

Gift Vouchers Available

Stuck for a gift idea?

Everyone loves a massage!

Gift vouchers are available.

Half Hour \$50

Full Hour \$80

90mins \$105

chiropractic HELPS

Issue 9 - November 2011

HAVE YOU BEEN GOOD THIS YEAR?

Another year ends and a new one begins. The older we get the quicker the years seem to pass. Other than being good for Santa, have you been good to yourself this year? Did you eat better? Exercise more? Get regular adjustments or massage? Get more sleep? How many of your resolutions did you stick with throughout the whole year? With the New Year upon us make a promise to yourself and for your family to treat yourself better in 2012. It couldn't be simpler to do. Eat when you are hungry. Rest when you are tired. Get adjusted regularly. Try to create a more balanced lifestyle and make sure you are in great working order to enjoy it all! That will be our aim in 2012 for Chiropractic Helps. Thank you for another wonderful year. We hope the New Year brings good health, prosperity and much happiness and success to you all!



November is back



Mat and Mal are once again participating in Movember and hoping to surpass their last years total of \$2200 raised. Any donations are always appreciated with proceeds going towards prostate cancer research and men's depression. Donations can be made at the clinic or at: <http://mobro.co/DrMat>

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 One Saturday per month

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TECH NEWS! Like US TO WIN! f

In exciting Tech News, Chiropractic Helps have launched their entirely new website at www.chiropractichelps.com.au. We think it is a much more modern and professional site than our old one and would love to hear any feedback you might have. We have also stepped into the 21st century and have jumped on the Facebook band wagon. Like our page for your chance to win a one hour massage!! There are three to be won and winners will be notified on Facebook on December 23rd. Go to <http://www.facebook.com/ChiropracticHelps> and click to like our page or alternatively there is a link on our new website!!

REDUCED HOURS OVER HOLIDAY PERIOD

Chiropractic Helps will close for Christmas on Friday 23rd of Dec at noon. We will then be working half days on the 28th and 29th of December before closing until Tuesday 17th of January 2012. The first week back will only be open Tuesday and Thursday. During this holiday period an emergency care service will operate for existing patients only, however an out-of-hours consultation fee of \$80 will apply. A mobile number will be on our answering machine to contact us.



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

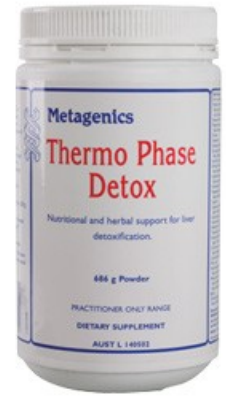
2 WEEK EXPRESS DETOX

About six weeks ago Dr Mat, Dr Lu, and Donna completed the *Metagenics* 2 week express de-tox. This was prompted by all three of us feeling 'blah' and after gaining a couple of winter kilos!

A detox is a great way to remove toxins from your body and give yourself back that ZING that may have been lacking recently. Also, when combined with a high quality pro-biotic like *Metagenics Ultra Flora Restore* it's a great way to restore healthy bacteria to improve digestive function and ensure your body is absorbing all the nutrients it needs. Losing a bit of weight isn't too shabby either! Overall we felt much better and had a lot more energy by the end of it and have been able to maintain those elevated energy levels since.

This is a short but effective detox, and very easy to follow. It simply involves taking two products daily, *Metagenics G-Tox Express* and *Thermo Phase Detox*, and in addition to making some minor diet modifications you're on your way. You take *G-Tox Express* morning and night and the *Thermo Phase Detox* in the morning which can also double as your breakfast as a smoothie. You are encouraged to eat lots of fresh fruit and vegetables however to get the best from the detox you should also cut down on your caffeine and alcohol intake as well as processed foods. You don't need to totally forgo your morning coffee or a glass of wine but decreasing from 3-4 a day to one will help. For those who are feeling particularly toxic or have never done a detox before you may want to consider the full six week detox which is a more thorough and comprehensive version of the two week express detox.

A good quality detox is a great way to kick start your New Year after all that excess consumption of food and alcohol over the holiday period! Remember that Chiropractic Helps will be closed in the first few weeks of January so if you are interested in kicking off the New Year healthily please place your orders before December 20th. Be good to yourself in 2012!



YOGA THURSDAYS @ 6:45PM

[Looking for a yoga class close to home?](#)

Yoga @ Chiropractic Helps has a new starting time of 6:45pm to allow that little bit of extra time when you're rushing home from work or have to do the tag with a partner to look after the kids. Yoga at Chiropractic Helps is a combination of Hatha and Ashtanga Yoga with a short meditation included and runs in ten week semesters. To enhance your experience we keep the class size limited to only ten people so that you may have individual attention whatever your skill level and the class is suitable for beginners to advanced. The term costs \$170 with everything provided. Casual attendance is possible but subject to availability.

WELCOME DONNA!

We are very excited to welcome Donna to the Chiropractic Helps team. Donna is a very experienced and amazing Chiropractic Assistant and hopes to study Kinesiology in 2012. Donna is loving working in the same area she grew up in and is looking forward to meeting you all.



NEW! CHIROPRACTIC HELPS GIFT VOUCHERS!!

We have had many of our patients ask us for Chiropractic gift vouchers so we have decided to do it! You are now able to buy your friends and loved ones Chiropractic gift vouchers for the value of your choosing. Give the gift of good health this Christmas or any time throughout the year.