

chiropractic HELPS

Issue 15 - November 2013



Gift Vouchers Available

Stuck for a Christmas gift idea? Everyone loves a massage! Gift vouchers are available.
Half Hour \$55
Full Hour \$85
90mins \$110



FACEBOOK

Please visit our Facebook page and LIKE us for health tips and handy information as well as updates and pics about things we are doing in the clinic like new yoga terms and Movember!

CLINIC HOURS AND AVAILABILITY

	Dr Luisa	Dr Mat	Mal
Mon	am pm	am pm	
Tue	am	pm	am pm
Wed	pm	pm	am pm
Thu	am pm	am pm	am pm
Fri	am	am	
Sat*	am	am	

* NB Once a fortnight

Ph: 9855 1422

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admin@chiropractichelps.com.au

IT'S A WRAP...

And so ends another year!! So much has happened this year and it's gone so quickly! Chiropractic Helps celebrated it's 5th birthday, Dr Mat and Mal raised over \$1000 in the World's Greatest Shave and have Movember still to come which they always raise a lot of money for, Dr Lu ran the Sydney City2Surf and the Melbourne Half Marathon, and Mal has had some exciting adventures in other continents, visiting South America earlier this year and more recently trekking through Nepal!

We would like to say a big thank you to all of you that have spoken so highly of us and referred your family, friends and colleagues. We hope we have delivered a great service and will endeavour to continue into the coming year. Remember we are always open to any suggestions on how we can improve our service to you as well. Also a big thank you to, as you would all agree, THE BEST massage therapist in the world – Mal. He will be taking a well earned break in January and will re-commence in February.

We hope that the holiday season brings your family and friends together for lots of fun and laughter and that the New Year brings you and your loved ones good health and happiness. Please be careful on the roads when taking long trips particularly and make regular stops to stretch the legs. Other than that, we hope Santa brings you lots and lots of pressies!!! Merry Christmas everyone!!!



Christmas Holiday Hours

We know that for many people December becomes madness in the lead up to Christmas, so for your convenience we will be working every Saturday morning during December until the 23rd when we close for Christmas.

CLOSED: Tuesday 24th December
 Wednesday 25th December
 Thursday 26th December

OPEN: Friday 27th December 9am—12pm
 Saturday 28th December 9am—12pm

CLOSED: Sunday 29th December—Sunday 12th January

OPEN: Monday 13th January 8am—7pm
 Thursday 16th January 8am—7pm

We return to full normal trading hours from Monday January 20th. If you are wanting to make or change appointments whilst we are away, please leave a message on our answering machine or you can email us on:

admin@chiropractichelps.com.au.

For emergency care please call the clinic for further instruction. Out of hours call-outs will include a \$100 call-out fee if a visit is required.



The greatest compliment you can give your chiropractor is a referral!

DETOX

In the past we have done a two-week express detox in January to counter any naughty overindulging over Christmas and New Year. This year we have decided to do the comprehensive six week detox in the hopes of not over doing it at Christmas! Why undo such great work?? The detox is designed to remove the toxins in our bodies that have gradually built up over time and are stored in the cells. It will aid the kidneys and liver in removing the toxins as well as repopulating the gut with good bacteria which assists in improving the immune system and promotes better digestion and absorption of nutrients. You might also lose a kilogram or two in the process!

Of course with any detox we need to cut out or reduce the bad stuff such as alcohol, caffeine and refined sugars. We have a pretty good diet anyway but the coffee is a hard one so we allow ourselves one coffee a day. If there are things you can't live without then cutting back is almost as good (well that's our story and we're sticking with it!). The detox itself is easy to follow. It's six products taken over six weeks with an information booklet and recipes with a list of allowable foods. Anyone taking on the challenge also receives a free chiropractic adjustment or 30 minute massage when purchasing the detox set as you will need to have a little extra care whilst your body is working hard to eliminate the toxins. We have done this before and we know how great you'll feel once it's done!! Have a chat to us next time you're in ☺

Chiropractic – more than just bad backs and sore necks!

Chiropractic goes deeper than the aches and pains that sometimes give us grief. The stress that we are subjected to in daily life and the habits we keep are some of the biggest contributions to the Vertebral Subluxation... which can then contribute significantly to poor health.

The key to maintaining optimal health is to keep your nervous system functioning at 100% by being free from interference. When everything is in synch and working at full power, the body can't help but be healthy! But when the system starts breaking down, so does the body.

Research has shown that Chiropractic care has much more to offer than just improved physical well-being. By providing your nerve system with an 'interference check' and helping it develop better operating strategies the following has been shown to be achieved:

IMPROVED PHYSICAL WELLBEING:

Increased flexibility, more energy, less fatigue, fewer colds and flu, fewer headaches, reduced aches and pains, improved co-ordination, decreased injuries, greater performance.

IMPROVED EMOTIONAL WELLBEING:

Positive feelings about oneself, decreased moodiness, less depression and anxiety, more interest in life, improved ability to think and focus, less anxiety and concern over vague fears, improved ability to stay on task, less distress about physical pain.

GREATER LIFE EXPERIENCE:

Increased relaxation and well-being, interest in maintaining a healthy lifestyle, feeling open when relating to others, confidence in dealing with adversity, compassion for others, increased vitality.

POSITIVE LIFESTYLE CHANGES:

Improved diet, increased exercise, better stress management, reduced use of prescription medications, increased motivation, and greater relaxation.

Chiropractic has the power to switch your body back on and allow it to function at its best. This, in turn, provides you with the opportunity to live a life with a body free of interference and full of potential.

Chiropractic... giving years to your life, and life to your years!

MOVEMBER AND THE MOE'S OF ANARCHY!

Movember is on us again and for Dr Mat's TENTH year in a row and Mal's FIFTH year in a row they will be doing their best to grow mo's and raise money and awareness for men's health with a focus on prostate cancer and depression. Over the last five years Dr Mat and Mal have raised in excess of \$10,000 dollars towards Movember!

This year they will once again be raising funds under the team name of the Moe's of Anarchy. The boys would dearly love to surpass last year's total of \$2210. Help join the fight against prostate cancer and donate to the Moe's of Anarchy! You can check out the "mo" progress on our Facebook page – Chiropractic Helps, and don't forget to hit the like button!

Donations can be made to the team online or at the clinic on your next visit. Every little bit helps! Donation website:

<http://au.movember.com/team/979181>

