

Staff News

Andrew

Is enjoying being roadie for marriage celebrant wife Louise on the weekends!

Mark

Is completing his last lap on the ride-on mower as he prepares to move back to suburbia after selling his house!

Louise

Is absolutely loving being Nanny to 2 year old grandson Tommy!

Kara

Is delighted the kids are settling in well for term 1 of school!

Kathryn

Is looking forward to going Easter egg hunting with the nieces and nephews!

Antonia

Is excited to start her Masters degree!

Shona

Is excited to join the AV Chiro team and explore Brisbane!



NEWS WITH AV CHIRO



March/April

REMINDER

the clinic will be closed on the following days:

<p>Easter Break:</p> <ul style="list-style-type: none"> • Friday 29/3 • Saturday 30/3 • Monday 1/4 	<p>ANZAC Day:</p> <ul style="list-style-type: none"> • Thursday 25/4 
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TIME FOR YOUR NEXT ADJUSTMENT

Have you recently returned to work after a long break? Or started a new exercise routine?

How does your body feel? Is it adapting and tolerating these changes well?

If you have noticed that your body is feeling fatigued, sore, or slower to recover, then it is time for your next adjustment!

Book your next appointment and your Chiropractor will help you to continue towards your health goals for 2024.



(C.Man waiting to for an adjustment).



SCAN ME



RECIPE OF THE MONTH



BANANA BREAD

This recipe is nutrient rich, which is great for powering up our endurance/performance people (but is still fantastic as a relaxed weekend treat!)

INGREDIENTS

Wet ingredients

- 3 ripe bananas
- ½ cup maple syrup or honey
- 2 tbsp extra virgin olive
- 1 tsp vanilla essence

Dry ingredients

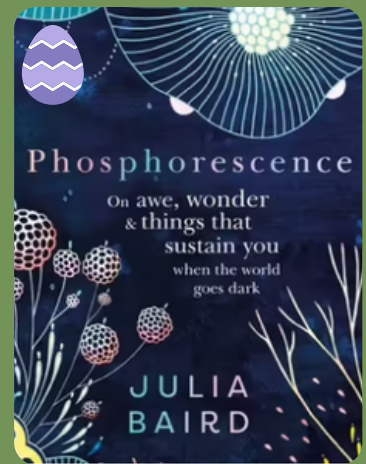
- 1½ cups wholegrain spelt flour
- 1½ tsp baking soda
- ¼ tsp salt
- ½ cup chopped macadamia nuts
- ¼ cup sunflower seeds
- 100g chopped, 70% dark chocolate
- ¼ cup chia seeds
- 1 tsp cinnamon



METHOD

1. Preheat oven to 180°C and prepare your baking tin with baking paper.
2. Mash bananas in a bowl and add the maple syrup/honey, vanilla and olive oil.
3. Combine all dry ingredients in a large mixing bowl.
4. Make a well in the centre of the dry ingredients and pour in the wet ingredients.
5. Mix all ingredients well and pour into the lined baking tin.
6. Bake for 40-45min (or until brown on top and cooked through).
7. Remove from the oven, allow to cool and slice into your preferred serving portions.

Recipe from <https://qrun.com.au/stories/power-nutrient-banana-loaf/>



Phosphorescence

Julia Baird

Phosphorescence explores how to find and nurture within ourselves the essential quality of internal happiness – the 'light within' – which will sustain us even through the darkest times.

HAPPY EASTER!



Can you find all 5 Easter eggs hidden in the newsletter?