



Chiropractic Lifestyle

Spring 2011

Spring is in the Air!

Hello from Cottesloe Chiropractic!

-Tips in the Garden

**Plus
A fresh spring recipe**



Dr. Eric's Chiropractic Story

HOT NEWS FLASH!

**We are now open
6 days a week**

**Mon 4:00pm – 6:00pm
Tue 7:30am – 12:30pm
Wed 11:00am – 4:00pm
Thu 2:00pm – 6:00pm
Fri 7:30am – 12:30pm
Sat 8:00am – 11:00am**

'Health is a Journey' Talk

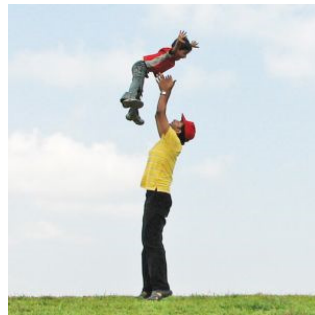
A necessary step towards getting the best out of your care at Cottesloe Chiropractic is getting more information about how to take care of your body.

Website

Our website is up and running! Please look out for offers, information and news (plus much more).
www.cottesloechiropractic.com

Our intent is:

"To provide you with quality service and a commitment to empower each person we touch"



Your Nervous system is the master control system of your body, made up of your brain, sense organs, spinal cord and all the nerves throughout your body. This controls everything, from the way you move, to your thoughts and feelings.

It also controls bodily functions (that you may or may not be aware of), such as heart rate, breathing, digestion and all the other wet bits inside your body.

Chiropractic focuses on removing any interference from your nervous system allowing the master control system to function at its own optimum.

We use our hands to remove interference from the spine, the pelvis, the cranial system and (oh yes!) also the feet, knees, hip and arms!

This allows you to change, grow, heal and make you more adaptable to any changes in your life.

If this sounds interesting to you or someone in your family, come to one of our 'Health is a Journey' talks. Contact Reception for our next scheduled talk.

Live each day as you would climb a mountain. An occasional glance forward toward the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point. So climb slowly, enjoying each passing moment; and then the view from the summit will serve a more rewarding climax for your journey.

-Bishop Fulton J. Sheen

Tips in the Garden this Spring

If gardening is one of your passions or you just plant a few annuals each year – it is important to prevent back pain and injuries while gardening. This blog entry will provide a few spine wellness tips for gardening.

- **Think of gardening as exercise.** To keep your muscles loose, warm up before and after gardening, and do a few lower-back stretches.
- When lifting bags of dirt or heavy planters – **use proper lifting techniques.**
- When weeding and planting (tasks that require stooping, kneeling or bending) for long periods of time, **take a break every 10 to 15 minutes** to stretch and walk around. Then **change your position.**
- **Use a cushion,** if you will be kneeling for long periods of times. When kneeling, keep your back straight and do not sit on your heels.
- If you suffer from chronic back pain/problems or arthritis, **consider raised garden beds.** This allows you to sit while gardening.



Lemon-Mint Snap Peas & Lima Beans

A great dish to welcome in the spring times!

Ingredients

1 small shallot, minced
2 tablespoons extra-virgin olive oil
2 tablespoons lemon juice
2 tablespoons chopped fresh mint
1 teaspoon Dijon mustard
1 teaspoon sugar
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1 pound sugar snap peas, trimmed
10 ounces frozen baby lima beans, thawed

Preparation

1. Whisk shallot, oil, lemon juice, mint, mustard, sugar, salt and pepper in a large bowl.
2. Bring 2 inches of water to a boil in a medium saucepan fitted with a steamer basket. Steam snap peas and lima beans until the snap peas are tender-crisp and the lima beans are heated through, 5 to 7 minutes. Toss with the vinaigrette.



Serves: 6
Preparation & Cooking time: 15 Minutes

5 Ways to get the most out of your chiropractic care...

- 1. [Walking for at least 5 mins](#) after your adjustment**
- 2. [Read](#) your personalised Chiropractic Report of Findings pamphlet**
- 3. [Booking your](#) appointments in accordance with [your care plan](#)**
- 4. [Attend](#) the 'Health is a Journey' talk at least once**
- 5. Inform your chiropractor of any major [changes in your life](#)**

