



SEPTEMBER 2017

NEWS WITH AVC

Spring back to your best!

Spring is the season of new life. What comes to mind when you hear the word "Spring"? Flowers, sunny days, baby animals, jacaranda trees in bloom, pelvic floor exercises...

Ok, maybe *not* pelvic floor exercises but we're here to tell you how important they are...

Pelvic floor muscles (PFM) are often talked about but a survey recently conducted on 633 Australian women revealed that 20% of them have never heard of pelvic floor muscles or what they do!

PFM supports the organs contained within your lower abdominal, specifically your bowel, bladder as well as the uterus in women. It works by controlling the bladder as well as pushing babies out during labour, which is why 1 in 4 women tend to experience bladder problems after childbirth.

The levator ani is an integral part of the PFM and is particularly involved in labour, as it is the muscle responsible for stretching as a baby's head passes through during the second stage of labour.

Why do PFM exercises?

Because the muscle can stretch up to 3 times its normal length during labour, it is easily damaged during vaginal childbirth which is a common cause for leaky bladders post birth. It also can in some cases, give you pelvic pain.

PFM exercises have been shown to help with incontinence, but research has shown that when paired with squats, it is even more effective.

How do you get them working?

They can be located by stopping your urine stream in the bathroom.

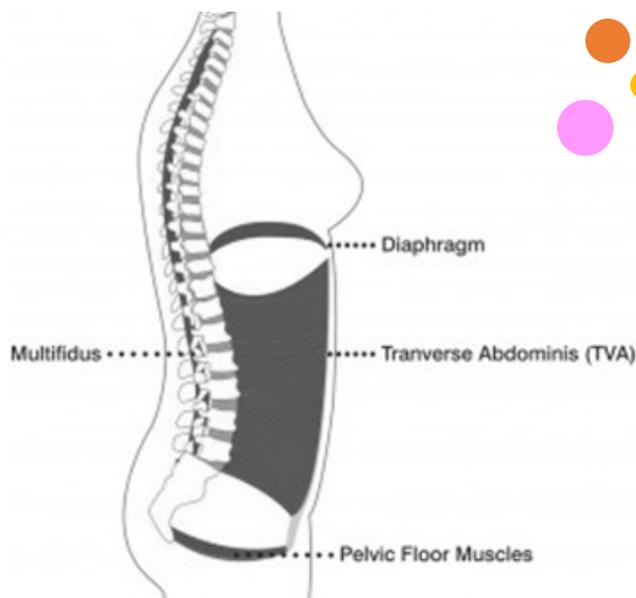
Practice engaging these muscles. Take care not to tuck your tailbone in too much as it prevents your PFM from switching on properly.



Squat!

Once you figure out how to activate the pelvic floor muscles, get them to switch on and incorporate them into a **squat**. Linking a squat whilst keeping the PFM active allows them to move together which is what retrains them to work together.

1. Get into a squat position
 2. Switch on your pelvic floor muscles
 3. Inhale and slowly lower into the squat
 4. Hold for 3 seconds
 5. Exhale and slowly rise
- Repeat 10 times daily.



Introducing Katalyst Nutrition

Kate Jeffries will be our resident Holistic Nutritionist and Mind/Health Coach - Watch this space for more information coming October 2017 and be sure to check out her website in the meantime.

<http://www.katalystnutrition.com.au/>



MOROCCAN PEARL COUSCOUS SPRING SALAD

INGREDIENTS

| | |
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| 2 Cups pearl couscous | 1 Cup pomegranate seeds |
| 1 Tbsp. olive oil | 2 Oranges, sliced up |
| 2 Tbsp. Moroccan seasoning | 150g Baby spinach |
| 4 Cups of veggie stock (or bone broth if not vegetarian) | 1 Cup sultanas/currants/goji berries |
| | Salt and pepper to taste |

METHOD

1. Heat fry pan over medium heat. Add the olive oil and once hot add the pearl couscous . Toast the couscous for a minute or so then add the stock and Moroccan seasoning. Bring to simmer and then turn down the heat to allow it to cook for 10-15 minutes, until stock is absorbed and couscous is Al Dente.
2. Remove from the pan into large bowl to chill.
3. Add orange, baby spinach, berries, and pomegranate and stir through.
4. Optional to garnish with your choice of protein or cheese! (Our recommendation is feta and shredded BBQ chicken, Yummo!)



CLINIC NEWS

- Brisbane festival is back from 09—30th of September!
- Kate is leaving the front desk and will be up and running as our resident nutritionist from October. YAY!
- Mark and Nick will both be away for the last week of the month.

STAFF NEWS

Andrew was thrilled to complete the Bridge to Brisbane 10km in under an hour

Mark is going down the coast at the end of the month.

Matt can't believe that Mila is 6 months old already!

Jacinth is keen to do more camping this Spring.

Nick will give a free massage to anyone who can stop the preacher outside his window.

Louise is looking forward to her surprise birthday trip *hint hint*

Kara is very excited to find out that she is expecting a little boy!

Kate is excited to see you at your nutrition appointment!

Jasmine is excited for Spring 🌸

Sarah is excited to have joined the team

Ollie is happy with the warmer weather for his surfing trips 🙌

Michelle is busy prepping for her Chiro exams.