



## July 2018

NEWS WITH AVC

### Chiro for back pain...it's beginning to click!

Back pain is now the leading cause of disability worldwide!

Chiropractic care is a safe and effective form of treatment for this global epidemic. There is a need for Health Practitioners to recognise the increasing concerns for back pain and evaluate how best to manage each case.



People need to know that long term back pain is the main reason for early retirement, costing injured workers 4 years of employment and 200k in savings.

Back pain sufferers need support and understanding as they manage their condition with exercise, spinal manipulation, and education to become much more involved in self-management. Start the discussion, seek out care, ask a mate...there is no need to suffer through back pain any-more! Chiropractic can effectively help to manage Back Pain and support an earlier return to work. Ask your Chiro today about your spinal health!



Check out our latest blog post for more information and a range of other health topics!

[www.avchiro.com.au](http://www.avchiro.com.au)

### AV Chiro's Random Acts of Fitness

Exercise and stretching are two of the best things you can do for your spine, but many people find it almost impossible to fit it in to their busy schedule!

Here are a few quick ideas that you can easily work into your daily routine to get you moving. Better still, see your Chiro for a customised and more effective plan!

Always consider whether you can use the stairs instead of the lift.



Get off at a stop further and enjoy the longer walk to work.



Start an office challenge for how many half push-ups can be done in the day!

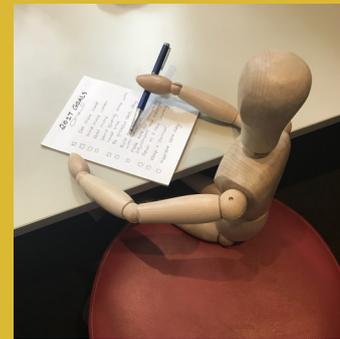
## Why we do update forms...

At AV Chiro we are committed to providing you with exceptional chiropractic care to get you moving and feeling better. In order for us to do so we require an updated health history if you haven't been to see us in 6 months, or more. Anything from tripping over on a run to being in a car crash needs to be brought up with your chiropractor.

This is why chiro's ask so much about how, when, what, where, timing, and whether the pain is new or a return of previous patterns.

If you do have health changes that could be sinister, and you may have been seeing other specialists for, this is also important information for your chiropractor to know.

As long as we have updated health records, we can change our methods accordingly and get you back to feeling your best self.



## STAFF NEWS

**ANDREW** is training for a half marathon in August and learning night fly-fishing!

Ask **MARK** how to save \$60 a year on fuel .

**MATT** is off to Mooloolaba at the end of the month for some quality time with Mila!

**NICK** is excited to celebrate after reaching our patient goal in May!

**KATE** will be back full time for Katalyst Nutrition.

**LOUISE** is getting back into the swing of things after travelling with Eli.

**KARA** is happy to be back with the AVC team.

**JASMINE** is looking forward to exploring her new suburb after moving house.

**SARAH** wants everyone to know she's a size 10 for her upcoming birthday.

**MICHELLE** is looking forward to another term of uni!

**OLLIE** is excited to start Uni placement.

**ELI** is eagerly awaiting for good news after his audition in Germany!



## Sweet Potato Shepherd's Pie

Jasmine made this recently and said it was the perfect Winter warmer!

### Ingredients

- 1 tbsp. olive oil
- 500g beef mince
- 1 brown onion, finely chopped
- 3 cloves of garlic, finely chopped
- 1 carrot, peeled & finely chopped
- 2 celery stalks, finely chopped
- 600g sweet potato, peeled & chopped
- 2/3 cup frozen peas
- 1 teaspoon thyme (or herb of choice)
- 400g can crushed tomatoes
- 2 tsp. Worcestershire sauce
- 2 tbsp. tomato paste
- 1/4 cream
- 20g butter
- 1/3 cup grated cheese

### Method

- 1) Heat oil in frying pan. Add onion, garlic, carrot, and celery cooking for 3-4 minutes until onion has softened. Add mince and break up finely with spatula. Cook for 5 minutes until mince is browned.
- 2) Add Worcestershire sauce, tomatoes, tomato paste, and herbs. Bring to the boil. Reduce heat to low and let simmer for 20-25 minutes or until thickened. Stir in peas. Preheat oven to 180° C/160°C fan forced.
- 3) Meanwhile, cook potato in a saucepan of boiling water for 8 minutes or until just tender. Drain. Return to pan. Add milk and butter. Mash until smooth. Spoon beef mixture into a 5cm-deep, 6 cup-capacity ovenproof dish. Top with potato mixture. Sprinkle with cheese. Bake for 30 to 35 minutes or until golden. Serve.

Whilst we understand that circumstances can change, we do appreciate 24 hours notice for cancellation of appointments, if possible.

### Clinic News

- Kara is back from Maternity Leave!
- Matt is away from the 23rd to the 29th of July