

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 CHEQUE ONLY!**

Spring Is In The Air!

Top tips for gardening:

- Remember to “warm up” before doing any activities such as light arm, leg and back stretches.
- Always cool down after you have finished by repeating the stretches.
- Remember to watch your posture and technique when doing gardening or yard work, always making sure you bend at the knees and keep your body balanced.
- Alternate your stance and movements as often as possible to keep the muscles warm and avoid cramps, aches and pains.
 - Cover up! Hat, sunscreen and sunglasses!

Make your Chiropractic appointment to get your mind AND Body in shape to make your weekends outside more enjoyable!!!

www.malchiro.com.au

It's that time of year
again.....

With Christmas time just around the corner, why not give the gift of good health this year.

Remedial massage vouchers are a perfect gift for that special someone or..... treat yourself!

Did you know.....?

Styling your hair tightly can lead to neck pain & headaches. Let your hair down, try a low pony, or a clip for a new look!

Chiropractic looks for the cause of the problem and is highly effective in treating all types of headaches!

Did you know...?

“A person without a sense of humour is like a wagon without springs; jolted by every pebble in the road”



Thought of the day!

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity. It turns problems into gifts, failures into success, the unexpected into perfect timing, and, mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”

Melodie Beattie - Writer

Spring Into Summer!

During the colder months we accumulate more toxins in our bodies, as we spend more time indoors. Summer is the body's natural time for cleansing and detoxification. These ideas will brighten your complexion, strengthen your immune system and cleanse your body!

Treat your tastebuds: with delicious spring vegetables and seasonal fruits. Also try cooking with spices like coriander, fennel, cumin and turmeric to enhance digestion and brighten your skin.

Drink plenty of pure water: 6-8 glasses daily to help flush out toxins. Adding lemon juice to water can add antioxidants and support the detoxifying actions of our kidneys, liver and colon.

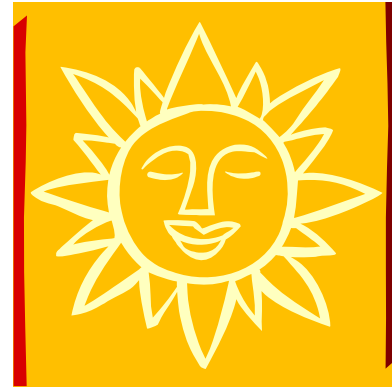
Get your body moving: gentle exercise, even if only for 30 seconds, will help prevent blood and lymph, from stagnating. Try walking, stretching, yoga or Tai Chi.

Try dry skin brushing: this can produce great benefits, not just for your skin, but your overall wellbeing. Use a natural brush or loofah, make small light circles on your bare skin, starting at your feet and working towards your heart. This can remove dead skin, increase blood flow, and increases lymph circulation which boosts the immune system.

Set personal goals: whether it's starting a hobby or saving for a holiday, setting realistic goals is important in helping you focus on an end point. Make a plan, write it down and reward yourself for reaching milestones along the way!

Stop and smell the tulips: even if you don't know how to meditate, one of the most valuable principles is to live in the present. Appreciate nature and all it has to offer, as being outdoors can benefit both your physical and mental health.

Start the day with a smile: Thinking positive thoughts, or forging a smile as soon as you open your eyes can have a profound influence on how you feel throughout the day.



Super Foods For Summer!

“Superfood” is a term used to describe foods that offer additional health benefits beyond general nutrition. They are generally low in calories, saturated and trans fats and refined sugars. They are high in fibre, vitamins and minerals, they contain omega-3 fatty acids and contain phytonutrients that have potent antioxidant properties.

The Top 10 “superfoods” this summer are:

1. Blueberries:
2. Salmon
3. Spinach
4. Tomatoes
5. Yoghurt
6. Herbs
7. Flaxseeds
8. Asian leafy greens
9. Cinnamon
10. Chillis

If you want to eat your way to good health this summer, be sure to consume a healthy balanced diet that includes many “superfoods” daily.

Summer Chicken Salad Recipe

- 750g chicken breast fillet, trimmed
- 440g can pineapple pieces in natural juice
- 4 sprigs thyme
- 1 tablespoon olive oil
- 1 small brown onion, finely chopped
- 1 tablespoon mild curry powder
- 1 tablespoon mango chutney
- 1/2 cup whole-egg mayonnaise
- 1 butter lettuce, trimmed, washed, dried
- 1 mango, peeled, cut into thin wedges
- 1/2 cup macadamia nuts, roughly chopped

Place chicken, one layer in a frying pan. Pour pineapple juice over chicken and set pineapple pieces aside. Add thyme, bring to boil then cover and simmer for 10mins.
Set aside to cool, remove chicken and save ¼ cup poaching liquid.
Slice chicken diagonally.
Heat oil and cook onion, 3-4 mins, then add curry powder and chutney. Remove from heat, stir through mayonnaise and remaining poaching liquid.
Tear lettuce leaves in half, and place on platter, top with chicken, pineapple pieces, mango, avocado and macadamia nuts.
Drizzle with dressing and serve!!