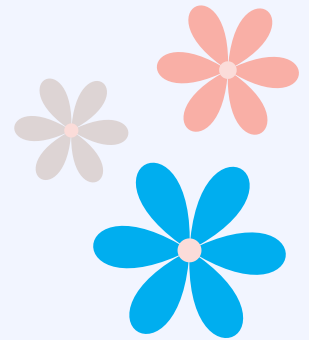
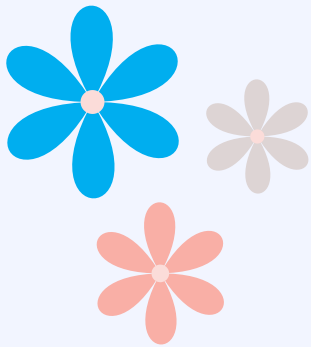


— September 2023 —

Aaron Chiropractic Centre Newsletter

bundaberg@aaronchiropracticcentre.com



PRACTICE UPDATE

SUNDAY CLOSED
MONDAY 7:30AM - 5:30PM
TUESDAY 7:30AM - 5:30PM
WEDNESDAY 7:30AM - 5:30PM
THURSDAY 7:30AM - 5:30PM
FRIDAY 7:30AM - 12PM
SATURDAY 7:30AM - 12PM

**Shop 6 36 Quay St
Bundaberg**

PH: 41531821

Dr Nathan Cogoi
(Chiropractor)
Dr Brooke Phillips
(Chiropractor)



Welcome to the September edition of the Aaron Chiropractic Newsletter. ...

Spring is here, say goodbye to the winter blues and spring into action and give your body some extra care and attention.

Are you like a grizzly bear and tend to hibernate during the winter months, eat all the wrong comfort foods, and skip your daily exercise routine?

Well suns out, flowers are blooming and it's time to give your body some loving.

We believe that taking care of your body is a crucial part of living a happy and healthy life.

The change of season comes with some beautiful changes, new life, new beginnings, however it also brings allergies, hayfever, asthma and more.

Here are few health and wellness tips to help you start the spring season:

1. Get adjusted regularly, may help boost your immune system.
2. Keep moving, start a new exercise routine, take daily walks, run, or bike ride. Keeping active improves your physical and mental health.
3. New season, brings an abundance of fresh, fruit and vegetables. Eat a healthy and well balanced diet.

**Yours in Chiropractic,
Dr Nathan, Dr Brooke, Michelle & Sandie**

Disclaimer: The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

GARDENING TIPS FOR YOUR SPINE



Gardening is an amazing hobby for your mind, body and soul. You may not be a gardening enthusiast, but you still have your yard to mow, and your garden to maintain. Here are some tips to help you achieve those yard and maintenance jobs without pain and discomfort.

1. Warm up your body before working in the garden.

Gentle movements and stretches before and after gardening increases the blood flow to your muscles, improves your range of motion, and helps decrease the chance of strain or injury to your back.

Make sure you take regular rest breaks and drink plenty of water.



2. Lift and bend properly. Good posture, safe bending and lifting really is a no brainer.

Ever heard of lifting with your legs? Makes no sense right, shouldn't we be using our back and arms to lift?

Well here is the reason..... the muscles in our upper legs and buttocks are much stronger than our back muscles.

Our leg muscles were actually made for heavy lifting, so next time your going lift something heavy...remember **LEGS, LEGS, LEGS!!**



<https://www.freepik.com/free-photos-vectors/garden>

Thank you for referring your
friends & family to us for
the month of August.



Julie-Ann T
Shane B
Sharon V
Anna W
Jacob L
Angela B
Dan R
Ruby H
Daniel G
Judy C
Brendan G
Carolyn P
Chelsea M
Grant S
Beryl G
Paul G



IT'S A CRACK UP JOKE OF THE
MONTH



My fitness trainer asked me,
"What kind of squat is your favourite?"
I said....."Diddly"



RECIPE OF THE MONTH

CHICKEN PESTO STUFFED SWEET POTATOES

These chicken pesto stuffed sweet potatoes are seriously tasty, filling and easy to make!

