



# NEWS WITH AV CHIRO

JAN/FEB/MAR 2025

## New Year, New Beginnings



As we step into 2025, many of us are focused on setting and achieving New Year's resolutions—whether that's prioritizing fitness, managing stress, or improving overall health. Chiropractic care can be the key to unlocking your full potential this year.

Chiropractic adjustments not only help to alleviate pain and discomfort but also improve spinal alignment, boost mobility, and enhance your body's natural healing abilities.

Let us help you start the year off right, with a strong and healthy foundation for reaching your wellness goals. Here's to a happy and pain-free 2025!

**The  
Chiropractic  
Elders**  
Podcast

with Dr. Lizette Botha

Listen to Andrew on Dr Lizette Botha's podcast  
on Spotify & Apple Music!

Andrew talks to Lizette about all things chiropractic from great adjusting skills to the politics behind chiro!

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## Staff News

### Andrew

is loving his “Poppie and Nannie Day” on Thursdays with grandson Tommy!

### Louise

had her celebrant booth at the Wedding Expo and is looking forward to some new wedding bookings!

### Kara

can't believe she will now have two kids at school. Prep & Grade 2!

### Kathryn

is hoping everyone has a happy and healthy 2025. I'm also hoping it is full of fun and new adventures!

### Antonia

is excited to transition into her 5th and final year of uni!



## Grilled Veggie & Quinoa Salad

### INGREDIENTS

- 1 cup quinoa (rinsed)
- 2 tablespoons olive oil
- 1 zucchini, sliced
- 1 red capsicum, sliced
- 1 yellow capsicum, sliced
- 1 red onion, quartered
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh parsley, chopped
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste
- Optional: Crumbled feta or goat cheese for added flavor

### METHODS

- In a medium pot, combine quinoa with 2 cups of water. Bring to a boil, then reduce the heat and simmer for 15 minutes, or until the water is absorbed and the quinoa is tender. Fluff with a fork and set aside to cool.
- Preheat your pan to medium-high heat.
- Toss the zucchini, bell peppers, onion, and cherry tomatoes in olive oil, salt, and pepper.
- Grill the veggies for about 5–7 minutes, turning occasionally, until they are tender and have nice grill marks. Remove from the pan and let it cool slightly.
- Once the vegetables are cool enough to handle, chop them into bite-sized pieces.
- In a large bowl, combine the cooked quinoa with the grilled veggies. Add fresh parsley and drizzle with balsamic vinegar. Toss gently to combine.



## DID YOU KNOW?



Quinoa is a complete protein, providing all nine essential amino acids, making it a fantastic plant-based option to keep you full and energized.



Grilled vegetables are packed with antioxidants, vitamins, and fibre, which help keep your digestive system happy and support overall health.



Olive oil offers healthy fats that help reduce inflammation and support joint mobility—perfect for those long summer walks or outdoor activities.