

JULY-SEPTEMBER 2016: WINTER NEWS WITH AVC

FRACTURES

A persistent problem

Calcium deficit is a consistent nutritional issue in the population despite constant reminders to increase dairy to combat osteoporosis. Accidents due to fractures remain the number 1 reason for hospitalizations and deaths in adults over the age of 65.

But apparently drinking more milk may not be the solution. Studies actually show that increasing milk intake also increased risks of bone fractures.

If milk isn't necessarily an ideal source of calcium, what is? Interestingly, fracture risks decreased by as much as 3 times from drinking **NO MORE** than 1 glass of milk **AND** eating more cheese, yoghurt and other fermented milk products.

Human hunter-gatherers consumed most of their calcium in the form of **bones**. So include animal bones in cooking (sardines, salmon, chicken bones, bone broth) as that provides an effective alternative for proper calcium intake, even more so than calcium supplements.

Increasing protein intake also has a positive effect of your body's ability to take in calcium. This is especially relevant for **vegetarians/vegans** who generally **have poor calcium absorption** due to the high intake of oxalic/phytic acid found in grain and legume products.

In a nutshell:

- Eat more real food! Ditch your calcium pills and load up your grocery bags instead with good food.
- Look at other sources of calcium other than milk! Yoghurt, cheese, leafy greens, sardines and almonds are only a few great examples.

Turn to the back page for our delicious calcium-rich bone broth recipe!

Missed Appointment Fee

Unfortunately due to the increasing number of patients missing their scheduled chiropractic appointment we will now be issuing a **MISSED APPOINTMENT FEE OF \$30.**

The missed appointment fee for **massage appointments will also be increased to \$30.**

Please be aware that this fee does not attract any health insurance/Medicare rebate (if applicable).



TWO SCREENS AT WORK

Why is it bad for you?



Dual screens are bad, but why? Having two monitors at work, which seems inevitable these days, forces one to sit farther away so you don't have to keep swivelling your head left and right throughout the work day. But being further away means squinting more (which strains your eyes) and having to crane your neck more (which hurts your neck and gives you headaches).

What's the best thing to do? Simply move more!

Regularly stretching your neck increases circulation and muscle range of motion. It interrupts the muscular defence response to stress and decreases bad things like tension, pain and general crankiness.

Get an ergonomic evaluation

Have your workplace ergonomic officer look at your setup! Or alternatively, talk to us about what other options there are to help make sitting at work a lot less strenuous.

STRETCHING EXERCISE

FEEL THE DIFFERENCE RIGHT AWAY
Challenge yourself & do these for 8 seconds each while at work.



Ok, so you've ticked all that's on the ergonomic/stretch checklist but your neck still hurts. Now what?

Bad posture from sitting can do a lot more than just stiffen up your muscles—it also stresses your spinal joints eventually leading to disc problems, nerve pain, or other more severe problems.

Seeing your chiropractor and getting a proper assessment will get you to the crux of your problem and determine which lifestyle factor is the biggest contributor to your problem.



Clinic News

- We now stock a new fibroplex flavour, Lemon Lime!
- Jacinth has settled in well at the clinic, thank you to everyone for making her feel welcome!
- Make sure you check out our Facebook page to keep up to date with the latest news, tips and recipes.



Jump on the cooking fad bandwagon with AV Chiro!

The heart of all good soups and stews:

BONE BROTH

Ingredients

Makes 3-4 litres

- 2-3 kg beef bones, chicken carcasses, lamb bones (usually free from the butchers) or use the saved bones from your Sunday roast
- A generous splash of apple cider vinegar/fresh lemon juice (optional – this can help to extract the minerals from the meat bones)
- 2 handfuls of onions, leeks, carrots or celery ends, spring onions, garlic - any leftover vegetables from the fridge can be used
- 1 tbsp black peppercorns
- A few dried bay leaves
- Himalayan or Celtic sea salt to season

Method

1. Place the bones and all optional ingredients into a large stainless steel/ceramic cooking pot and cover with cold water. The water level should cover the bones by 5 cm while still leaving room at the top of the pan.
2. Cover with a lid and bring to the boil. Reduce the heat and simmer, lid on, for at least 6 hours for chicken and 12 for beef or lamb, skimming off any foam that rises to the top. The longer the bones simmer, the more nutrients are released.
3. Strain the liquid, using a fine mesh strainer for poultry bones. Use immediately or leave to cool before storing (preferably in glass/ceramic).

Tips

- Use a slow cooker. Leave on high overnight for 12 hours or more.
- Fresh chicken carcasses from the butcher have a fair amount of meat on them. Poach the carcasses for 20 minutes and pull the meat off (save it for another meal!) before returning them to the pot and continue simmering.

NO TIME?

Visit and like Andrew Vincent Chiropractic on Facebook to get a quick and easy bone broth-based Chicken, Lemon and Mint soup with Buckwheat recipe!



STAFF NEWS

Andrew has rediscovered the joys of trail running – it improves your concentration and strains muscles you didn't know you had.

Mark and his band recently played down in Tenterfield in 2 degree temperatures brrrr...

Matt is about to get his first dog.

Jacinth won free burgers every week for a year! We hope she doesn't pack on the pounds too much.

Nick can now be found on Google Maps under 'Remedial Massage CBD'. He would love it if you could look him up and write him a review (hopefully positive!)

Louise was enjoying a well deserved holiday at the time this newsletter was written. We hope she is enjoying herself!

Kara is busy getting ready for another semester at uni after having 6 months off.

Kate is keeping busy with her study.

George represented QLD against WA in a state AFL representative match. It went really well... until he pulled his hamstring 15 mins in.

Fees for 2016

Visits covered by third party payments such as EPC (Medicare) and Workcover will incur a gap fee to meet the rate of our regular fees. For more information, please ask one of our staff members.

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