Ingredients:

- 1 cup raw shelled walnuts
- 4-5 cloves garlic
- 3 cups fresh basil leaves
- 2 cups fresh spinach kale, or other leafy greens
- 2/3 cup light olive oil
- 1 1/2-2 Tbsp fresh lemon juice
- 2 Tbsp nutritional yeast
- 3/4 tsp sea salt or to taste
- 3 cups cooked shredded chicken breast or about 1 lb uncooked
- 6 medium sweet potatoes
- Coconut oil and salt for baking

Instructions


1. **Bake Potatoes:** Preheat your oven to 400 degrees. Coat sweet potatoes with a bit of coconut oil and sprinkle sea salt all over. Place on a parchment lined baking sheet and bake 60-70 mins until soft.
2. **Meanwhile, make the pesto.** Combine walnuts, garlic, basil leaves, spinach, olive oil, lemon juice, nutritional yeast, and salt in a blender or food processor. Blend on high speed until a paste forms, scraping sides as needed.
3. **Combine shredded chicken and all the pesto in a large bowl.** Once potatoes are ready, cut each one lengthwise and top generously with chicken pesto mixture. You can serve as is or return to oven for a few minutes to heat through. Enjoy!





Chiropractic Kids

Crossword


ACROSS


3 


4 


6 

DOWN


1 

2 

5 

7 


Word Find



C	S	T	T	I	B	W	B	D	I	C	T	V	D	T				
T	O	K	P	H	U	V	Y	A	E	D	O	S	A	E	R	G	E	M
J	L	H	O	R	P	C	N	I	C	D	J	Y	S	T	E	N	L	
L	T	V	G	O	X	G	V	P	Z	R	D	R	R	E	E	V	E	
A	R	P	P	P	U	F	S	U	B	R	E	R	R	E	E	E	E	
C	T	I	R	A	K	H	E	A	L	L	I	N	G	E	T	P	E	
O	P	N	A	K	H	E	A	L	L	I	N	G	E	T	P	E	E	
N	U	U	C	H	H	E	T	I	O	N	H	T	I	O	B	B	B	
D	N	U	T	R	I	T	I	O	N	H	T	I	O	B	B	B	B	
I	G	S	O	F	B	S	O	U	I	F	X	A	N	J	J	J	J	
Y	N	G	R	Z	C	N	N	T	S	E	N	I	O	H	J	J	J	
J	E	X	X	D	O	C	P	J	B	J	O	I	B	S	J	J	J	
R	P	J	U	U	O	A	T	H	O	R	A	C	I	C	J	J	J	

BODY	CARE	CHIROPRACTOR
DEGENERATION	DISC	HEALING
IMMUNE SYSTEM	MANIPULATION	NUTRITION
STRESS	THORACIC	VERTEBRAE


Get to your Appointment on Time!



HA! HA! HA! HA!

What kind of music do chiropractors listen to?

204 - 211



Missing vowels

Fill in the blanks to complete the words!

CH_R_PR_CT_C	W_LL_N_SS
B_L_NC_	N_RV_S
ADJ_STM_NT	N_TR_T__N
D_CT_R	SP_N_

KIDS IN THE KITCHEN

Mini Pikelets

Ingredients:

- 1 cup self-raising flour
- 1 tbsp caster sugar
- Pinch of salt
- 3/4 cup milk
- 1 egg

30g Western Star Unsalted Butter, melted

1 cup mixed berries, blueberries, strawberries, raspberries

2 cups thick vanilla yoghurt

Send a Shopping List

Method:

Mix the flour, sugar and salt together in a medium bowl. In a separate bowl, whisk the milk and egg together, and then add to the dry ingredients. Whisk until smooth

Heat a non-stick frypan over a medium heat and brush with butter. Drop tablespoonfuls of batter into the pan, and cook for 1 minute or until small bubbles appear on the surface. Turn the pikelets over, and cook for a further minute or until golden.

Transfer from the pan to a plate, and cover with a tea towel to stay warm. Continue to cook in batches, brushing the pan with more butter before each batch

Serve the pikelets slightly warm or at room temperature sprinkled with fresh berries and a generous spoonful of vanilla yoghurt



SEPTEMBER: CHILDHOOD CANCER
AWARENESS MONTH

Sadly, each month 90 children in Australia receive a cancer diagnosis.
But you can help us do BETTER for these kids with cancer.
Tomorrow is never promised, unfortunately cancer can become part of
our lives in the blink of an eye.

Join us in making a real difference to kids living with cancer, with every step you take.

How can you help? Do your part:

Donate blood & platelets so sick children can receive transfusions, some of which are life
saving

Make a tax deductible donation to the Better Challenge to help raise vital funds for
childhood cancer research. In 2022, the Australian Government invested 92% of funding
on adult cancer. Childhood cancer received a measly 8%.

<https://childhoodcancer.asn.au>

<https://www.betterchallenge.org.au>

