

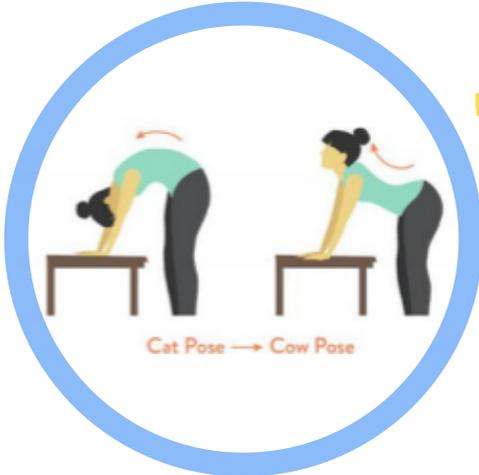
NEWS WITH AV CHIRO



THE COLD IS COMING!

Keep your spine happy in these cooler months with these gentle stretches to start your day!

Cat-Cow



On all fours, take a deep breath in and round your upper back, tucking your chin to your chest. This is your cat position.

Releasing your breath out, carefully arch your back, dropping your belly, keeping your shoulders back. This is your cow position.

Pelvic tilt



Lying down in a neutral position, knees bent and feet flat on the floor, take a deep breath in. Breathing out, brace your stomach muscles, pulling your low back to the floor.

Repeat these exercises for 5 deep belly breaths!

STAFF NEWS

ANDREW

is looking forward to a weekend away to celebrate his 33rd wedding anniversary on the 1st June!

MARK

is retiring his ride on lawn mower to move from his acreage property into a small house and beginning the process of building his new family home!

LOUISE

is looking forward to dog-sitting up at the Sunshine Coast!

KARA

is enjoying the rugby season starting with her boys!

KATHRYN

is looking forward to celebrating another birthday and going away for a long weekend!

ANTONIA

is excited to be travelling to Townsville for her sister's Hen's!

SHONA

is looking forward to exploring more of Brisbane and visiting the beautiful beaches!



DID YOU KNOW?



Scientists estimate that laughing 100 times is equivalent to a 10 minute workout on a rowing machine!

REFERRALS

Your referrals are our **G R E A S T E S T** compliment!
Your trust and faith in us is highly valued.

RECIPE OF THE MONTH

SLOW COOKED CREAMY CHICKPEA AND VEGETABLE CURRY



INGREDIENTS

- 2 tsp vegetable oil
- 2 tbsp Madras curry paste
- 1 cup vegetable liquid stock
- 400ml can light coconut cream
- 1 large capsicum, cut into 2cm pieces
- 400g can chickpeas, drained, rinsed
- 1 Lebanese cucumber, grated
- 1kg pumpkin, cut into 2cm pieces
- 1 small cauliflower, cut into florets
- 3 tomatoes, roughly chopped
- 300g green beans, halved
- 2 tbsp fresh coriander, chopped, plus extra to serve
- 1 cup plain Greek-style yoghurt

METHOD

- 1) Heat 2 tsp vegetable oil in a medium saucepan over medium heat. Add 2 tbsp Madras curry paste. Cook, stirring, for 30 seconds or until fragrant. Add 1 cup vegetable liquid stock. Bring to a simmer. Transfer to slow cooker.
- 2) Add light coconut cream, capsicum and pumpkin to slower cooker. Cover and cook on high for 1 hour 30 minutes (or low for 3 hours). Add cauliflower and tomatoes, cook for 15 minutes. Add green beans and chickpeas, cook for a further 30 minutes or until beans are just tender.
- 3) Combine cucumber, fresh coriander and Greek-style yoghurt in a bowl. Serve curry with warmed naan, yoghurt mixture and extra coriander.

Recipe from www.taste.com.au

