

TROWSE CHIROPRACTIC

NEWSLETTER - WINTER 2017



HUTT ST WINTER APPEAL

Winter is here! In fact, Adelaide has had its coldest start to Winter since 1943. **While most of us have heating and adequate clothing to keep us warm, over 6000 South Australians are homeless every night.** The Trowse Chiropractic team want to do something to help make a difference this Winter, but we need your help. We are collecting donations of the following items:

- Sleeping bags
- Tarpaulins & raincoats for keeping dry
- Beanies, scarves & gloves
- New mens & womens underwear & socks
- Toiletries and feminine hygiene products
- Cash donations

Donations can be dropped off at the clinic (399 Goodwood Rd) anytime until the end of August.

JOIN US FOR A SUPPORTS CELEBRATION ON AUG 26. SEE NEXT PAGE FOR INFO.

STAYING WELL IN WINTER

Did you know that the symptoms we experience when we feel unwell (fever, cough, blocked nose) are all signs that our body is healthy (not sick) and doing what it naturally does to fight off an infection?

At the end of May Dr Kimberley ran her Winter Wellness Workshop. Everyone had a great night, with a little audience participation, a mini-science experiment and Dr Paul's famous bone broth! We learnt all about how our immune system works, ways to stay healthy this winter and what you can do to get better quicker. Dr Kimberley also shared the importance of eating seasonally and how different foods can affect your immune system and make you more prone to getting sick.

Chiropractic adjustments have been shown to reduce inflammation (a common cause of pain) and increase immune factors (boosting your immunity). If you feel like you're getting sick - that's a great time to see your Chiropractor.

SO WHAT CAN YOU DO TO STAY WELL THIS WINTER?

Eat Healthy Foods

- Antioxidants - Capsicum, citrus, Nuts, Green leafy vegies
- Anti-inflammatory - Turmeric, garlic, pineapple (bromelain) Good Fats (Omega 3s) - avocados, olive oil, flaxseed
- Flavonoids - Green tea, apples, berries, cocoa, cherries
- Betacarotene - Orange & yellow foods
- Gut friendly foods - Fermented foods, broths

Avoid Sick Foods

- Fried (Trans Fats)
- Vegetable oils (Rice bran, canola, sunflower, grapeseed)
- Processed foods
- Sugar
- Refined flours (white foods)
- Artificial sweeteners & colours

What else?...

- Feed your friendly gut bacteria
- Gentle daily exercise
- Rest - but not too much
- Be kind to yourself
- **Sunlight on your skin - see next page**



HAPPY BIRTHDAY

Liz - June 19
Paul C - June 23

Dani - July 22
Dr John - August 21

CLINIC HOURS

DR JOHN

Mon: 9-1 3-7
Tue: 8-12
Thu: 8-12 3-7
Fri: 9-1

DR PAUL

Tue: 8-12 3-7
Wed: 9-1 3-7
Fri: 9-1 3-6
Sat: 8-12

DR KIMBERLEY

Mon 9-1 3-7
Tue: 3-7
Wed: 9-1 3-7
Thu: 8-12 3-7
Fri: 3-7
Sat: 8-12

AIM TO HAVE 50% OF YOUR PLATE FILLED WITH IN-SEASON VEGIES

THE SUNSHINE VITAMIN - VIT D

Vit D is a unique vitamin as we get most of it from the sun (not our diet). It is created from cholesterol in our skin when exposed to UVB rays. During winter our levels of this essential nutrient drop as we cover up to stay warm. During Winter it is recommended that those in Adelaide with fair skin expose their arms for 20 mins at midday and those with darker skin 1-2 hours. However, if you are already deficient (like over 30% of Australians), you may need a quality supplement of D3 to increase your levels. **Feel free to discuss this with us at your next appointment.**

EVERY TISSUE IN THE BODY HAS VITAMIN D RECEPTORS, INCLUDING THE BRAIN, HEART, MUSCLES, AND IMMUNE SYSTEM, WHICH MEANS VITAMIN D IS NEEDED AT EVERY LEVEL FOR THE BODY TO FUNCTION.

Vitamin D is essential for:

- Bone & muscle health
- Immunity - helping fight infection
- Brain development & mental health
- Cardiovascular & respiratory function
- Falls prevention in the elderly
- Plus many more

Signs of Vitamin D deficiency:

- Bone, muscle & joint pain
- Muscle fatigue & weakness
- Decreased immunity
- Cognitive impairment & depression
- Falls & bone fractures
- Plus many more

RECIPE - DR PAUL'S BONE BROTH

- 500 grams of free range chicken bones (combination of feet/frames/wings) .
- 1 onion cut in half, 2-3 carrots, 4 celery sticks, parsnip or swede, 5 garlic cloves, parsley stalks
- 3-5 liters of filtered water (less water equals greater concentration of broth)
- 1 tablespoon Apple Cider Vinegar (ACV)
- Table spoon of peppercorns and 2 bay leaves
- Teaspoon of salt if desired
- Herbs tied together with twine - Thyme, rosemary, sage

1. Place the bones in a large slow cooker and add enough water to cover them. **2.** Add the ACV and leave to rest for 30 mins. This allows the bones to start breaking down. **3.** Add rough chopped vegies. **4.** Bring to a rapid boil, then reduce to a low simmer for 8-24hrs. **5.** Remove any impurities that rise to the top (check every 20mins for the first 2 hours). **6.** Strain the liquid to separate bones/vegies from liquid. **7.** Allow to cool. When cooled your broth will be a jelly consistency - this is a sign of a good broth filled with lots of nutrients. **8.** Reheat on the stove as needed. You can drink a cup daily just like you would your morning tea or you can add extra vegies to make a meal out of it. Enjoy!



*Let food be thy medicine
and medicine be thy food.*
HIPPOCRATES

UPCOMING EVENTS

LOVE YOUR LOW BACK

WED 26 JULY 7PM



STRATEGIES FOR PREVENTING & RECOVERING FROM BACK PAIN

Dr Paul & Dr Kimberley will show you exactly what you can do at home to get the most out of your Chiropractic care. If you know someone who has low back pain, please share this event with them. No-one likes a pain in the "back".

Learn exercises & stretches that:

- Help your adjustments hold better
- Targeted for beginners & advanced
- Require no equipment
- Can be done anywhere

HANDOUTS PROVIDED

**THIS IS A PRACTICAL
WORKSHOP,**

**WEAR SOME COMFY CLOTHES.
BOOK AT RECEPTION**

WINTER APPEAL SUPPORTERS CELEBRATION

SAT 26 AUGUST 1-3PM

To thank everyone who kindly donated to our Hutt St appeal & to celebrate the end of Winter, we invite everyone to join us at the clinic.

- Announcement of total items we have collected
- Kids Colouring Competition
- Free nibbles & wine tasting
- Raffle Prize Draw

thank you!

EVERYONE IS WELCOME.

**TO CONFIRM YOUR ATTENDANCE, COLOURING COMPETITION
DETAILS OR TO BUY RAFFLES TICKETS - SEE RECEPTION.**

www.trowsechiropractic.com.au

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