



# Spine Alive

*The Team at Spine Alive would like to wish everyone a very Merry Christmas and a Happy New Year. We look forward to helping everyone in 2011.*

Well what a big year, but even bigger month. Number two child arrived at 6.55am Monday 6<sup>th</sup> December. She is an adorable (not bias or anything) little girl, called Alexandra Mabel Bennett Karrasch (Mabel being the name of the first woman chiropractor)! She was 3.96kg and 58cm long. All is going well she even sleeps really well (so far). And if you haven't already seen me, I am back at work ready to help you with your spinal issues.

Most of you would have seen the signs up advertising a position for a massage therapist. Well, after interviewing a number of candidates, we have made a decision and we aim to have the new team member up and running by the end of January, if not earlier. Keep your eyes peeled for more information of when you can make an appointment for an amazing massage!

Now I have to say thankyou to all of you that have filled out the surveys, so that we can gather information on how we are operating and be the best that we can be. There were 3 main issues:-

Parking – unfortunately there is not a lot I can do about this issue. When building the clinic, the council requested 1 car space per practitioner and large native gardens – which means about 2 car spaces. So, although it can be hard sometimes to negotiate in or out of the car park, please do try and use the spaces provided as I don't want to annoy the neighbours by using up all of the street.

We always go into every case with the intention of miracle cures. However, depending on how long the injury has been there and the type of work you do, it may take some time to get the best results – but I can assure you that we will do our very best to get you out of pain as quick as possible.

It would appear that a lot of you don't do all that is asked to help yourself get better during the course of treatment. Life is crazy and we understand that sometimes these things slip your mind but I am confident that if you do what you can on top of the adjustments, the improvements are likely to be quicker.

I really hope that you have an amazing and safe holiday and not do any damage to your spine.

Alison

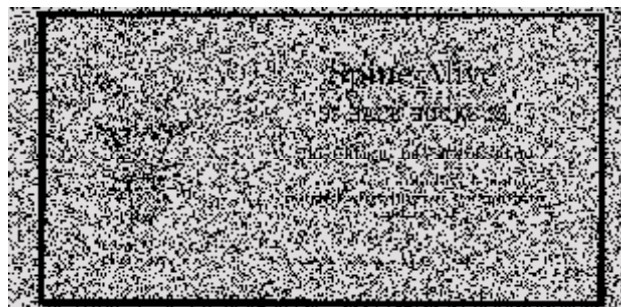
## Introducing SPINE ALIVE BACK BUCKS

Spine Alive would really love to thank you for speaking favourably about our services and results.

So, to thank you properly, when you refer a new patient we will be giving you a little gift. This gift is called...BACK BUCKS

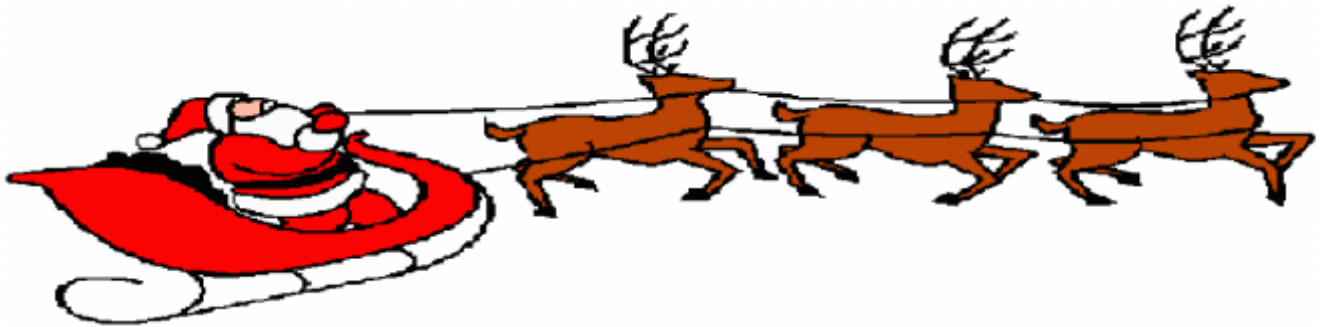
The value of this certificate is \$10 and it can be spent within the clinic towards any products to help support you spine and add benefit to your adjustments, or, it can be used towards your next adjustment. Of course over time if you refer 5 people to our clinic, that would mean a free adjustment!!!

We really appreciate your support, and hope that we can continue to help you look after your spinal health.



## Opening Hours during Christmas & New Year

Friday 24th December 2010	7.40 to 11.30am
Saturday 25th December 2010	CLOSED
Sunday 26th December 2010	CLOSED
Monday 27th December 2010	CLOSED
Tuesday 28th December 2010	CLOSED
Wednesday 29th December 2010	OPEN
Thursday 30th December 2010	OPEN
Friday 31st December 2010	7.40 to 11.30am
Saturday 1st January 2011	CLOSED
Sunday 2 <sup>nd</sup> January 2011	CLOSED
Monday 3 <sup>rd</sup> January 2011	CLOSED
Tuesday 4 <sup>th</sup> January 2011	OPEN



It comes around every year and yet it is still somewhat of a surprise when it arrives. And this year it has snuck up on me again. But there is no escaping it –

It's Time for the annual **Chiropractic Christmas Tips:**

1. Eat the Christmas turkey, don't be the Christmas turkey

2. Avoid a bad case of "Santa Back" – (yes it is a real condition) by following some simple advice:

A) The Nintendo Wii is a great game – but you can and will fall off the balance board (especially when full of Christmas cheer) when doing yoga moves.

B) Scooters are a great gift idea for kids – **yes** they do look like fun for adults - but **no** they aren't as easy as they look to ride.

C) The trampoline may have been a gift for the whole family – but not to be on all at once. You may well be feeling more flexible since starting chiropractic, but acrobatics on the new trampoline is not the way to prove it.

D) Eskys weigh a lot. I have often found it best to empty them a bit before trying to do anything silly like moving them. Best to pull up a comfy chair, sit right next to the esky and the BBQ – and slowly eat and drink until it's empty.

Problem solved...

3. Eat, Drink and be Merry – just don't trip, fall and have to ring MARY (Or any of the girls)

*Andrew*

Wishing each and every one of you a very happy and relaxing festive season which I hope continues well into the New Year. I hope that you are all surrounded by family, good friends, good food and good times - as these are the main ingredients that really make this time of year special.

Many of us make New Year's resolutions to work harder , save more money, pay off the credit cards, exercise more, travel more, spend more time with family & friends...adding to the endless list of demands that we already place on ourselves. Why not consider making a conscious decision in the New Year to spend more time on doing less, slowing down and taking time out for yourself. Whether it be 10 or 20 minutes a day of simply sitting quietly whilst concentrating on your breath; watching the clouds roll by; having an extra sleep in or siesta on the weekend; soaking in a bubble bath with some candles; starting yoga or tai chi classes, whatever helps you to feel more relaxed will work wonders – the only rule is to somehow slow down! Regularly practicing relaxation techniques will help reduce the amounts of stress hormones that are released into our bodies which can contribute to muscle tightness and joint stiffness. You will definitely notice improvements with your general health and happiness on so many levels even if you just start with taking more notice of your breathe. Why not give it a try – relaxation is free and you make the choice when and where you do it! Again, I hope you all have a fantastic and of course relaxing festive season!

*Rebecca*