

— August 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

Dr Brooke Phillips



Welcome to the August edition of the Aaron Chiropractic Newsletter.

Did you blink like us and almost miss July?

We have had yet another busy month of adjusting spines continuing to provide chiropractic care for new, current and former patients.

Remember though, chiropractic care isn't limited to back and neck pain.

Chiropractic offers an excellent way to maintain your health and wellbeing.

Regular chiropractic care offers important benefits such as:
Healthier Immune system.

improved pain and discomfort levels.

Improved balance.

Natural relief for headaches and migraines.

Improved posture.

Improved sleep.

Natural stress reduction.

Your body responds to rhythm and repetition, so keep up your regular adjustment, we love caring and sharing your chiropractic journey with you.

**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.

ARE ALL PATIENTS ADJUSTED THE SAME WAY?

The answer is 'No'

Each patient's care is adapted and customised to meet their individual needs.

Treatment plans are also based on the individual patients needs for recovery. Depending on the patients medical history, age, size and weight will determine the adjustment type and techniques used by their chiropractor.

Spinal adjustments by your trusted chiropractor are specific and help restore the normal and healthy motion and position required by each spinal segment.



HOW DO CHIROPRACTORS DIAGNOSE YOUR CONDITION?

You will undergo a thorough initial consultation. Which involves your medical history and physical examination. If your chiropractor has any major concerns you will be referred for specific postural xrays as a diagnostic tool also.



What is your chiropractor looking for?

The internal structure and alignment of your spine.

Arthritis of the spine.

Bone spurs.

Disc disorders.

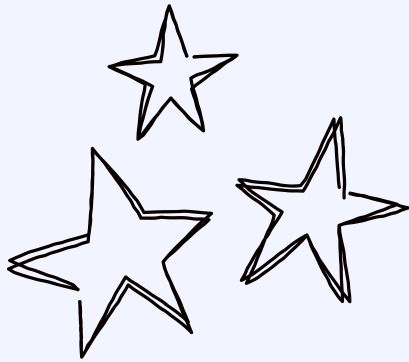
Tumors and spinal curvature.

These analyses will help determine your specific condition and the need for chiropractic care. Depending on your diagnosis, your chiropractor will determine the best technique for you.

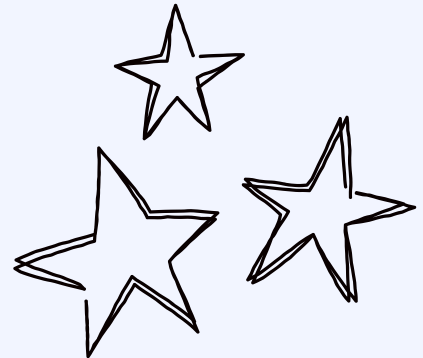




Thank You



Toby C
Leanne T
Valda H
Brendan L
Ian G
Kym R
Carole C
Natasha F
Micah H
Chloe R
Glenda N
Brendan V
Lucy S
Romina F
Kristy T
Christie H
Dale I



IT'S A CRACK UP JOKE OF THE MONTH

Due to the staff having the flu, Dr Nathan sent all the staff home. Aaron Chiropractic ran with the skeleton crew for the rest of the week.



RECIPE OF THE MONTH

ZUCCHINI LASAGNA

Ingredients

- 4 large zucchini
- 2 pounds ground beef
- 24 ounces pasta sauce
- 15 ounce ricotta cheese
- 1 cup shredded parmesan regianno
- 1 ½ cups mozzarella
- 1 egg
- salt and pepper
- small handful fresh parsley and basil , chopped



Slice zucchini. Preheat the oven to 400°F (200°C). Slice the zucchini lengthwise into thin slices, as thin or thick as you'd like. Set aside.

Make bolognese. Add the ground beef to a large pan over medium-high heat. Finely break down the ground beef with a spatula and pan-fry until browned and no longer pink. Then, pour the pasta sauce on top (remember to reserve 1/2 cup) and stir together, then remove from heat.

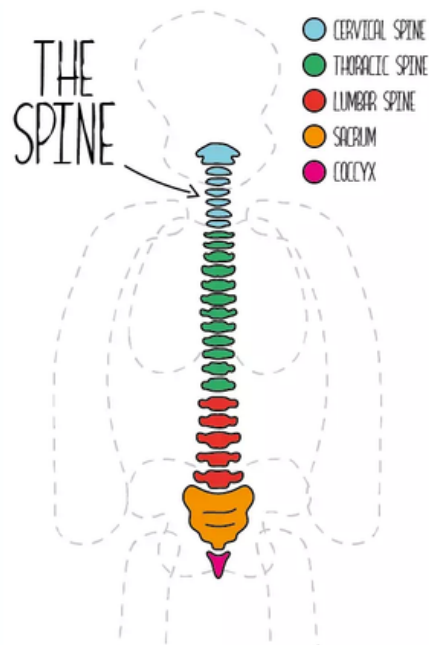
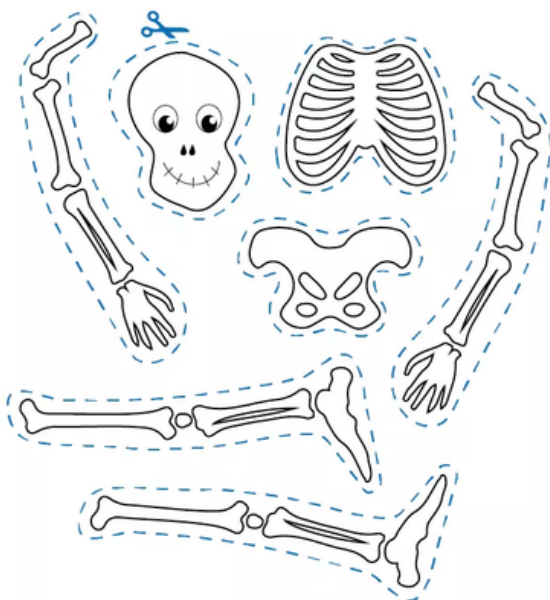
Make ricotta mix. In a medium bowl, make the ricotta mix by stirring together the ricotta cheese, parmesan, egg, salt and pepper. Add the first layers. Spread 1/2 cup of pasta sauce onto the bottom of your 9×13-inch casserole dish. Then add your zucchini slices on top of the pasta sauce. They can overlap or you can place them side-by-side.

