
Thursday the 24th December
and reopening Monday
4th January 2016.

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

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