

ALDERLEY CHIROPRACTIC

AUTUMN 2020

p: 31623456 e: info@alderleychiropractic.com.au w: alderleychiropractic.com.au

WELCOME DR. BRENDON

B. Bus (Banking & Accountancy), B. Sc (Chiropractic), M. Clin. Chiropractic

Brendon Trinh graduated from Central Queensland University with a Bachelor of Science (Chiropractic) with Distinction and Master of Clinical Chiropractic.

What got you into the world of chiropractic?

Before chiropractic, I was an accountant in both the private and public sector. My passion for chiropractic developed after experiencing the benefits of chiropractic care for my scoliosis.

What do you like most about it?

I like that it makes a difference in people's lives! And to provide safe and effective chiropractic care using both manual and soft tissue techniques to aid rehabilitation.

How did you find out about Alderley Chiro?

Matt and I have crossed paths a couple of times! He used to treat me as a patient when I was a student! After I graduated we ended up working together in the CBD.



Enough about chiro, what do you do outside the office?

I have a 3.5 year old daughter Amelia who runs our household haha, so I like to spend as much time with her as possible. I also enjoy catching up with friends and doing indoor climbing and cycling.

What is something you are grateful for?

Apart from maintaining my general health and wellbeing and spending time with family I am grateful that I had the chance to learn to speak conversational Cantonese!

Staff News

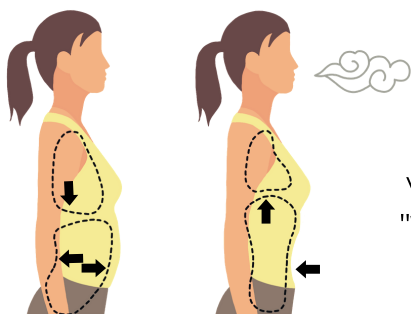
Matt is back training at Dorrington park twice a week and is liking the weight he has dropped.

MJ (Maiko) is back to yoga classes at Soho Yoga Grange, join me every Thursday 6:00pm! Also started learning handpan drum (Ask her what it is!)

Tilly has gone vegetarian since the start of the year and loving it! She's after any new recipes as she's loving being in the kitchen at the moment!

Jes has just moved house and is loving creating her space. She is also back at uni and is trying her *best* to stay on top of it.

WIM HOF BREATHING TECHNIQUE Dr Matthew Platz



Follow along with the Youtube Video! Just type in "Wim Hof Breathing Technique".

Benefits of the wim hof breathing technique include:



Morning allergies cleared



Increased Focus



Increase in Energy



Stronger Immunity



Increased movement control



Loss of belly fat

1. Be conscious of your breath, take a moment and try to fully connect with it.
2. Inhale deeply through the nose or mouth, exhale unforced through the mouth.
3. Fully inhale through the belly, then chest and then let go unforced.
4. Repeat this 30 to 40 times in short, powerful bursts, almost like hyperventilating

Pro tip:

For the best benefits, incorporate cold showers into your daily routine. As this takes strength and dedication, Wim advises to gradually build up the duration and intensity. If you have no prior experience with cold showers, start with a regular shower and finish the last 30 seconds cold.



ATTN: Adjusted Clinic Hours

We are expanding! Alderley Chiropractic has a new chiro in town and we are expanding our opening hours. This means the clinic will be open Monday to Saturday!

NEW TIMES:

Monday: 1:30pm-6:00pm

(Dr. Matt & MJ)

Tuesday: 1:30pm-6:00pm

(Dr. Brendan)

Wednesday: 7:00am-11:30am, 1:30pm-6:00pm

(Dr. Matt & MJ)

Thursday: 1:30pm-6:00pm

(Dr. Matt, Dr. Brendan & MJ)

Friday: 7:30am-11:30am, 1:30pm-6:00pm

(Dr. Matt & MJ)

Saturday: 8:00-11:00am

(Dr. Matt) *MJ every second Saturday **8:00am-2:00pm**

The wheel was awesome!



Mila's 4th Birthday Celebration at Southbank!

FISIOCREM

We believe in

☆☆ natural ☆☆

Fisiocrem uses natural active ingredients Arnica, Hypericum and Calendula which have been used for many years to help with temporary relief from muscular aches and pains.



The best compliment you can give is a referral!

Family & friends initial consult is \$60!

(Chiro only)

Congrats to A. Brown, A. Raun for referrer of the month! :D

Nutrition Chat: Magnesium

Magnesium is a nutrient that the body needs to stay healthy. Magnesium is important for many processes in the

body, including regulating muscle and nerve function. Natural sources of magnesium include banana, nuts, cacao beans and spinach!

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STRETCH SERIES

By MJ (Maiko)

I: Neck stretches

Incorporating a stretching program into your daily routine is very beneficial for you, you can increase your flexibility and range of motion. You can also improve performance in sports and daily tasks. Stretching can help prevent injury and decrease pain associated with muscle tightness.

Take a break every hour or so to try these stretches for quick relief!



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