

WINTER 2020

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STAFF NEWS

We would like to welcome Jes to the team! It will now be Tilly and Jes on the front desk as we say goodbye to Marnie

Matt is back playing tennis after 12-month hiatus and is also looking forward to getting back into resistance training. He is also happy that the kids are back at daycare :)

Marnie has enjoyed her last month after 11-years working with Matt, between the city and Alderley. We wish her all the best at her new role with Graya Construction Company! She will be missed.

MJ is enjoying a traditional Japanese matcha tea ceremony at home and feeling completely zen.

Tilly is back in the gym after 3-months off, and loving being back in routine! She's finally on semester break at uni and finished all her Stats assignments! Only 6 more months to go!

Jes is excited to be joining the Alderley team after working with Matt at the clinic in the city and looking forward to meeting you all and seeing familiar faces from the city!



COMMON CONDITIONS DURING COVID-19

Dr Matthew Platz



Over the last 3 months, these 4 conditions seem to be the most common that people are presenting with. The above diagram shows which causes seem to be stirring up people's stress levels, which bring out these 4 weak spots among the public. If you have friends or family suffering consistently with any of these 4, that is a great referral for us at Alderley Chiropractic! Thanks for your continued trust and support during these difficult times.

NEW OPENING HOURS!!

DUE TO ALDERLEY EXPANDING AND MATT NO LONGER WORKING IN THE CITY, THE CLINIC IS NOW OPEN ON THURSDAY AFTERNOONS FOR CHIRO, AND SATURDAY MORNINGS FOR CHIRO AND MASSAGE!

DON'T FORGET OUR BOOK ONLINE FEATURE, IF YOU WOULD LIKE TO BOOK IN AFTER HOURS, OR WHEN RECEPTION IS NOT STAFFED.

IF YOU BOOK ONLINE, CLICK THE 'REMEMBER ME' OPTION, WHICH FAST TRACKS YOUR FUTURE BOOKINGS!

So, COME ON DOWN!



JES' BLISS BALLS

Recipe

Serves 12-14

- 14 Medjool dates, pitted
- 1 tbsp chia or flax seeds
- 4 tbsp 100% natural peanut butter
- 1 tbsp cacao powder
- 1 tblspn maple syrup, if needed
- Crushed peanuts or shredded coconut, to garnish (optional)



Method

- line a tray with baking paper
- put all the ingredients into a blender or food processor
- Using your hands, roll tablespoonfuls of the mixture into snack-sized balls, the texture should be sticky!
- Pour the crushed peanuts onto a plate or flat surface and roll the balls in the nuts to coat. Return them to the prepared tray and refrigerate for 30 minutes.
- Enjoy!

CONGRATULATIONS to M. Shannon and D. Wheatley for being our referrers of April and May!

BENEFITS OF STRETCHING

Maiko (MJ) Nakagawa

Stretching is essentially the opposite of muscle contraction. When a muscle stretches it relaxes the muscles, letting them release and grow longer.

Regular stretching improves blood circulation and alleviates muscular tension through your body. It increases your range of motion in the joints and improves posture. It helps to heal and prevent back pain and it can improve performance in physical activities and may reduce the risk of injury.

What's more is stretching is a great stress reliever, by relieving muscle tension, stretching allows your muscles to let go of where you're carrying stress, helping you to relax and sleep better.



**“—————
Small things, done
consistently, create
major impact
—————”**



Want to know what kind of stretching routine is best suited for you? Ask Matt or MJ and they will be happy to guide you!



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