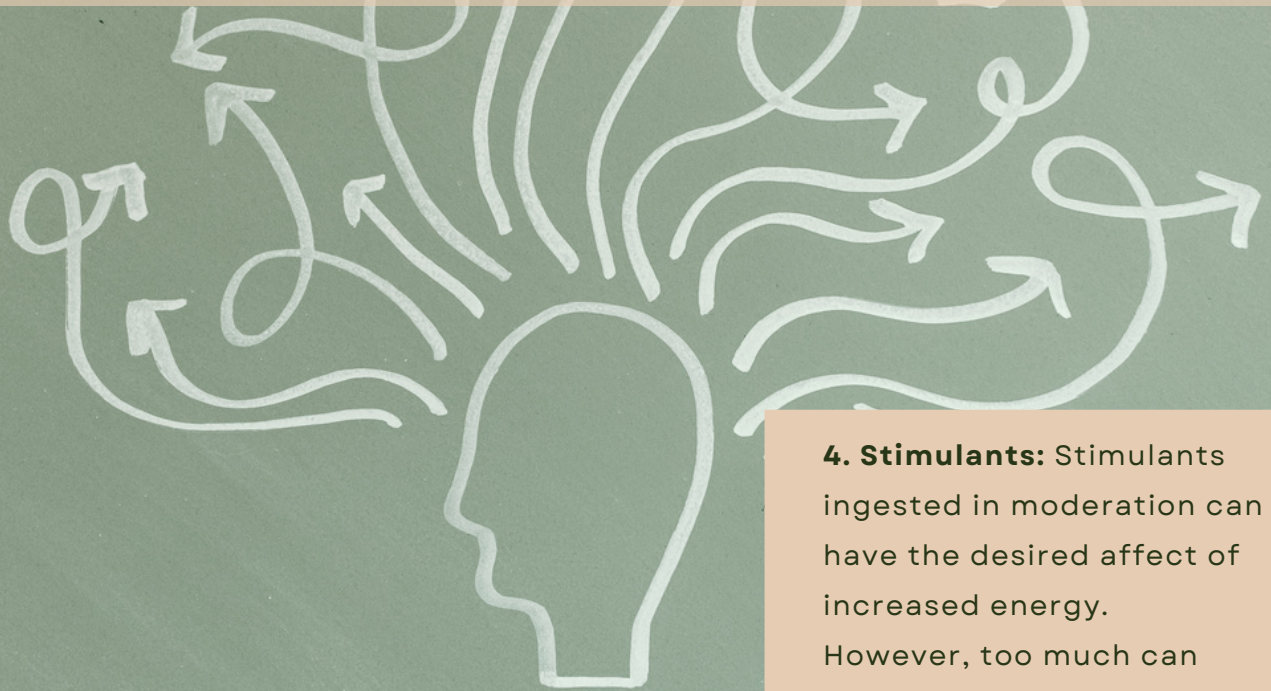


NEWS WITH AVC



Six ways to boost brain power!



1. Exercise: Physical activity increases the bodies natural endorphins thereby brightening one's mood and invigorates executive abilities.

2. Nutrition: Omega-3 is an essential nutrient for the brain. It feeds the brain and also assists to prevent many brain disorders.



3. Video Games: At first glance you may question video games being useful. However, research shows an increase in reaction times, concentration and speed of decision making.



4. Stimulants: Stimulants ingested in moderation can have the desired affect of increased energy. However, too much can cause constant agitation, over alertness, headaches, not to mention insomnia.



5. Music: Stimulating all parts of the cortex, music can soothe moods and enhance emotions.



6. Meditation: Inner reflection has endless qualities. It helps manage stress and depression, improve concentration, relaxation and more.

STAFF NEWS

Andrew

Andrew is looking forward to more successful fishing trips in his pedal kayak!

Mark

Mark is getting ready to reduce his house population as one son heads overseas, and his daughter looks to move out after buying a new home. 2 down, 1 to go!

Nathan

Nathan is looking forwards to longer walks with his puppies in the cooler weather.

Louise

Louise is enjoying meeting new couples who are getting married over the next year.

Kara

is searching for new parks to keep her active boys busy of an afternoon and weekend.

Kathryn

Kathryn can't believe she is turning 50! Woohoo!

Antonia

Studying hard for mid-year exams.



What we are reading:

Meditations

By Marcus Aurelius

WEBSITE UPDATE

We are happy to present our new and improved AV Chiro Website and we think it has never looked better!

So what's new?

- The entire site has been re-designed to be more user friendly.
- Booking online has been made quick and easy.
- Accessing all clinic information is convenient and clear.

To find our website, simply search 'AV Chiro' in your search engine, follow the top link and you have arrived!

We can't wait to hear what you think!

RECIPE OF THE MONTH CAPSICUM NACHOS



Capsicum Nachos are a quick and simple meal option rich in vitamin C and antioxidants which helps to support the body's natural immune function. Enjoy in moderation!

INGREDIENTS

- 6 capsicums quartered and seeded
- 500 grams of mince (beef, chicken or turkey)
- 1 packet of taco seasoning
- 3/4 cup of black beans (rinsed)
- 3/4 cup of corn kernels
- 2/3 cup of water
- 1 sliced jalapeno
- 1 cup of shredded cheese
- Serving suggestions (salsa and chopped scallions to taste)

METHOD

1. Pre-heat the oven to 190 degrees and prepare baking tray.
2. Arrange the capsicums facing up on the tray.
3. In a pan, cook the mince until brown. Add taco seasoning, 2/3 cup of water, and stir to combine.
4. Mix in the black beans, corn and jalapeno and heat through for 3 minutes.
5. Spoon the mixture onto each capsicum and top with cheese.
6. Place the tray in the oven and cook until the cheese has melted.
7. Take the tray out and serve with salsa and scallions.

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