Add the secondary layers. Top the zucchini with 1/2 of the bolognese sauce, and evenly spread 1/2 the ricotta mix on top of that. Then, add 1/2 cup of grated mozzarella with a sprinkle of chopped parsley and basil. Repeat these layers one more time.

Finish the topping. Top the lasagna with a final layer of zucchini slices, a sprinkle of chopped parsley and basil, and 1/2 cup of mozzarella cheese.

Bake. Place the lasagna in the oven and cook for 40 to 45 minutes. Broil for a couple of minutes to get a nice golden top. Garnish with whole basil leaves and serve.

CHIRO KIDS ACTIVITY PAGE



Lunchbox Pinwheels

Ingredients

3 sheet puff pastry

4 tbs pizza sauce

1/2 block bacon rashers (chopped)

2 Roma tomatoes (finely diced)

1 onion (finely diced)

1 cup tasty cheese

3 medium sprigs parsley (finely chopped)



Method

1

Preheat oven to 180°C. Line two baking trays with baking paper.

2

Spread pizza sauce over the pastry sheets.

3

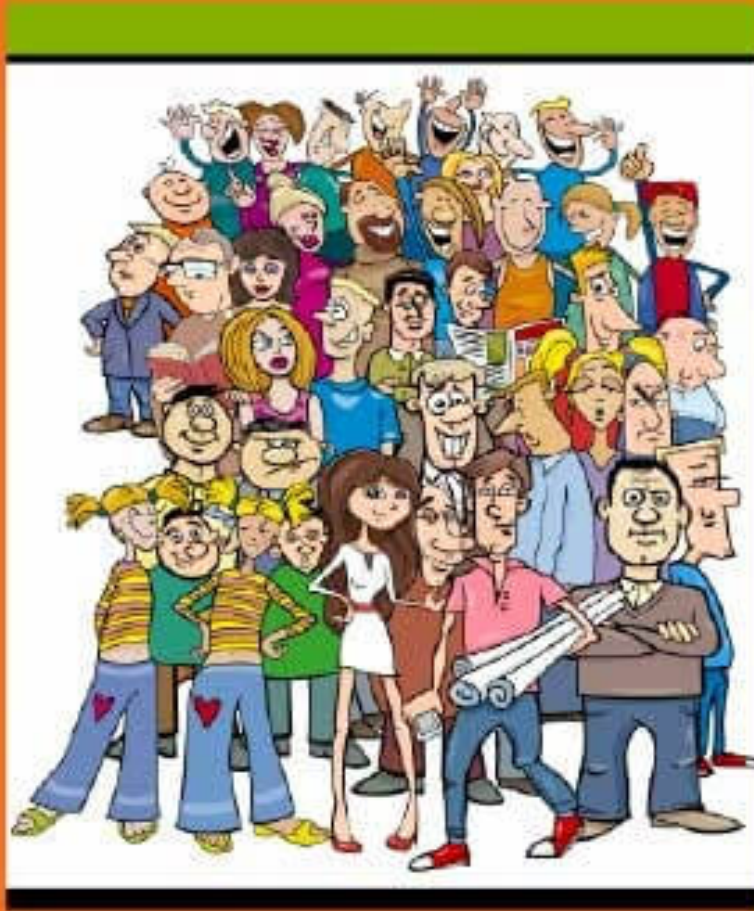
Divide bacon, tomato, onion and herbs over the pastry and sprinkle each sheet with cheese.

4

Roll each pastry sheet up to form a log. Cut each log into pinwheel slices. Place pinwheels onto baking trays and bake in the oven for 20 - 30 mins or until puffy.



How many people do you see?



Well. We found 39 people, how many did you find?.

HIDDEN BRAIN™

This podcast explains how the subconscious drives our actions, feelings, and choices in life. In this podcast, you will find the hidden reasons behind your decisions and actions. You will also learn the guidelines to avoid any wrong decisions or behavior. You will find out about the obscure reasons that stir your feelings and emotions. The Hidden Brain podcast is a favorite among people interested in psychology and those who seek to understand themselves and others around them.



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