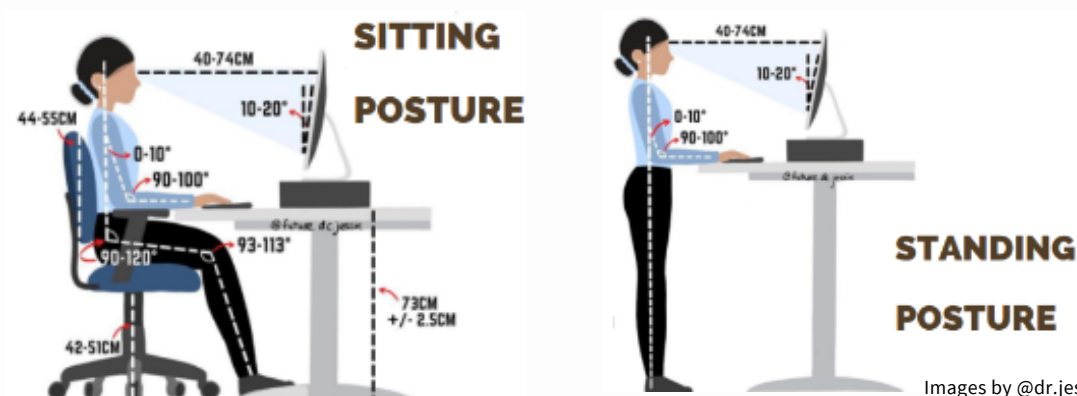


# NEWS WITH AVC

## The 4 P's of Posture



Images by @dr.jessieluc.chiro on Instagram

In our often busy lives, it can be hard to remember that our health and wellbeing should take priority. This can include getting enough sleep, eating a balanced diet, exercising and maintaining proper posture. When your posture is poor this can increase pressure on your spine and contribute to tension, soreness, headaches, back pain and fatigue. If you're having trouble remembering to keep track of your spinal health, just try to remember the four Ps!

### Preparation

Preparing your environment to be spine friendly can help make it easier to implement positive habits. If you work in an office and have a height adjustable desk, try alternating frequently between standing and sitting. Take a moment to assess your office desk. Are there any elements that are putting stress or strain on your body that you can alter?

### Practice

Practising proper posture is key to building good spinal habits and implementing these into your everyday activity. Implementing good spinal health habits including correct sitting, will take time but practising everyday will help your body remember the correct positions.

### Position

The position you hold your spine is key to spinal health. Pay attention to the way you sit to avoid hunching or slouching. When sitting, sit back in your seat and make sure your spine is well supported by the chair. Distribute your body weight evenly on both hips and keep your feet flat on the floor. If you are in an environment where you are constantly standing, make sure to stand straight and all with your shoulders pulled backward and your stomach tucked in.

### Program

The Straighten Up app, developed by the Australian Chiropractors Association, is your pocket chiropractor, with a 3-minute stretching program designed to help you maintain your spinal health anytime, anywhere. You can even set yourself reminders to sit right, drink water and take stretching breaks. For more information visit [chiro.org.au](http://chiro.org.au)

And finally, make sure to book in with your chiro... Getting adjusted "reboots" your spinal mechanics and helps activate the smaller postural muscles to build efficiency.

## EASTER & ANZAC DAY HOURS

Good Friday 18th April - CLOSED  
Easter Saturday 19th April - CLOSED  
Easter Monday 21st April - CLOSED  
Tuesday 22nd April - CLOSED  
Wednesday 23rd April - CLOSED

Thursday 24th April - CLOSED  
ANZAC DAY Friday 25th - CLOSED  
Saturday 26th - CLOSED  
Monday 28th - OPEN 7am-6pm

# DAIRY & GLUTEN FREE CHEESE DIP WITH TURKISH BREAD

## INGREDIENTS

- Gluten free Turkish Bread
- Nuttelex for spreading on Turkish Bread
- 1 large onion (diced)
- 1 tablespoon Olive or Rice Bran Oil
- ½ teaspoon finely ground pepper
- 1 Massels Beef Stock Cube
- 1 250mls tubs of Bulla DF sour cream
- 1 250gm Block Philadelphia DF Cream Cheese
- 1 tablespoon Nutritional Yeast
- 1 teaspoon crushed garlic (optional)
- 2 rashers streaky bacon (optional)

## METHOD

1. Preheat the oven to 160°C fan forced.
2. Fry the onion in the oil, until completely caramelized. Add in the bacon (if using) when you think the onions are getting close, as you don't want crispy bacon. At the last minute, mix in the garlic (if using) and turn off the heat.
3. Chop the Philadelphia Cream Cheese into small pieces, and place in a large mixing bowl with sour cream, stock cube, pepper, yeast, and mix well to combine. When the onion is ready, add this to the mix. Bake the onion mixture in the oven for 15 minutes.
4. Meanwhile cut the Turkish bread in half horizontally, smear one side with Nuttelex and toast in a sandwich toaster or fry in a frypan. Cut into bite size pieces ready for spreading on the dip.
5. Serve hot with the toasted bread on the side, and dip knife/spoon in the dip for spreading on the toast. Note the dip can also be served as a cold dip, which has a slightly lighter flavour. Be sure to taste it before putting it in the oven, so you can choose.



## STAFF NEWS

**Andrew** is teaching 3-year-old Tommy how to use a hammer!

**Louise** has enjoyed dog-sitting on the Sunshine Coast in between her nursing and celebrant work!

**Kara** is excited for a week away with the family and kids' rugby being back!

**Kathryn** is looking forward to Easter with her family!

**Antonia** is excited to become an Aunty to a little boy!



## DID YOU KNOW?

**25% of your  
bones are  
found in your  
feet!**

