

Our bodies need.....

When we are under stress or have important deadlines to reach we often tell ourselves we don't have time to eat and skip meals or last the day on nothing but a coffee. However, at these times this is when our body needs healthy, nutritious food the most. If you know of a busy period coming up, whether it be work deadlines, school excursions or birthdays, try to plan ahead. You will be so grateful to yourself in the long run.

Although we tell ourselves we are not hungry in the morning or that we can last until lunch, our bodies are not agreeing! We need breakfast in order for our bodies to have the energy to get through the day. Without it, our minds are foggy, we are less receptive and we tend to overeat at lunch, often feeling sluggish afterwards.

How about waking 15 minutes early each day to make breakfast, whether it be porridge, cereal, fruit salad or toast, sit at the table and enjoy that moment before your day starts?

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:

Frank Zennaro
Tania Nicholls
Ellie Buchanan



events...

Creating Wellness Workshop

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book now and join us for a cup of tea!

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**laptop
lunches**
c4w newsletter
march 2010



What's for lunch?

It's March already? Where has the time gone?

We are well into the new year and now that things have settled down a bit and we are starting to get into a routine, it's a good time to stop and take a look at what we can improve on.

At c4w, we decided that we could all improve on our laptop lunches; the lunches we eat when we are on the run, at work, school or the snacks we consume in between errands.

We want to take the time to see if what we are consuming is nutritionally beneficial to our bodies and how can we improve our diet whilst keeping in mind time management and budgets.

This month when you come in for your chiropractic adjustment, don't forget to pick up a copy of the c4w laptop lunches menu for great ideas of what to eat or some inspiration for you to create your own healthy lunches!

the team from chiropractic4wellness.

thought for march

"One cannot think well, love well, sleep well, if one has not dined well." - from A Room of One's Own by Virginia Woolf

Make it fun.....

Don't be afraid to try new things and be creative. Try putting different things together and adding different sauces, chutneys or dressings for added flavour. Its amazing how a simple chutney or pesto can give life to vegetables. If you are feeling confident and adventurous, you can make your own chutney or pesto too. It is often more exciting and more satisfying to eat something you have spent the time preparing yourself. Even better, ask a friend to come over and prepare together. Between yourselves you can come up with new, yummy ideas of what to eat and you'll be having fun whilst doing it!

Make it exciting and interesting! Our supermarkets can look a little boring these days so why not go to a farmer's market? Most areas have their own farmers market with a wide variety of fresh, locally grown produce. This can also give you ideas and the inspiration to be creative in putting meals together. It is also just a beautiful day out!

Sick of the brown paper bag? Try to put your food in fancy containers. Change the container for different days or have your morning snack in the yellow container followed by the afternoon snack in the green container. This will keep you organised and more inclined to stick to your meal at the appropriate times....it also keeps us from overeating!

Put a little colour into your life....eat a rainbow! You don't need to stick with just one fruit or one vegetable, put them all in! If you can't remember all the good things we get from a particular fruit or vegetable, by 'eating a rainbow', it helps us to maintain a healthy, balanced diet with a variety of essential goodness.

Make the time.....

By planning your meals ahead of time and having a list before you go shopping, you *can* eat cheap and healthy meals on a budget.

Organise what meals you are going to eat for that week and make a list of the groceries you will need. This will prevent you from buying unnecessary items or buying too much that will go to waste. By having our meals planned, we will be less tempted to purchase expensive, possibly unhealthy meals.

It is important to vary your meals, try not to have the same meal more than twice in a week. Otherwise you will get bored and not enjoy eating.

A good idea is to make extra food at dinner time and take the leftovers the next day. This is a good idea for the people that are time poor and don't have the time to go to markets or spend time preparing food. Things like soups and casseroles are great to cook and freeze. Spend a Sunday afternoon in the kitchen cooking a couple different meals and put them into small containers in the freezer. All you have to do each day is simply take it out and let it defrost. Easy and yum!

Upon returning from purchasing your groceries, before you put them away, put them straight into easily accessible containers. It can be a good idea to wash, peel and chop your vegetables so you can easily grab a carrot stick out of the fridge without having to do it each time you want to eat a carrot! Remember to keep your fruit and vegetables in the food crisper of your fridge; this keeps them nice and crisp.