



The lowdown  
on Omega-3  
oils.



Warm up this  
Spring with  
raspberries!

## *Farewell Knut! The Dashing Norwegian is Homeward Bound.*

*Sadly we have to say goodbye to chiropractor **Knut Sandbakken** this September. Knut has developed a huge following in our centre since joining us two and a half years ago. His great clinical skills as well as his warm and easy going manner have made Knut very popular and he will be missed by many. We wish him well in his future endeavours.*

*We are very fortunate to have **Stuart Knox**, an excellent Gonstead chiropractor and former university classmate of Knut's, starting with us. Stuart will continue to provide you with great quality chiropractic care*

## *So what can chiropractic help?*

Chiropractic is a natural method of health care that focuses on correcting the cause of physical problems, rather than just treating the symptoms. Your spine and nervous system control your entire body. With a healthy spine and nervous system, your body is better able to heal itself! So what are the most common things that people visit a chiropractor for?

- 1. Back pain and neck pain.** Chiropractic care is remarkably effective in its focus on natural, drug-free methods of treatment. It works!
- 2. Headaches and migraines.** Before you reach for a pain tablet, consider a chiropractic check-up to see if your headaches can be corrected naturally.
- 3. Hay fever and allergies.** Hypersensitivity of the immune system depends on normal communication from the brain to control its function.
- 4. Colic in babies.** 94% of babies treated with chiropractic care appeared to be helped within two weeks of starting treatment- a real plus for everyone!

Many people start chiropractic because of a pain or symptom. Most people continue with regular check-ups because they love the feeling of health and energy that they now enjoy as a result of their care.

## *Do you have the right pillow?*

We sleep for a number of reasons, one being to relax the body. For this reason, the pillow and bed that we use has to provide support for the neck and spine to allow the muscles to relax and rejuvenate. If the pillow doesn't do its job properly, the result can be a stiff and sore neck, headaches and a general feeling of tiredness.

Do you need a new pillow? If you do any of the following, you may have the wrong size or type of pillow:

1. You sleep with your arms under the pillow.
2. You sleep on your stomach.
3. You chase your pillow all over the bed all night.
4. Sleeping with more than one pillow or no pillow.
5. Your head feels higher/lower than your body when it is on the pillow.



The correct pillow it is vital. Our team can guide you with expert advice on how to check that your pillow is the right one for you. Whether you sleep on your back or your side, a professionally fitted contour pillow will encourage the spine's natural curves during sleep. Ask today about yours!

## Bread and Butter Pudding with Raspberries

**preparation:** 15 minutes | **serves:** 4

¼ cup apricot jam  
½ cup frozen raspberries  
1 loaf white bread

### Custard

1½ cups thick cream  
1½ cups milk  
2/3 cup sugar  
3 egg yolks  
2 whole eggs

1. In a large bowl, combine cream, milk, sugar, eggs and egg yolks using a whisk. Strain and set aside in a jug.

2. Trim bread of its crust and slice; spread 12 pieces with jam and cut into halves.

3. Layer neatly in dish and pour in the custard at the edge of the dish. Sprinkle with fruit.

4. Place pudding inside a larger baking dish. Place in the oven, then half fill the baking dish with hot water.



5. Bake for 1½ hrs. Take out and let sit for 30 mins.

## The lowdown on Omega-3 oils.

Omega-3 oils are good for you. They are a type of polyunsaturated fat found in many fish and some types of plants. Some sources (fish and breast milk) also contain DHA, a fatty acid necessary for brain function. Here are some of the many benefits of Omega-3 oils and how you can get them.

### The benefits

**Heart health:** fatty acids lower bad cholesterol and reduce clotting.

**Arthritis:** fish oil calms inflammation to relieve tender joints.

**Brain and nerve function:** DHA is essential for normal nerves- ADD, depression and moods can be helped.

**Alzheimer's:** good fats and DHA can fight these brain changes.

**Diabetes:** fatty acids reduce insulin resistance to reduce the risk of diabetes.



### Omega-3 food sources

#### Marine oils:

- all kinds of fish, including fresh, canned, frozen, smoked and pickled
- seafood, including prawns, mussels, oysters, crab, calamari
- marine-enriched eggs
- quality oil supplements such as Omega EFA by Metagenics

#### Plant oils:

- linseed oil
- soy
- linseed bread
- walnuts
- canola oil
- mustard seed

## Like to leave Knut a farewell message?

We have a book at the reception desk for any of our patients to leave messages of farewell and thanks for Knut. (Humour, sharp wit and even outright sledging will be accepted with pleasure.)

