

leftovers...

Here's a light recipe to clean up that left over Turkey:

Ingredients (serves 3)

2 tsp cornflour
40ml (2 tbs) soy sauce
40ml (2 tbs) seasoned rice vinegar*
1 garlic clove, crushed
1 tsp brown sugar
60ml (1/4 cup) vegetable oil
50g pine nuts
1 onion, thinly sliced
2.5cm fresh ginger, cut into very thin strips
1 bunch asparagus, ends trimmed, cut on the diagonal
6 spring onions (salad onions), cut into strips on the diagonal
1 small bunch baby carrots, peeled, halved lengthways
500g cooked turkey (white and dark meat), cut into strips
Cooked egg noodles or rice, to serve

Method

1. Place the cornflour and two tablespoons of water in a bowl and stir until smooth. Stir in the soy sauce, vinegar, garlic and sugar and set aside.

2. Heat one tablespoon of oil in a wok over medium-high heat. Add the pine nuts and stir-fry for one minute until golden. Set aside on paper towel to drain.

3. Add onion and ginger to the wok and cook for 1-2 minutes. Add asparagus, spring onion and carrot and cook, stirring, for a further two minutes. Add the turkey and cook for a further minute. Add reserved sauce and bring to the boil. Cook until thickened and combined. Add pine nuts and then serve with noodles or rice.

above - down - inside - out

above

Above is about life force. The power that made the body heal and coordinates function and life potential.

down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care. The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

Thank you to:
Tucker Family
Robertson Family
Aminde Family



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Tuesday December 16th 2008 7.45 - 8.30 pm

356 Rathdowne Street
North Carlton Victoria 3054
Ph: (03) 9347 4444 Fx: (03) 9347 4466
E: reception@c4w.com.au
www.c4w.com.au



christmas
c4w newsletter
december 2008



christmas time...

We have now come to the end of the year - where did it go?!?

It's an end of an era as this month we say farewell to Caitlyn as she goes on maternity leave. You will still see her in the office as she will be coming in to get checked regularly before and after the birth of her baby. She promises to send photos of the new bub when she arrives (it's a girl for those who don't know!).

December seems to fly by in a whirl-wind of work parties and catching up with friends and family. Even though you may be busy, this is the time when you need to look after yourself the most. Whether it's burning the candle at both ends or eating all that yummy food your body will need a little help. Take the time to have your spine checked. Remember the chiropractic affects your nervous system function making it more efficient. It helps your body adapt to the stressors in life including all the extra partying you'll be doing in the coming month.

The office will be closed from Christmas Eve and will re-open on Friday 2nd January. If you are going away throughout Dec/Jan please let us know.

We would like to wish you all a very Merry and safe Christmas and a Happy New Year!

From the team at chiropractic4wellness.

thought for december

One of the most glorious messes in the world is the mess created in the living room on Christmas day. Don't clean it up too quickly.

~ Andy Rooney (1919-), American writer, producer, humorist

ethical presents...

Does Christmas make you cringe when you think about all the paper, plastic, unwanted (and, let's face it, downright awful) presents from Aunt Martha? What about toys that your kids play with for 5 minutes and then break them or never look at them again? Have you wondered if there's a better way to celebrate Christmas while helping someone in need? This month we have compiled a list of websites, shops and services that you can give to your loved ones that don't come with an environmental footprint or from a sweat shop in China.

Oxfam

www.oxfam.com.au

Buy your presents online and with your purchase someone in need gets the gift of a goat, chicken or pig for Christmas.

Unicef

www.unicef.com.au

Visit the website and purchase an online gift or wrapping paper and gift cards. While you're there purchase a mosquito net, blanket or food to be sent to someone in need.

Zoo

www.zoo.org.au/zvf/adopt_an_animal

Instead of buying the latest merchandise from the recent release of Madagascar II, why not adopt a real Lion, Giraffe, Zebra, Gorilla or Elephant from the Melbourne or Werribee open-range zoo? Your child receives a certificate of their animal, a glossy photo, a fact sheet, regular zoo newsletter and birthday card from their furry critter. The advantage of this kind of present is that you don't have the worry of vet bills and cleaning out the cage!

Mini Maestros

www.minimaestros.com.au

A great present for a small person who has everything. Buy a term at Mini Maestros. Watch your child bloom and learn all the actions and words to favourite songs such as "Twinkle Twinkle Little Star", "Open, Shut Them" and many more. Say hello to Bumble Bee and make lots of new friends. Guaranteed you'll be going back for more. Classes start from 6 months to 3 years.

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Mangala

www.mangala.com.au

Another great gift for the small person who has everything. If dance is more your child's thing then book a term at Mangala creative dance. Classes start from baby to 3 years. They learn coordination, spatial awareness and just have a lot of fun dancing around with new friends.

Farmers Market

www.mfm.com.au or

www.whitehat.com.au/victoria/Market/Farmers.asp

Find out the next farmers market is on and go get some great foodie presents. All produce is grown by farmers and sold direct to the public. Why not do your Christmas dinner shopping while you're there.

Ethical and Sustainable Presents

www.justsite.com.au

Just Site supplies ethical and sustainable gifts. They have a wide range of products that will make you feel good just purchasing them!

www.globalconduct.com.au

Global Conduct is an online shop where all gifts are fair trade. The products are beautiful and there is something for all ages.

Some ideas for gift wrapping and cards

- Visit your local op shop and pick up some material scraps. Wash and iron and cut the fabric to size with pinking shears. Use the material for wrapping your presents in. You can fasten your presents with a broach (check your op shop), ribbons or by knotting the fabric together Japanese style. Try to find interesting prints and check the internet out for wrapping ideas.
- If you have some left-over paper shopping bags, employ your kids to paint and decorate them to put gifts in.
- If you have some old christmas cards lying around why not cut them up and use them as gift tags.