

**Time seems to have flown by since our last newsletter. Christmas is nearly here and we will be open the following hours over the Christmas and New Year break:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 December OPEN 8:30-12:00 & 2:00-6:00pm	23 December OPEN 8:30-12:00 & 2:00-6:00pm	24 December OPEN 9:00-12:00pm	25 December CLOSED	26 December CLOSED	27 December CLOSED
29 December OPEN 8:30-12:00 & 2:00-6:00pm	30 December OPEN 8:30-12:00 & 2:00-6:00pm	31 December OPEN 9:00-12:00pm	1 January CLOSED	2 January CLOSED	3 January CLOSED

There will be an emergency service available at all times over the holiday period should anything happen. Just call the clinic and follow the instructions on the answer phone message.

Are you stuck for Christmas gift ideas?

Why not buy your loved ones something that is good for them this Christmas.

- Massage voucher
- Supplement package
- Pillow
- Back support products

We hope you all have a very Merry Christmas and a joyous New Year.  
We look forward to seeing you after the festive period.

Over the school holidays we are offering free Chiropractic assessments for all kids with either Dr Chien or Dr Enston. Many spinal problems seen in adults begin in childhood. Regular Chiropractic checkups are beneficial as head support and natural spinal curves are established in growing children. Common childhood disorders can also be linked with spinal dysfunction, these include:

- recurrent ear infections
- scoliosis
- persistent sore throats and colds
- headaches
- colic/reflux
- bedwetting and/or constipation
- asthma
- growing pains

Kids are subjected to falls, sporting injuries, playground bumps, incorrect carrying of heavy schoolbags and poor posture which can all affect the function of their spine. What a fantastic opportunity to have your kids spines checked to prevent potential problems in later years!

For the month of January we are offering half price initial consultations for referrals of your immediate family members. This is a limited opportunity to get the whole family in for Chiropractic Care at a great rate! Please inform reception when booking the appointments.

Since Paul's appointment as Senior Lecturer at Murdoch University, his hours in the clinic have changed. Paul now works Tuesday and Thursday 4-6.30pm and Saturday 9-11am. We are aware that these times may not suit all his patients. So if Paul is unavailable, he is recommending either Dr Chien or Dr Enston to continue with your treatment. If you have any concerns please feel free to speak with Paul regarding your treatment.



### Kinesio Tape at the Olympics

Did you see the athletes at the Beijing Olympics and Para-Olympics with Kinesio Tape? How fantastic! Kinesio Tape has been so successful that Olympic athletes are using it. You don't have to be an elite athlete to have Kinesio taping. We are one of only a handful of Chiropractic Clinics in Perth that use Kinesio Tape.

*Picture: Kerry Walsh (USA Beach Volleyball) at the Beijing Olympics. Source: <http://shecanrun.files.wordpress.com>*

### What is Kinesio Tape?

Kinesio Tape is an elastic adhesive tape that gives support and stability to your joints and muscles while promoting optimal circulation and range of motion. It is also used for preventive maintenance, oedema and pain management.

Kinesio Taping is a technique based on the body's own natural healing process. It does this by activating the neurological and circulatory systems in the body. This method stems from the science of **Kinesiology** hence the Kinesio.

The tape is applied over muscles to reduce pain and inflammation, relax overused tired muscles and to support muscles in movement on a 24hr/day basis. It is non-restrictive type of taping which allows for full range of motion.

Kinesio Tape is used for anything from headaches to foot problems and everything in between. It has been found to be very effective in treating repetitive strain injuries and rehabilitation of sporting injuries. Examples include:

- muscular facilitation or inhibition in paediatric patients
- carpal tunnel syndrome
- lower back strain/pain
- knee conditions
- shoulder conditions
- hamstring
- groin injury
- rotator cuff injury
- whiplash
- tennis elbow
- plantar fasciitis
- patella tracking
- pre and post surgical oedema (swelling)
- ankle sprains
- athletic preventive injury method

### Housekeeping

Nici Ott, our lovely remedial therapist has recently left the clinic. We would like to wish her all the best in her future endeavors. Nici was our Manual Lymph Drainage (MLD) practitioner, however since her departure Takako has completed part one of the MLD course and is able to offer the therapy to all our clients. Why not try it today!

Please remember to check in with reception upon arrival so we know you have arrived and can set the wheels in motion for your appointment.

## Recipe of the Day

### Beef - Thai salad

Good source of: folate, iron

Preparation time: 15 minutes

Cooking time: 10 minutes

Serves: 4

#### Ingredients:

500 g rump steak, trimmed of all visible fat

200 g rocket or mixed lettuce leaves, washed and drained

2 Lebanese cucumbers, thinly sliced

1 punnet cherry tomatoes

2 tablespoons mint leaves, finely sliced

#### Thai-style dressing:

2 cloves garlic, crushed

1/4 cup coriander leaves

1 small red chilli, seeds removed and chopped, (use 2 chillies if you like it spicy)

2 tablespoons lime or lemon juice

1 tablespoon fish sauce

1 tablespoon palm or brown sugar

6 spring onions, sliced

#### Method:

1. Season the meat well with the pepper and seal in a non-stick pan over a high heat until well browned on both sides but rare inside. (Depending on the pan used, you may need to brush the pan surface lightly with oil to prevent the meat from sticking). Transfer the meat to a plate and allow it to rest for 4 to 5 minutes to let the meat fibres relax and help keep the juices in the meat.

2. Slice the meat thinly across the grain and place in a bowl. Add the rocket (or mixed lettuce leaves), cucumber, cherry tomatoes and mint.

3. To make the dressing, place the garlic, coriander, chillies, lime juice, fish sauce and spring onions in a food processor and process until well blended, about 1 minute.

4. Toss the beef and salad vegetables with the dressing and serve at once.

Notes: Slice the meat across the grain to achieve the most tender eating quality. This is important when cutting raw meat and when carving roasts.

#### Nutritional analysis:

	Average Quantity per 100g		Average Quantity per 100g
Energy	260kJ (62Cal)	Magnesium	15.4mg
Protein	8.3g	Calcium	22.1mg
Fat, Total	1.9g	Phosphorus	92.5mg
- Saturated	less than 1g	Iron	1.3mg
- Monounsaturated	less than 1g	Zinc	1.5mg
- Polyunsaturated	less than 1g	Thiamin	0.1mg
Cholesterol	22.8mg	Riboflavin	0.1mg
Carbohydrate	2.3g	Niacin	2.1mg
Carbohydrate(Avail)	2.3g	Niacin Eq	3.8mg
- Sugars	2.2g	Vitamin C	14.5mg
Water	84.5g	Folate	23.5ug
Dietary Fibre	1.1g	Vitamin A	40.0ug
Sodium	157mg	Retinol	less than 0.01ug
Potassium	249mg	B-Carotene Eq	241ug

Source: <http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/pages/Thaibeefsalad>