

ALDERLEY CHIROPRACTIC

SPRING 2020

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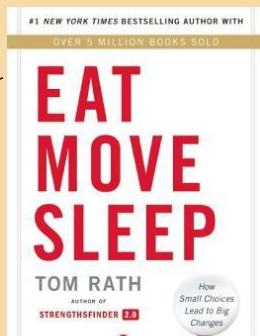
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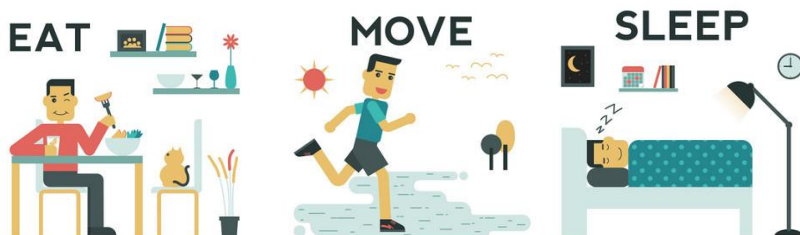
EAT MOVE SLEEP

BY MATTHEW PLATZ

Eat, Move, Sleep written by Tom Rath, is a conversational style book all about improving your health for years to come. It has lots of practice ideals and information that is backed up by research. This book repeats the notion that the better you eat, the easier it is to accomplish more movement thus enhancing the overall quality sleep you get! Small choices, although hard initially, lead to big changes and eventually good habits. Some of the clinical pearls in this book include:



- A. How walking is so vital as it increases our energy by 150%
 - B. Loosing 90 minutes of sleep reducing our daytime alertness by 33%
 - C. The importance of leaving out good foods to snack on: Cucumber sticks/Raspberries/Celery/Pistachios
 - D. Instead of maximising exercise, try focus on limiting inactivity (e.g. pick things you like doing regularly)
 - E. Treat sugar like it's a drug (it accelerates our aging and increases our inflammation).
 - F. Reducing simple high-GI carbs is vital because they convert to sugar in our bloodstream (e.g. reducing white pasta, bread, chips).
 - G. Having an accountability partner for staying active- whether it's a friend, coach, PT.
 - H. If you have trouble switching off- trialling white noise generators/sleep apps, are a really good way to form positive sleep habits.
- For more detail download the book or go to your local bookstore. But overall, it's a great read!



"The real magic lies at the intersection between eating, moving and sleeping"



Staff News

Matt: is off for a week in October for a trip to Noosa with the family and is looking forward to some regular beach time.

MJ: is thinking of updating her little scooter to a car! Also she has created an Instagram for her business. Give her a follow!

Tilly: is in her last semester of uni and has started her placement! She's also been doing regular yoga again, and loving it!

Jes: is back climbing mountains on the weekends as a uni getaway. She is open to suggestions if you've been anywhere good!

Do you need a Posture Medic?

With the increase in productivity from home work set up is crucial to ensuring your posture stays in the best possible alignment. There are tools that can help reduce the stress that a 'slouching' position imposes. It could be as simple as daily stretches throughout your work day, to having regular adjustments. If you feel you need more motivation posture medics offer the subtle reminder to keep shoulders back and spine aligned



Spring has Sprung!

Spring is here in Brisbane and freshly blooming flowers offer beautiful colours across the city. With it comes warmer weather and unfortunately for those who suffer from allergies increased risk of sinus problems.



Massage can help relax the body and free up tension within the muscles. This achieved through facial and neck massages and releasing stiff joints, which helps clear up the nasal passageway,

Furthermore, trigger point massage inclusive of dry needling can further decrease any discomfort caused by sinus issues. Stretching is also a really good way to releasing some of this pressure build up.

If you are suffering from sinus issues or hayfever and want to try alleviate symptoms naturally MJ recommends a stretch routine alongside trying some essentials oils in a diffuser such as eucalyptus.



***MJ will also be on
Thursday afternoons!***

The best compliment you can give is a referral!

Family & friends initial consult is \$60!
(Chiro only)

Congrats to A. Hall for referrer of the month!



We will be posting more on
instagram, with loads of information
to keep you motivated! Follow us at
@alderleychiropractic

STEPS TO STOP THE SPREAD

You may have noticed the new addition to our front counter. We have been taking **extra steps to protect** you against COVID-19! The **beds and equipment are regularly wiped down** and sanitised in between each patient. Social distancing is being observed through the clinic between patients and there is **additional seating just outside the clinic** in the foyer. Matt and MJ are comfortable wearing masks if you would like, We are still getting updates from the chiropractic association on whether masks are to be compulsory.

We kindly ask that if you or anyone you come into close contact is sick that you let us know in advance and reschedule your appointment! Thank you and together we can get through COVID!

Tilly's Cheesy Zucchini and Corn Fritters

Ingredients

- 1 pound zucchini, shredded and drained
- 1/2 cup grated white onion
- 1 cup fresh sweet corn (canned or fresh)
- 1 large egg
- 1/2 cup shredded mozzarella cheese
- 1/4 cup + 2 Tbsp. all-purpose flour
- 1 tsp. baking powder
- 1 tsp. kosher salt + pepper
- 1/2 tsp. dried basil (or 1 Tbsp. fresh) olive oil, for cooking
- Can add: Spring onions, chilli flakes, garlic

Method:

- In a large bowl, combine the zucchini, onion, corn, egg, and cheese. Then stir in the flour, baking powder, salt, and basil.
- Heat olive oil in a large non-stick skillet over medium heat. Once hot, spoon the zucchini mixture by a tablespoon. (I used a regular eating tablespoon to measure out the mixture). Flatten the tops with a spatula and cook until golden brown, about 3-4 minutes per side. Transfer to a paper towel lined plate and repeat with the rest of the mixture.
- Serve warm fritters as is or with sour cream. These are also delicious topped with a thin slice of tomato and fresh herbs of your choice.

