

Active Life

GMC Chiropractors Newsletter



Holiday Break

*All clinics reopening
7th January 2020*

If you are requiring care during the holiday season, please call your local clinic. On the answer message there will be instructions on who is available during this time, and you will be able to leave a message for someone to get back to you

New Plymouth 06 7588334

Stratford 06 7655354

Hawera 06 2784657

Whanganui 06 3487474

Feilding 06 3239494

GMC update

Summer feels like it has finally arrived! With the warmer weather and longer days, everyone is getting more active and preparing for the crazy days ahead with Christmas just a couple of days away.

GMC Chiropractor clinics will be closed for the holiday break and reopening on 7th January 2020. With the change in year also comes a small change at GMC with Greg and Laryne stepping down from ownership and Jo, Will and Paula becoming the new dream team. Greg will be continuing to work as a chiropractor in Whanganui & Hawera, and you will still see Laryne at each of the clinics. There will be a few other small changes but everyone will continue to provide our patients with the utmost care.

Have a safe and happy holiday!

Meet some of the Team

Dr Paula Brown



This Christmas my husband, daughters and I are in the Northern hemisphere visiting my family. It's been too long since I last saw them. So far the weather has been very kind to us but hoping for a white Christmas (just for two days!) Super excited to be involved with the new ownership of GMC Chiropractors. Great times ahead. Hope you all have a very happy holiday. I look forward to catching up with you in the new year.

Dr Josephine Miles

This summer my husband and I will be visiting family for Christmas and spending time in the beautiful Coromandel - our happy place! Next year is shaping up to be a big year for me - both professionally and personally. Alongside Drs Paula and Will I will be co-owner of GMC Chiropractors, which is absolutely a dream come true and is only possible because of the mentorship and support from my parents (Greg & Laryne). I'm also pretty excited to become a first time mother in June 2020. Lots of great things coming in 2020 and I'm looking forward to sharing the good times with you all in the practices next year. Have a safe and happy holiday!



Dr Cory Palmer & Dr Marie Brunsart



Marie and Cory are celebrating Christmas with the greatest of thanks to all our lovely patients in the New Plymouth Region and the Stratford Region. We have had a wonderful year in the Taranaki and look forward to many more. We wish all of our wonderful patients a happy new year and 2020 of great, excellent and striving health. We wish you guys the Merriest of Christmas's and a very Happy New Year!

Serina Nicolson, CA



2019 has been such a busy year both personally and professionally. I am delighted to be a part of the New Plymouth team and look forward to what the new year brings for all of us in 2020. I will miss my Hawera patients, I hope to see you in the community or anytime I may be back at the Hawera clinic. It has been a pleasure serving each and every one of you. I wish you all a Merry Christmas and Happy New Year.

Amy Brennan, CA

My fiancé and I recently relocated to New Plymouth from Wellington. After sixteen years working for a very busy filmmaker, the time felt right to pursue new opportunities and move closer to family. I am now following my dream of making ceramics, and I have recently joined the GMC Chiropractors team. I am looking forward to spending quality time with family and friends over the Christmas period, and I'm super excited for what 2020 has in store!



FAQ of the year

Can I prebook my next few appointments?

Yes! This is encouraged, as then you are more likely to get the appointment time you prefer. You can book a similar day and time for each upcoming appointment so that they are easier to remember, helps ensure you stick to your recommended care plan to get your body working more efficiently quickly and gives you time to plan the rest of your schedule.

We understand that holidays, shift work and family can mean that it is more difficult to book ahead sometimes. You can easily change your prebooked time via a quick call or text, or we are also happy to ring you a few days prior to your recommended adjustment time to organise one that suits. Just let the CA know that this is what will work best for you and we will make it happen!

Fun Facts!

Though spinal manipulation has been around over 2,500 years, modern chiropractic medicine only gained recognition a little over 100 years ago.

