

# MARY ANNE LOWERY CHIROPRACTIC

## Newsletter

“Choosing health – *naturally*”

Quote by B. J. Palmer:

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

### Our Clinic Hours Are:

Mon/Tues/Thurs: 8am – 12pm  
2.30pm - 6pm  
Wed: 2.30pm – 7.00pm  
Fri/Sat: 8am – 12pm

**Ph: 47 21 21 43**

No referral necessary  
On the Spot Healthcare Rebate  
EFTPOS available  
Parking at Rear

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



*Mary Anne Lowery and Staff would  
Like To wish ALL our patients and  
Their Families a very  
Merry Christmas and  
A Safe and Happy New Year!!!*



### CHRISTMAS & NEW YEAR CLINIC HOURS

Thursday 24<sup>th</sup> Dec – CLOSED  
Friday 25<sup>th</sup> Dec – CLOSED  
Saturday 26<sup>th</sup> Dec – CLOSED  
Monday 28<sup>th</sup> Dec – CLOSED  
Tuesday 29<sup>th</sup> Dec – OPEN  
(Susan working)  
Wednesday 30<sup>th</sup> Dec – OPEN  
(Susan working)  
Thursday 31<sup>st</sup> Dec- CLOSED  
Friday 1<sup>st</sup> Jan – CLOSED  
Saturday 2<sup>nd</sup> Jan – CLOSED

We will re-open as normal  
from Monday 4<sup>th</sup> January  
2010

(Susan working)  
Mary Anne will return  
Monday 11<sup>th</sup> January 2010

### UPCOMING NEWS

\* CHECK OUT OUR WEBSITE: [www.malchiro.com.au](http://www.malchiro.com.au)



## *It's That Time Of Year Again!!*

*With Christmas only around the corner it can be a very stressful time of year for most! Before we can relax and spend time with loved one's, there's a rush to get everything done – shopping, work deadlines, decorating and preparation for the masses!*

*To ensure you place the LEAST amount of wear and tear on your body AND mind this year, remember these helpful hints:*

- *wear sensible shoes, especially when shopping-many spinal problems stem from the feet*
  - *Don't lift items that are too heavy – ask for help!*
- *Schedule some time in to see your CHIROPRACTOR, or make an appointment for a Remedial Massage – the physical, emotional and mental stress can all impact our health and wellbeing.*

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### **LOOKING FOR THAT GREAT CHRISTMAS GIFT?**

*Why not give the gift of good health and purchase a Remedial Massage Gift Voucher or one of our healthy Gift Packs!*



## **Festive Recipes!**

### **White Christmas**

Combine in a bowl: 1 cup of powdered milk, 1 cup of icing sugar, 1 cup of rice bubbles, 1 cup of coconut and 1 cup of mixed dried fruit. Melt 250grams cocola and mix with the dry ingredients. Press into a small slab tin and allow to set. Cut into fingers.

### • **Rum Balls**

- 1 packet plain biscuits (Nice, Arrowroot or Wheatmeal Biscuits)
  - 3 tbsps cocoa powder, sifted to remove lumps
    - 1/2 cup desiccated coconut
    - 1 can sweetened condensed milk
      - 2-3 tbsps rum
  - 1 cup extra coconut (for rolling finished balls in)

Finely crush biscuits in a food processor. Add cocoa powder, coconut, sweetened condensed milk and rum to crushed biscuits. Combine all ingredients well. Take large teaspoons of mixture and roll into balls using your hands, then roll balls in extra coconut to coat. Place in a single layer on a baking sheet put in freezer. Makes approx 30-40 balls.