

christmas traditions...

Did you ever wonder why you have a Christmas tree standing in your lounge room at Christmas or why we eat red and white striped candy canes?

The Christmas Tree

The Christmas tree originated in Germany in the 16th century for the Germanic. It was common for the Germanic people to decorate fir trees, with roses, apples and coloured paper. It is believed that Martin Luther was the first to light a Christmas tree with candles, to replicate the beauty of the star light shining through the branches of small fir trees on the winters night.

The Candy Cane

The first historical reference to the familiar candy cane goes back to 1670, when the choirmaster at the Cologne Cathedral in Germany, bent the sugar-sticks into canes to represent a shepherd's staff. The all-white candy canes were given out to children during the long-winded nativity services.

above - down - inside - out

above

Above is about life force. The power that made the body heals 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:

Rebecca Sobell
Kris Bidenko
Ryan Mosby



events...

Creating Wellness Lectures

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christmas
c4w newsletter
december 2009



christmas time...

Who can believe that we are in December already ! Where did it go!?

With the work and school year finishing up there is always a lot going on. December seems to fly by in a whirl-wind of work parties and catching up with friends and family. With all this running around the festive season can end up being quite stressful. It is important to look after yourself during this period and to get 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. So do take the time to get your spine checked!

We all like to enjoy the festive season with good food and drink, but do remember moderation is the key.

The office will be closed from Christmas Eve and will re-open on Monday 4th of 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

The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other.

~ Burton Hillis

a stress free christmas...

Christmas time can be fun, exciting and enjoyable but sometimes there can also come stress with all the preparations. During this season we may feel obligated to cook for the whole day to provide a lovely meal for the family, or to buy gifts for all our family members. However, as we all know its not how much you give that makes this season special, its spending time with those close to you! There are some simple ways that you can still have a marvellous season without all that pressure!

- 1) Don't go overboard when celebrating Christmas, its not about how grand or how many lights you have that make this day special.
- 2) Have a small Christmas. Although it is the time to spend with family and friends, you don't have to invite the whole extended family.
- 3) Delegate duties. Just because you are having the family around for Christmas lunch it doesn't mean that you need to prepare and cook the whole meal. If each family member brought a dish it would definitely make light work! Or even better make a morning out of it and get the family over to help prepare while chatting away about the year that has passed.
- 4) Set a budget. Work out how much you will be spending over the Christmas break, not forgetting billings and telephone calls, so that there are no nasty surprises after all the presents have been unwrapped.
- 5) Presents. There's no need to go spending a lot of money on presents, its is present given with love which are most special. Instead of buying for the whole family, perhaps you could do a Kris Kringle where you chose one persons name out of a hat.
- 6) Shopping. With the Christmas rush already picking up, it is important to go in with a good idea of what you need. Otherwise you may spend hours walking around aimlessly and come out with items that you don't need.

It is important that during the festive season that you don't put aside you health and wellbeing. Keeping up your exercise routine along with good sleep patterns and chiropractic care, can give you the fitness and stamina needed to make it through these busy times.

Christmas should be our opportunity to stop for a moment and embrace life; tell loved ones how much we love them, be thankful; for the good things in life and take a well earned break, smile a lot, laugh often and most importantly, share our love!

chocolate truffles. . .

Give your loved ones something extra special this Christmas! Give a gift made with love, filled with happiness and full of yummy goodness!

Chocolate Truffles

250ml thickened cream

2 cups good quality cooking chocolate, chopped (we recommend Lindt)

- Melt cream and chocolate in a bowl over a saucepan of simmering water (do not let the water boil or the chocolate may burn). This may take some time, you must be patient, but do not leave unattended
- Once melted, remove the bowl from the top of the saucepan and stir well to ensure any lumps are removed
- Add a variation of your choice if you wish *see below
- Stir well. Refrigerate for at least two hours (we believe overnight is best)
- Roll into balls (use a melon baller if you don't want to get your hands too dirty) and dust with cocoa or coconut, whichever is preferred.

The truffles will keep in an airtight container for up to two weeks.....long enough to last through the festive season....if they last that long at all!

Variations

- Dried cranberries (chopped) and shelled pistachios (chopped)
- Shelled hazelnuts (chopped) and orange zest
- Dash of Cointreu (for the grown ups only!)
- Coconut and a dash of Rum (once again, grown ups only!)
- Chopped almonds