

JANUARY/FEBRUARY 2023

# NEWS WITH AVC

## GET UP AND GET MOVING!

Right now, 2 million Australians are suffering back pain. They are spending over a billion dollars on medications, tests and treatments and creating over 7 billion dollars per year in lost productivity.

At a personal level, people lose income, curtail their sport and stop doing the recreational things they enjoy. Guilt and frustration creeps in when people cannot do their normal activities of daily living due to pain, and other family members feel the strain.

Poor sleep, reduced exercise and side effects of some medications all add to a person's problem and this leads to an inability to deal with stresses of work and family life. People with back disorders report 2.5 times more depression. Research on the effects of inactivity also suggest an increase risk of diabetes from inactive thigh muscles, which are needed to stimulate the normal handling of sugar in our diet.

Chiropractors specialise in understanding and treating the whole body, especially the spine. We use a variety of techniques to provide relief to our patients and manage their specific conditions. Your chiro can also offer lifestyle advice on managing your pain outside of the clinic. Call and book your next appointment today!



## STAFF NEWS

### Andrew

is loving weekend fishing from his birthday present – a Hobie inflatable kayak!

### Mark

is enjoying his family holiday to Hamilton Island.

### Nathan

is enjoying raising his new pup, Ellie, with his fiancé, and longer summer days!

### Louise

is very excited about looking after Tommy Teddy one day a week, starting next week. Plus our lounge has arrived (hallelujah!) and we are slowly looking like grown ups!

### Kara

is transitioning to 'school mum' with her eldest son Leo starting Prep!

### Jasmine

is very excited to FINALLY be finishing her Masters of Chiropractic in February after 5 long years!

### Kathryn

is looking forward to taking her mum away for a long weekend to celebrate her 80th!

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## CLINIC NEWS

- Dr Mark will be away from 9th - 14th of January for a Family holiday
- Jasmine & Nathan have been doing external placement with AVC. They are finishing up the last part of their chiropractic education before graduating in February
- Nathan is transitioning from Intern to Associate!



## SUMMER PINK COUS COUS SALAD

### INGREDIENTS

- 1 cup pearl cous cous
- 400g (1 tin) chickpeas, rinsed & drained (for some extra texture try roasting your chickpeas)
- 1/4 cup fresh mint, finely chopped
- 1/4 cup coriander, finely chopped
- 6 Medjool dates, pitted & diced
- seeds of 1 large pomegranate
- 2 Tbsp extra virgin olive oil
- Juice of 1 large lemon
- 100g feta, crumbled

### METHOD

In a large pot, bring 1 cup of water to the boil. Add couscous and reduce to simmer. Cook for approximately 7mins or until water is absorbed and the couscous is cooked through. Transfer couscous to a large salad bowl. Add chickpeas, herbs, dates, and pomegranate.

To make the dressing, whisk together olive oil & lemon juice in a small bowl & drizzle over salad. Top with feta, toss to combine & enjoy!

"When Love  
and Skill  
come  
together,  
expect a  
Masterpiece."

B.J. PALMER



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