



Smile a little;
laugh a little,
dream a lot!



Feast on one of
these easy, tasty
omelettes!

Maturity is the capacity
to endure uncertainty.

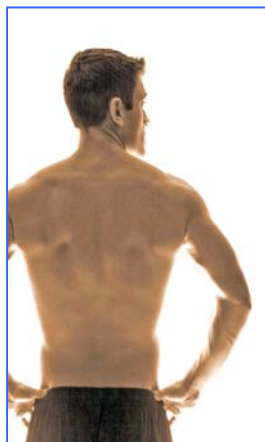
Whilst patting his bald head and stroking his beard a little girl asked her grandpa "Did God make me?" "Yes, he did." The grandfather replied. "Did he make you too?" She enquired. "Yes he sure did." Grandfather replied. "Hmm!, he does a better job these days doesn't he grandpa!"

*Two banks with
different rates have a
conflict of interest*

*THIS EMPLOYEE
SHOULD GO FAR,
AND THE SOONER
HE STARTS THE
BETTER!*

"Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal."
Martin Luther King, Jr.

Helpful Back Care Hints



1. Have a spinal checkup every month. Prevention is the key. If your spine and nervous system are being tuned regularly with chiropractic adjustments, your back and your health will be stronger.
2. Stay strong. Keep your belly, back and leg muscles strong with regular exercise. We can help with the ones that best suit you- ask about core exercises too!
3. Use your head (and your legs) to lift. Think about what and how you are about to lift- keep it close to your body and remember to bend those knees.
4. Enjoy a diet rich in omega oils and calcium. Your nerves and bones need daily fuel to maintain good health. Grab a quality supplement if your lifestyle means you're missing out.
5. Use ice (in the first 24 hours) if you are injured. Call us as soon as possible to have it checked out and corrected.

The amazing benefits of Chocolate!

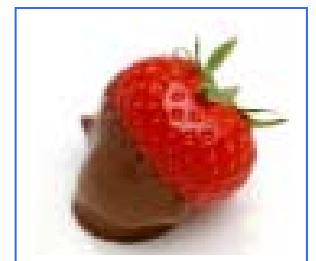
Its official, chocolate is actually good for you! Research now shows that this tasty secret, discovered around 2000 years ago by the Mayans and the Aztecs, possesses numerous health properties.

The major ingredient in chocolate, cocoa, from the seed of the cacao plant, contains polyphenols, and potent antioxidants. These compounds are able to protect our cells from damage to help our immune system. Amazingly 50g of chocolate contains more antioxidants than a glass of red wine and about the same as one cup of black tea.

Good quality dark chocolate is a significant source of calcium, magnesium, zinc, iron, copper, niacin and riboflavin and has a relatively low glycaemic index. Unfortunately chocolate is still rich in calories, so don't eat the whole block! Stick to less than 30g or 5 small squares a day.

What about the fat you say? Not to worry if consumed sensibly. Cocoa beans contain unique types of saturated fat that do not raise cholesterol levels and may even prevent blood clots. Ahhh...the wonders of chocolate.

So next time you feel like indulging, grab yourself a block of high quality dark chocolate with at least 70% cocoa and treat yourself. In moderation, and in conjunction with a wholesome diet and regular exercise, chocolate can now be enjoyed guilt free.



Wild Mushroom Omelette

preparation: 10 minutes | **serves:** 4

2 tablespoons butter
200g wild mushrooms,
trimmed and sliced
8 large eggs, beaten
2 tablespoons chopped
parsley
50g tasty cheese, grated
Pepper
Wholegrain toast, to serve
Crisp white plate, to serve

1. Melt a little butter in an omelette pan, add the mushrooms and sauté for 5-6 minutes until cooked and any moisture has evaporated. Remove the mushrooms from the pan and set aside.

2. Melt a little more butter in the same pan and add one-quarter of the beaten egg. Season well with pepper and stir with a

wooden spoon, bringing the cooked egg to the centre of the pan and allowing the runny egg to flow to the edge and cook.

3. When there is only a little liquid left, sprinkle over a few mushrooms and some of the parsley and cheese, fold the omelette over and tip on to a warm crisp white



serving plate (it tastes better!) Repeat with the remaining ingredients. Serve with wholemeal toast. Enjoy!

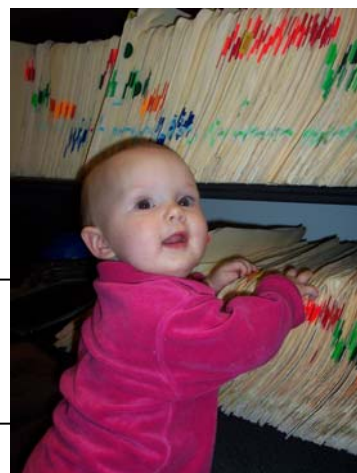
How free are you...



To laugh is to risk appearing the fool,
To weep is to risk appearing sentimental,
To love is to risk not being loved in return,
To hope is to risk despair,
To try is to risk failure,
To reach out for another is to risk involvement,
To expose feelings is to risk exposing your true self,
To place your ideas, your dreams before the crowd is to risk their loss,
But risk must be taken, because the greatest hazard in life is to risk nothing.
The person who risks nothing, does nothing, has nothing, and is nothing.
They may avoid suffering and sorrow, but they simply cannot learn, feel, change,
grow, love and live.
Chained by their certitudes, they are a slave, they have forfeited freedom.
Only a person who risks- is free!

We'd Love to hear your chiropractic story.

The Champion Chiropractic Centre team and clients would love to hear how chiropractic has changed your life. We get so much feedback about the fabulous book, "Chicken Soup for the Chiropractic Soul", that we thought we might start our own. Please talk to Sue, Shannie or Dee if you'd like to jot down your story. It'd be great to hear from you.



Visit us at www.championchiro.com.au