

# NEWS WITH AV CHIRO

SEPTEMBER/OCTOBER 2024



## STRIDING TOWARDS HEALTHY BACKS: THE BENEFITS OF WALKING

Walking has been proven to provide many benefits for back health. These benefits include strengthening and improving back muscle endurance, improving spinal movement and joint mobilisation, releasing 'feel-good' endorphins, and increasing blood circulation which promotes cell growth and repair, as well as removing metabolic waste!

No matter how young or old you are, you should always take some time out of your day for your health!

If you are just getting into walking, start with a 15 minute walk and gradually increase the time and the amount of days you are walking. Always remember to walk at a steady pace, with good posture and swinging your arms freely.

Now the days are warmer and longer, let's stride towards healthy backs together!



## DID YOU KNOW?

A 2019 study revealed a mix of walking and exercise decreased pain and disability, and improved quality of life and fear-avoidance behaviours in patients with chronic low back pain. While aerobic weight bearing exercise like running and stair climbing, as well as walking is recommended, the study also reveals walking alone can be an inexpensive and pain-free alternative.

<https://pubmed.ncbi.nlm.nih.gov/29207885/>

## FAREWELL TO DR MARK



It is with a heavy heart that I say goodbye to the amazing staff and my fabulous patients at AV Chiro, as I move to my Calamvale practice full time at the end of September. After 23 years here, 20 of which have been running between the 2 clinics, I have decided to make the difficult call. I leave here with nothing but fond memories, and I leave my patients in the brilliant hands (literally) of Dr Andrew Vincent. Andrew has been a Chiropractor for 40 years, and hand on heart, is the most knowledgeable and technically proficient chiro I personally know. I couldn't be more comfortable handing my patients care over to him. I'd like to thank all of my incredible patients for entrusting me to be their chiropractor for the past 20 years, and I wish you all the very best of health in the future. Goodbye and good luck!

Regards, Mark



# ASPARAGUS PASTA WITH LEMON

Serves 2

recipe from: [www.veggieful.com.au](http://www.veggieful.com.au)

## Ingredients

- 300g pasta of choice
- 250g of fresh asparagus
- 5 tbs lemon juice
- lemon rind of 1 lemon
- 1/4 cup pine nuts
- 1 cup fresh basil leaves
- 3 cloves of garlic
- 1 tbs plus 1 tsp olive oil
- 1 cup tightly packed rocket
- 1/4 cup pasta water
- Parmesan to serve

## Method

1. Prepare the asparagus by snapping off and discarding the woody ends of asparagus. Snap the tips and set aside. With the remaining part of the asparagus (the middle section), cut in half and steam over boiling water until tender.
2. In a pan, sauté asparagus tips, crushed garlic and 1 teaspoon of olive oil until asparagus tips are slightly tender and garlic is fragrant. Remove garlic and asparagus, and in the same pan toast pine nuts, set aside.
3. In a food processor, process steamed asparagus middles, 1 tablespoon olive oil, basil leaves and the lemon juice until smooth. Season with salt and pepper and add more lemon if desired. Set aside.
4. Cook pasta according to packet instructions. Take 1/4 cup of pasta water and set aside before draining.
5. In a large bowl, add the asparagus tips and garlic, toasted pine nuts, lemon rind, rocket, asparagus cream and pasta water. Stir until combined.
6. Add drained pasta to bowl and toss to combine.
7. Serve with parmesan and enjoy!

## Staff News

### ANDREW

is loving having Thursdays off for "Poppie & Nanna Day" with his 2 year old grandson. AV is happily here to see patients the rest of the week, and is looking forward to providing ongoing care for his and Mark's patients.

### MARK

is not looking forward to being dragged around 18 holes in the upcoming summer days, as his 15 year old son has taken up golf. Mark has however offered to be his caddy and manager, should his son turn professional one day.

### LOUISE

is busy nursing 2 days a week at the Mater Hospital in the home, in between meeting lovely couples to prepare for their marriage.

### KARA

is looking forward to the warmer weather and beach trips with the family.

### KATHRYN

is looking forward to celebrating another wedding anniversary in October. Bring on number 16!

### ANTONIA

is looking forward to her first overseas trip to New Zealand!

