



NOVEMBER 2017

NEWS WITH AVC

WORLD SPINE DAY 2017

On October 16th each year, communities come together to recognise World Spine Day (WSD) and raise awareness for spinal disorders. WSD is an initiative by the Global Alliance for Musculoskeletal Health that empowers people to take charge of their spinal health and

AV Chiro is here to help you along the way!

This year's theme was **'Your Back in Action!'** Whether it be at work or in our personal lives, focusing on the importance of healthy spinal posture and activity that promotes body awareness can help to minimise the day-to-day wear and tear on the spine.

Here's to another year of keeping 'Your Back in Action' with a little input from your Chiro...

Spinal pain can have a significant impact on an individual's ability to work, carry out every day tasks, and on their overall health and wellbeing.

Tell-tale signs that it is time for a check up:

- Morning low back stiffness
- Monday pain after weekend chores & activities
- Back pain after more than 30 minutes in the car
- Back pain with coughing, sneezing or lifting

Low back pain is the single leading cause of disability worldwide.

REFERRALS

Do you know anyone in need of Chiropractic care?
Would you like the chance to win a prize each month?

Each time you refer a new patient your name goes in the monthly draw to win a range of great prizes!

The more people you refer the more chances you have of winning...





Katalyst Nutrition

For more delicious, quick, easy and healthy recipes or if you are interested in a consultation check out our resident Clinical Nutritionist's website and social media!

www.katalystnutrition.com.au

SATAY CHICKEN & VEG

INGREDIENTS

- 600g chicken breast (cut into bite size pieces)
- 3 cloves garlic, minced
- 1/2 red capsicum, sliced
- 1/2 broccoli, chopped
- 2 zucchinis, chopped
- 2 tbsp butter or ghee
- 2 tbsp olive oil
- salt and peppers
- 3/4 tsp chilli flakes (optional)
- 1 cup chicken broth or stock
- 1/2 cup natural peanut butter (crunchy or smooth depending on preferred texture)
- 4 tbsp soy sauce or coconut aminos
- cauliflower rice or basmati rice, to serve

METHOD

- 1 Season the chicken with salt and pepper.
- 2 Heat wok or skillet over medium-high heat, add butter and olive oil.
- 3 Add the chicken and sear for 5-10 minutes, browning on both sides.
- 4 Reduce heat to medium-low and add the veggies and garlic - saute for 5 minutes.
- 5 In a mixing bowl combine stock/broth, peanut butter, soy sauce/coconut aminos, and chilli flakes. Whisk until well incorporated.
- 6 Pour sauce over chicken and veggies. Bring to a boil over medium-high heat, then reduce heat to low and let simmer.
- 7 Let simmer for 5 minutes stirring frequently.
- 8 Serve with Basmati rice or cauliflower rice.