The first chiropractic adjustment helped restore a man's hearing - A man named Harvey Lillard felt something "give out" in his back, and he lost his hearing immediately. 17 years later in 1895, he told his story to a man named DD Palmer, who felt his back and gave him what he referred to as a "crude adjustment" to his upper back. After that interaction, Harvey reports being able to hear again!

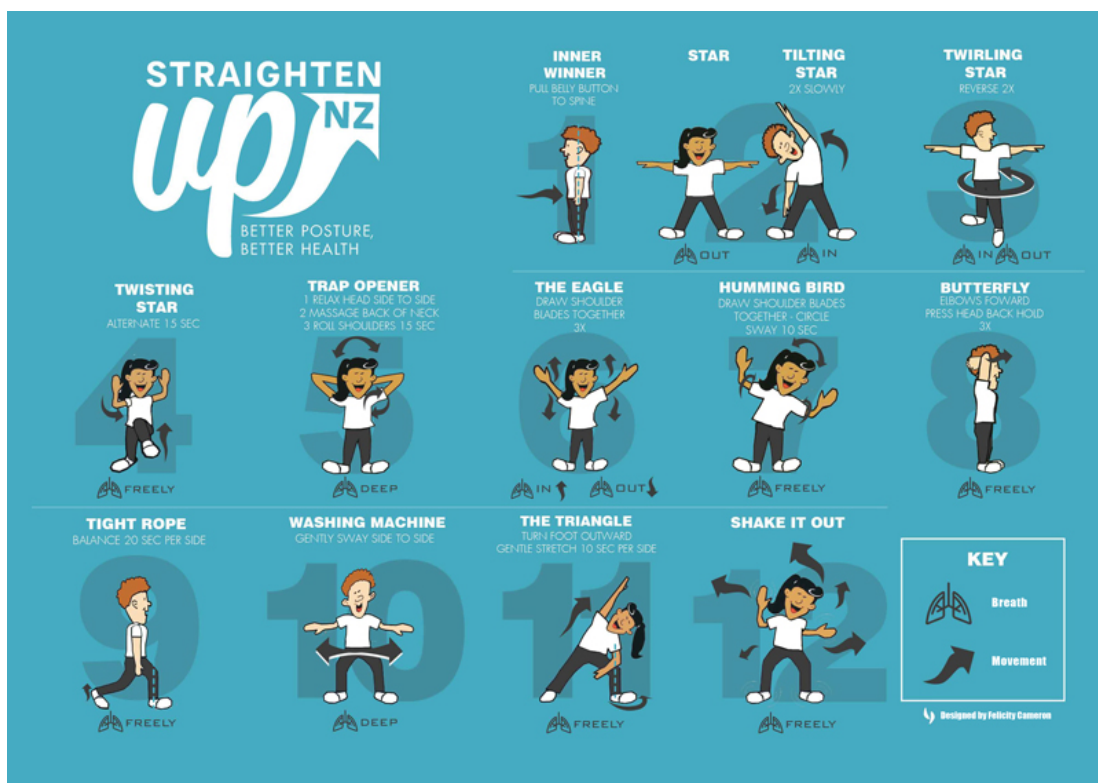
Chiropractic care focuses on optimal health and function: When your spine is properly aligned and balanced, your body works better. How come? Proper alignment of the spine minimizes stress on your nervous system so your brain and body can communicate without interference

Summer Tips

As the warm weather slowly creeps in, it's getting more important to 'slip, slop, slap and wrap' before we go outside this summer. But just as it is important to protect ourselves from UV rays, it's just as important to protect ourselves from potentially chemically ridden sunscreens. Now there is no perfect sunscreen but we should be aware of a few particular chemicals found in many of our sunscreens called oxybenzone, avobenzone, octisalate, octocrylene, homosalate, and octinoxate. These particular chemicals are considered endocrine disruptors. Endocrine disruptors interfere with your thyroid and other hormone processes in your body which can cause a variety of hormone imbalances in both men and women. If you find these chemicals in your sunscreen it might be time to switch to a more natural sunscreen. I personally like Oasis Sun SPF 50+ - but there are plenty of other options on the market.



