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How does stress manifest in your health?

An extra amount of stress can take you over the edge and cause a headache to come on, a neck to get stiff and sore, or a low back to spasm. One author on the topic such as George Chrousos in his article *Stress and Disorders of the Stress System*, makes the point that our stress system is well adapted to keeping us alive during particularly challenging times like being wounded, dehydrated, starved, exhausted, threatened or exposed to disease. The problem is that our modern world usually does not physically stress us as much, but our mental and imagined world creates scenes where we “act as if” and keep our body operating at hyper-alert levels for very long periods. The resultant illness reads like a checklist from our modern-day ailments that seem to be on the increase:

- High blood pressure
- Musculoskeletal pain
- Diabetes
- Obesity
- Sleep disturbances
- Auto-immune disorders
- Gastro-intestinal problems

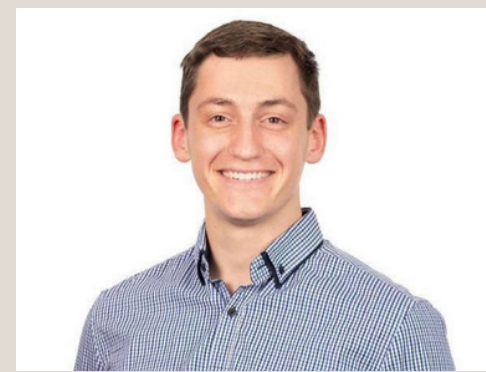
The link between the stresses you are under tie in with the chiropractic way of thinking when it comes to the three causes of musculoskeletal issues:

Physical causes: Knocks, bumps, falls, poor posture, injuries

Chemical causes: Infections, excess alcohol, caffeine, certain reactive foods, nicotine.

Mental / Emotional causes: stress and tension can overwhelm the body's adaptive system, creating pain syndromes and a reduced sense of well-being.

Talk to your chiro today about the link between stress and the progress of your health, and ways of coping to get the best out of your wellness!



Dr Nathan Stathoulis

B.App.Sc (Chiropractic), M.Clin.Chir

Welcome Dr Nathan graduated from Central Queensland University after successfully completing both his Bachelor of Science (Chiropractic) and Masters of Chiropractic degrees in Brisbane.

Nathan uses a variety of manual techniques aimed at improving patient performance and recovery and has a keen interest in low back disorders. He is proud of his understanding of spinal biomechanics and uses his knowledge to precisely identify and manage a range of bothersome conditions.

When not practicing in the clinic, Nathan enjoys reading, spending time with his young family and managing his garden.

Dr Mark will be updating his hours as of March. His new times are:

Tuesdays 12pm - 6pm

Thursdays 7am - 1pm

Fridays 12pm - 2pm

VISIT OUR WEBSITE FOR MORE INFO AND BLOG POSTS!

Andrew

is excited to get to Perth for a mate's 60th in the middle of March.

Mark

beat his 14 year old son and his friends at Jasper's birthday party at Top Golf. Mark was the only one who had played golf before.

Nathan

is very happy and thankful to begin his young career at AV Chiro as a fully qualified Chiropractor after successfully completing 5 years of study.

Louise

is excited about wedding season starting back up and meeting lovely new couples.

Kara

is looking forward to school holidays with her boys!

Jasmine

is very proud to have finished her Masters of Chiropractic (with the mentoring of Dr Andrew & Dr Mark) and will be leaving the clinic to move up to FNQ and pursue her career as a Chiropractor!

Kathryn

is looking forward to Easter with her great nephew & nieces.

Antonia

is excited to be going back to uni as a 3rd year chiro student!

VIETNAMESE TUNA FISH CAKES**INGREDIENTS**

- 425g Sirena Tuna in oil, drained very well
- Bunch coriander, finely chopped
- Bunch Vietnamese mint, finely chopped
- 1 stalk of Lemongrass, rinsed well & finely chop pale part
- 3 sprigs spring onion, thinly slice white part
- Handful green beans, thinly sliced
- 1 long red chilli, finely chopped (remove seeds for less heat if desired)
- 2 eggs
- 1 Lime, zest and juice
- 1tbsp fish sauce
- 1 cup Jasmine rice
- Avocado or cooking olive oil
- Mixed salad leaves
- Handful of roasted peanuts, to serve
- Sweet chilli sauce, to serve

METHOD

- 1 Preheat oven to 150C. Meanwhile, rinse rice well in the sieve. Add to the saucepan with 180ml water and cover with lid. Bring to a simmer over medium heat, then reduce heat to low and cook for 12 mins or until tender and water has absorbed. Stand, covered, for at least 5 mins. Keep warm.
- 2 Meanwhile, drain and flake the tuna and prepare all other ingredients. Place the tuna, onions, lime rind and juice, chilli and lemongrass into a food processor. Add the eggs and fish sauce and blend until the mixture is really smooth. Stir in the beans. Transfer the tuna mixture to a bowl. With wet hands, shape the mixture into ~8 fish cakes.
- 3 Heat 1½ tbs oil in a frypan over medium heat. Cook half the fish cakes for 4 mins each side until golden and heated through. Set aside. Repeat with remaining 1½ tbs oil and fish cakes.
- 4 Divide the salad leaves, rice, tuna fish cakes, peanuts and coriander sprigs among bowls and drizzle with sweet chilli sauce.