

# MARY ANNE LOWERY CHIROPRACTIC

## Newsletter

**“Why wait? – Feel better NOW!”**

Quote by B. J. Palmer:

*“The power that made the body heals the body.”*

### **Our Clinic Hours Are:**

Mon/Tues/Thurs: 8.00am- 12.00pm  
2.30pm- 6.00pm  
Wed: 2.30pm- 7.00pm  
Fri/Sat: 8.00am- 12.00pm

**Ph: 47 21 21 43**

No referral necessary  
On the Spot Healthcare Rebate  
EFTPOS available  
Parking at Rear  
Free Blood Pressure Checks

**Remedial Massage Payments are Cash or Chq ONLY!**

### **Get Fit and Healthy!**

Mary Anne Lowery recommends walking as part of your daily routine! You can do it by yourself, with friends and family and even take the dog along! The benefits are:

- lower cholesterol
- lower blood pressure
- improves overall fitness
- it is mentally relaxing
- it is good weight management
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These helpful hints will help you get the BEST results!!

- Walk on a flat surface, such as a path or oval
- Wear a good pair of joggers with arch support
- Keep your arms moving and hold in those tummy muscles and buttocks!!!!

So rug up and hit the streets today and walk your way to better health!

### **School Holidays are Upon Us!**

Children are always excited and look forward to school holidays...but they are not always that relaxing for mum and dad!

Long trips in the car, new adventures, heavy bags, different beds and pillows, can all stress our bodies and cause our spines to misalign. This can result in neck and back pain, and headaches. Make the most of your holidays and take the opportunity to get the whole family checked by your Chiropractor.

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



### **Did you Know...?**

**Have you ever had a minor motor vehicle accident? Did you know that you can get ‘whiplash’ from a simple fender bender? Even collisions at 5-10km per hour generate enough force to damage the bones, ligaments and muscles of our necks.**

**Pain is not always present and symptoms can often take several weeks to show up.**

**These include difficulty concentrating, muscle aches, pins and needles, headaches, blurred vision, fatigue and irritability, neck, shoulder and back pain.**

**Early detection and Chiropractic care can help to restore function to the spine, reduce inflammation, aid in tissue repair and reduce symptoms. If you have recently had an accident be sure to make an appointment today!**

## Food For Thought!

Digestion consumes more energy than almost any other biological process. WHAT, WHEN and HOW we eat all impacts our health and well being.

We have all heard we should have a good breakfast to kick start our day, as good nutrition provides your body with fuel for repair, energy, it helps you to think better AND compliments your Chiropractic Care.

Unhealthy choices, such as chocolate, alcohol, excessive sugar and too much red meat can overload the nervous system, causing spinal misalignment and dysfunction. These choices place your body under increased stress and may also cause indigestion, bloating, fatigue and unclear thinking.

Chiropractic helps to restore spinal function, reducing local discomfort and ensuring a clear pathway for information exchange. So, along with watching what we eat, remember to have a regular check up with your Chiropractor!!



## The Benefits Of Massage

Massage Therapy is extremely beneficial to people leading busy lifestyles suffering from what is now commonly encountered – work related stress!

Massage will not only aid in mental relaxation but will work on physical symptoms of back and neck pain that comes from sitting at a desk or from physical labour.

Remedial Massage is also used to treat a wide range of disorders such as: insomnia, muscular tension, headaches and migraines, repetitive strain injury, depression, arthritis, pregnancy aches and pains, spondylitis, frozen shoulder, whiplash, sport and dancing injuries.

Massage can also help to improve your general health and wellbeing, it stimulates the blood flow to remove toxins in the body and improve circulation and lower blood pressure, calming of the peripheral nervous system and the repairing of tissues.

In our clinic we offer both Massage and Chiropractic and we have found that the most powerful healing effect is to combine the both.

Ask about our "HOT STONE MASSAGE" for winter!!!

### Warming Winter Recipe -- Beef and Vegetable Stew

#### Ingredients:

1tbs olive oil  
1 med. red onion finely chopped  
2 garlic cloves, crushed  
800g beef chuck steak, cubed  
2 large carrots, roughly chopped  
2 celery sticks, roughly chopped  
1 large zucchini roughly chopped  
1/3 cup red wine  
2 tbs plain flour  
2 tbs tomato paste  
2 x 410g tin diced tomatoes  
2 cups beef stock

#### Method:

Heat oil in pan over high heat, add onion. Cook, stirring until onion soft, add garlic. Add beef, cook for 5 mins until browned. Add carrot, celery and zucchini. Cook, stirring for 3 mins and add wine. Bring to the boil, add flour. Cook, stirring for 1 min, add tomato paste, tomatoes and beef stock. Bring to the boil. Cover and simmer for 1 hr, or until meat and vegetables are soft.

Serve with hot crusty bread, or on mashed potatoes.