Storm is a Naturopath & Medical Herbalist for Functional Naturopathy. She is passionate about helping people get to the bottom of their hormonal, digestive, mood and skin problems. For more information, go to www.functionalnaturopathy.com



Keep Stretching

Good posture allows you to be physically well and move through life with more energy, less stress and fatigue. Taking just a few minutes each day, these quick and simple exercises can help you to improve your spinal health and posture.

Visit
www.straightenup.org.nz
for more information and
exercises

Holiday Fun!

CHIROPRACTIC WORD SEARCH

NO, SANTA IS NOT
LOOKING FOR SOMETHING
ON THE FLOOR. SANTA
NEEDS TO GO SEE HIS
CHIROPRACTOR.



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ACCIDENT
ADJUSTMENT
CERVICAL
CHIROPRACTOR
DISC
HEADACHES
HEALTH
JOINT
LUMBAR
PAIN
PATIENT
PREVENTIVE
SCIATICA
SCOLIOSIS
SPINE
XRAY

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S	F	M	I	U	N	D	L	E	Q	D	W	I	E
R	H	Y	B	G	J	O	U	T	C	E	F	A	P

Donny the dinosaur asks...
HOW MANY NEW WORDS CAN YOU
MAKE FROM THE WORD
"CHIROPRACTOR"

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I THINK I NEED AN
ADJUSTMENT



Colour me in!

Yummy Recipes

Tumeric- Ginger Dumping Soup



Ingredients

1 Tbs. vegetable oil
8 1/8-inch-thick peeled slices fresh ginger, smashed
4 cloves garlic, thinly sliced
1-1/2 tsp. ground turmeric
2 quarts lower-salt chicken broth
4 3/4-inch-wide strips lemon zest
Kosher salt
1 lb. frozen Asian meat or vegetable dumplings
1 lb. baby or Shanghai bok choy, halved through the stem or quartered if large and cut crosswise into 2-inch pieces
1-1/2 tsp. fresh lemon juice
2 medium scallions, thinly sliced diagonally
Asian sesame oil, Sriracha, or soy sauce, for serving

Heat the oil in a large saucepan over medium-high heat. Add the ginger, garlic, and turmeric, and cook, stirring, until fragrant, about 30 seconds. Add the broth, lemon zest, and 1/4 tsp. salt, and bring to a boil. Reduce the heat to a simmer, cover, and cook until the flavors meld, about 5 minutes. Uncover, bring to a boil, and add the dumplings. Return to a boil, and cook for 2 minutes less than the package directs. Add the bok choy, and continue cooking until the dumplings are cooked through and the bok choy is crisp-tender, about 2 minutes total. Stir in the lemon juice, and season to taste with salt. Sprinkle with the scallions, and serve with a drizzle of sesame oil, Sriracha, or soy sauce. Serves 4-6 From www.finecooking.com

Mediterranean Lamb with Carrot & Parsnip Mash



Ingredients

Marinated lamb:
2 cloves garlic, crushed
1 tsp ground cumin
2 Tbsp chopped mint
2 Tbsp chopped fresh coriander
1 Tbsp olive oil
1 tsp runny honey
juice of half an orange
zest of half an orange
400 g Silver Fern Farms Lamb Rumps

Carrot & Parsnip Mash:

2 large carrots, peeled and chopped
2 large parsnips, peeled and chopped
15 g butter

Place the marinade ingredients into a bowl and whisk to combine. Place the Silver Fern Farms Lamb Rumps in a non-metallic dish. Pour over the marinade. Cover. Refrigerate for 15 minutes. Preheat the oven to 200°C. Remove lamb from marinade and place in a roasting dish. Roast meat for 15-25 minutes depending on desired rareness. Rest for 5 minutes before slicing and serving. Serve with carrot and parsnip mash. Carrot and Parsnip Mash Cook the carrots and parsnips in boiling lightly salted water until tender. Drain well. Mash with the butter. Season with plenty of ground black pepper. Recipe from www.foodinaminute.co.nz