

News with AVC

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Staff News

Andrew

Is enjoying a gentle return to jogging and creating new food combinations for leftover Christmas ham.

Mark

In the process of selling his acreage property to build a new house without a grey water or septic tank, and one-tenth of the mowing.

Nathan

Excited to spend time with his wife, walk his dogs and run in a few more races across the year.

Louise

Has had the best Xmas with both boys home together for the first time in 6 years!

Kara

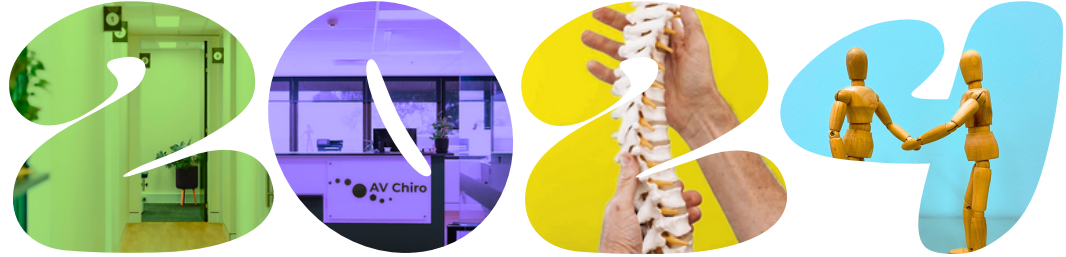
Getting ready for Leo to start grade 1 and Lleyton starting kindy!

Kathryn

Looking forward to going away for a few nights to celebrate her Mum's 81st birthday.

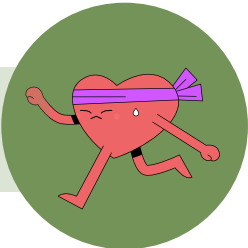
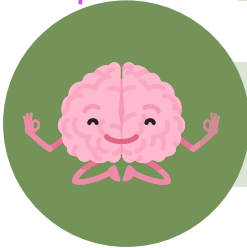



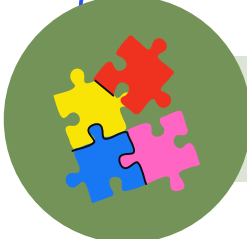
Antonia

Is excited to celebrate her Dad's upcoming birthday at the beach!



Have a 'cracking' New Year!

Happy new year! To start the year off, let's talk about some of the many reasons why we love Chiropractic!

-  Improves physical performance, whatever that may be!
-  Reduces stress/tension within the body.
-  Improves mood and sense of well-being.
-  Reduces pain and discomfort from a variety of conditions!
-  Patients often feel improvement in the room, on the day!
-  Anyone can benefit from Chiropractic!



Surviving Summer: according to a Chiropractor

Stay Hydrated



Your entire body works better when it is hydrated!

Be Cool



Your body is happiest with a core temperature of about 36.4C

Keep Moving



A gentle walk or swim are great to keep your body moving

BEYOND ORDER

12 MORE RULES FOR LIFE


"The most influential public intellectual in the Western world right now."
NEW YORK TIMES

Beyond Order
By Dr Jordan B. Peterson

Dr Peterson's third book; Beyond Order, was deeply thought provoking and a pleasure to read. It provides commentary on everything from human psychology to Harry Potter!

RECIPE OF THE MONTH

Purple Salad



Serving size: 4
Prepare time: 5 minutes

This recipe has been lovingly lifted from my mother-in-laws cookbook (*with her permission!*). I call it the 'purple salad', for obvious reasons. Simply put, it's a colourful and crunchy salad that's easy to make for even the most casual of cooks.

INGREDIENTS

Salad Ingredients

- 1 1/2 cups purple cabbage
- 1/4 cup diced red onion
- 250g Strawberries (sliced in halves)
- 1 cup of chopped spinach
- 2/3 cup of natural cashews

Dressing ingredients

- 1/8 cup of apple cider vinegar
- 1 tbsp olive oil
- 1/2 tbsp lemon juice
- 1/2 tbsp honey
- 1/4 tsp Dijon mustard
- 1/4 tsp of garlic powder
- Salt and pepper to taste.

METHOD

There are only 3 steps to follow:

1. Toss the Salad ingredients into a bowl.
2. Combine the Dressing ingredients in a separate bowl or measuring cup
3. Pour over the dressing over the Salad.

Enjoy!