

chiropractic HELPS

Issue 21 - November 2015



Gift Vouchers Available

Stuck for a Christmas gift idea? Everyone loves a massage! Gift vouchers are available.
Half Hour \$55
Full Hour \$88
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	Elly
Mon	am pm	am pm		am pm
Tue	am	pm	am pm	
Wed		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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 Kew VIC 3101
admin@chiropractichelps.com.au

JINGLE BELLS, JINGLE BELLS

Yay! It's Christmas! This is a fun but stressful time of year for most of us. In our experience it is when we quite often see "the wheels fall off"! Be kind to yourself and your family and make sure you are taking care of yourself with an adjustment, massage or both – whatever keeps you fit and healthy. That way you get to enjoy Christmas with your family and friends. We understand that this is a busy time of year for everyone so to accommodate, Chiropractic Helps will be open every Saturday in December until Christmas to make it easier for you to make a time for yourself and members of your family. We will be working normal hours until December 23rd inclusive.

In other news, the boys are both walking now and getting into all sorts of mischief! We've done our second round of baby-proofing the house and they still find everything you don't want them to! It remains to be seen if we'll get a photo with Santa this year because they slept through it last year! 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 back and legs and keep you alert. Other than that, we hope Santa brings you lots and lots of pressies!!!

Merry Christmas everyone!!!



↑ Remy
 ← Oliver

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.

Dec 24th—Dec 27th ~ CLOSED
 Dec 29th & Dec 30th ~ 10am—3pm
 Dec 31st—Jan 17th ~ CLOSED

Then limited hours:

Mon Jan 18th & Thu Jan 21st ~ 9am—7pm

Resuming normal hours from Monday 25th January (remember Tuesday 26th Jan is Australia Day public holiday).

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 consults will include a \$100 call-out fee if a visit is required.

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

Have a Fresh Start to 2016...

We are currently taking orders for our Metagenics 2-week cleanse and 4-week Intensive detox programs. This is something Dr Mat and Dr Lu like to do particularly at the beginning of each year, as do many of our patients, to provide a great, fresh start to the year and to get off on the right foot after perhaps a little too much revelry during the holiday break. Our program has grown increasingly popular over the years. It is a comprehensive cleanse with liver and kidney support which will leave you feeling better, with more energy and quite often a bit of weight loss. If you are interested in placing an order, give us a call so that we can have it ready for you when you next come in for your adjustment and or massage.

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 not only helps remove the toxins from the cells but then binds with them to aid the kidneys and liver in removing them as well as repopulating the gut with good bacteria which not only assists in improving the immune system but also 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 is either just two products over two weeks for the Express Detox or five products over four weeks for the Intensive Detox. We provide an information booklet and recipes with a list of allowable foods. Anyone taking on the 4-week challenge also receives a free chiropractic adjustment 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 many times before and we know how great you'll feel once it's done!!



Welcome to the team... Elly!

We are very happy to introduce the newest member of the Chiropractic Helps team, Elly. She will be working the days that Mal currently does not, so Mondays and Fridays. Elly is a qualified massaged therapist currently covered by about 25 health funds and by the time you read this will have finished her remedial therapy certificate which means she will be covered by all the health funds very soon. **As a special introduction receive \$10 off one hour massages when you book in with Elly for the month of December!** Stuck for a Christmas gift idea? Give the gift of good health! Massage gift vouchers are available for 30, 60 or 90 minute massages. *Discount not included on voucher purchases.

Hi I'm Elly! I'm very happy to be joining the team at Chiropractic Helps.

I hold my Certificate IV in Massage Therapy and I am currently studying my Diploma of Remedial Massage through Australian College of Sports Therapy, to be completed in November. I have experience in techniques such as deep tissue massage, trigger point therapy, myofascial release, sports and relaxation massage.

In my personal life I am focused on sustaining a healthy and active lifestyle through regular running and enjoy experimenting with raw food recipes. I've participated in various short distance charity events including The Color Run and a Million Steps for SMA. Outdoor adventures, the beach and summer are some favourites, and my mission is to eat out at every restaurant Melbourne has to offer! My love of food and exercise helps me offer a holistic approach to patient care. I look forward to meeting and looking after all of you soon! - Elly



MOVEMBER AND THE MOE'S OF ANARCHY!

Movember has rolled around again and for Dr Mat's twelfth year in a row and Mal's seventh 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 seven years Dr Mat and Mal have raised in almost \$14,000 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 \$1210. 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://moteam.co/moe-s-of-anarchy>

