



Healthy and fun recipe ideas: Cranberry Muesli Bars

This tasty and chewy muesli bar is delicious and easy to make. You can add all sorts of nuts and dried fruit into the mix.

Ingredients:

- 1 cup of rolled oats.
- 1 cup of unsweetened desiccated coconut
- 1/3 cup of wheat germ
- ¼ cup of sesame seeds
- ½ cup of sunflower kernels
- ½ cup of raw pumpkin seeds
- 1 cup of dried cranberries
- ¼ cup of flax seeds
- 100 grams of butter
- ½ cup of honey
- 1/8 cup of brown sugar
- Baking paper

Method:

1. Grease and line a square baking tin with baking paper.
2. Combine oats, coconut, wheat germ, sesame seeds, sunflower and pumpkin seeds. Gently heat in fry pan for around 8 mins or until golden. Transfer to a bowl.
3. Cook butter, honey and sugar in a small saucepan over medium heat. Stir constantly for 3 to 4 mins.
4. Bring to boil and reduce the heat to low. Simmer, without stirring for 5 mins.
5. Add butter mixture to oats and seeds, Mix until well combined.
6. Press mixture into tin. Uses a metal spoon to press mixture down firmly and evenly.
7. Allow to cool and cut into squares and rectangles.
8. The bars can be stored in an airtight container for up to a week...Enjoy!!

Tell Your Friends and Family about Burnside Chiropractic!

We would love to invite you and your family to come into Burnside Chiropractic and take advantage of a special half price initial consult. **This will be a saving of \$38.50!!**

ISSUE

02

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Health Matters

CHIROPRACTORS:

Dr James Gardiner
BSc (Kinesiology)
D.C. (Canada)

Dr Michael Greig
DC U.K.

MASSAGE THERAPIST

Toni Stubing Dip.
Remedial Massage
Member AAMT

CLINIC MANAGER Felicity Rundle

Clinic Hours

Monday
9:00am-6:00pm

Tuesday ★ **New!**
2:00pm-6:00pm

Wednesday
2:00pm-6:00pm

Thursday
9:00am- 6:00pm

Friday
8:30am-12:00pm



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Winning Chiropractic!

Congratulations to Dr James and the success he has had with his racehorse, Perillo! Dr James rescued Perillo from the knackery and corrected his chronic back pain with equine chiropractic. Dr James gained his racehorse trainers license to train Perillo and in three years of racing Perillo won four city races at Morphettville and placed a further eleven times in the city!

Dr James adjusts up to forty racehorses every week. "Horses and humans have a very similar nervous system. Chiropractic aids in reducing interference to your nervous system which results in a self regulating body and a reduction in pain, Back pain can affect all aspects of people's lives often leaving them feeling depressed and affecting sleep patterns" says Dr James in a feature article in the Advertiser September 25th 2010. Ask Dr James today how regular chiropractic adjustments can enrich your life!



Chiropractic & Pregnancy.

During pregnancy many women respond favorably to having chiropractic adjustments. Below are a few of the things you may want to know if you are considering having treatment while pregnant:

- Many women experience back pain during pregnancy, especially in the third trimester. Increased weight gain results in greater demand and fatigue on the spinal and pelvic muscles and ligaments. The increased stress on the body during pregnancy can lead to pain and discomfort. Chiropractic adjustments can help to alleviate discomfort.
- Spinal adjustments are especially gentle during pregnancy. A hormone called relaxin is produced by the body during pregnancy this allows joints to release with ease.
- In many cases women who have had chiropractic treatment during pregnancy find that delivery can be more comfortable with fewer complications.
- Post birth chiropractic care ensures that normal spine and pelvic bio-mechanics are restored.



If you would like more information about chiropractic and pregnancy talk to Dr James or buy a copy of Well Adjusted Babies by Dr Jennifer Barham- Floreani; we have copies at the clinic.

Dr. Fallon, author and internationally recognized "chiropractic paediatrician", has found that statistics from her clinic "have demonstrated that chiropractic adjustments effectively reduce the average amount of time spent in labour." Her data shows a nearly 25% reduction in the average labour times in those receiving chiropractic care versus the generally accepted average labour time - in women who had given birth in the past, there was a 33% reduction in average labour time. Fallon J. International Chiropractic Association. 1994 - Arlington, Virginia.

Clinic News:

- Congratulations Dr Gardiner on being elected as the Vice President of the Chiropractors Association of Australia South Australia.
- We are now open Tuesdays 2pm-6pm.
- Have you met Dr Michael Greig? Michael now works on Monday mornings and has a wealth of knowledge to share.

Chiropractic & Sport



Many sportspeople choose Chiropractic because it helps your body to be in better alignment, and your nervous system to be finely tuned. **This leads to better performance, fewer injuries and quicker recovery.**

A research study conducted by Drs. Anthony Lauro and Brian Mouch, published in the journal of Chiropractic research and Clinical Investigation, 1991, indicated chiropractic care might improve athletic performance by as much as 16.7% over a two week period.

The report also concluded that subluxation-free athletes react faster, have better coordination and execute fine movements with improved accuracy and precision, amounting to an overall better athlete.

Adam Fennell, a professional body builder and regular patient at Burnside Chiropractic, has used regular adjustments to help him prepare for the South Australian Body Building Championship held in early October. We are proud to announce, he has won the overall men's division and is now Mr. South Australia!



Massage Matters

**What is Remedial Massage?
What is Relaxation Massage?**

Remedial Massage uses a variety of techniques to assess and treat injury and aches and pains, knots and tensions in the muscles, tendons and ligaments.

Remedial massage focuses on individual muscles or muscle groups to loosen, stretch restore flexibility and range of movement.

Remedial massage can reduce recovery time from injury by supporting and stimulating the body's own repair mechanisms.

The amount of pressure applied to client is dependent on the clients individual tolerance.

Toni is available Mon 10-6, Wed 1-6 and Thurs 2-6 late appointments on request

Relaxation Massage is a smooth flowing style of massage that helps to relieve stress, improve circulation, promote relaxation and create a sense of balance.

It allows our bodies and our minds to rejuvenate and recharge. As with remedial massage the pressure is determined by the client.

Relaxation massage can play a significant role in increasing health and wellbeing by relaxing the body and mind. Massage can be the key to your health.

Inquire at reception with Felicity if you are interested in booking a massage with Toni, she comes highly recommended.

Burnside Chiropractic now stocks Bioceuticals products to optimise your family's health & wellbeing.

Armaforce contains standardised andrographis, Echinacea root and olive leaf to help provide relief of symptoms and reduce duration of coughs, colds & upper respiratory tract infections, along with general nutritional support for **healthy immune function.**

Chondrocare is orange flavoured and lightly sweetened with stevia leaf extract, chondrocare contains optiMSM, glucosamine sulphate, chondroitin sulphate and cofactors to provide nutritional support for **joint health.**

Multiesentials are formulated to provide a comprehensive range of nutrients including a high dose of B vitamins, antioxidants and a broad mineral base. Featuring chromium, calcium, magnesium, selenium and boron, this potent daily multivitamin and mineral supplement establishes a foundation for optimum nutrition.

Omeasures Fish Oil is orange flavoured, high quality fish oil providing a pleasant-tasting source of **beneficial essential fatty acids** EPA (1050mg) and DHA (750mg) per serve.

Ultramuscleze is a great tasting, high dose magnesium powder featuring Carnitine, glutamine, taurine, B vitamins and UltraMag, a patented mineral delivery system that **enhances absorption and intestinal tolerance of magnesium**