



Opposite Aldi

213 Anstruther Street  
Echuca

Phone 5480 7774

### EDITORIAL

Welcome.

Everyone is busy with the end of year. Please read the vital information, particularly the tips on the best and worst holiday habits. Making good choices about what we are doing during the Christmas period can make a significant difference to our health and wellbeing.

Please remember that we are celebrating Christmas is Giving on Wednesday 8<sup>th</sup> December. We will also accept any other gifts to be passed onto the Salvation Army during that week. Remember that there are many who will find Christmas a challenging time and share your blessings.

Michelle is very excited about starting a training series this month which will result in her becoming a Certified Chiropractic Wellness Practitioner. She is very excited about the benefits this will have in providing a more holistic approach to her care. Be sure to ask her about what she has been learning and how you can benefit.

We would like to take this opportunity to thank you, our loyal chiropractic family, for your wonderful support, brilliant referrals and passion for improving you health and wellbeing.

Merry Christmas and we look forward to seeing you in the new year.

from the team at  
All About Health

### Best Holiday Habits

- 1 Maintain a healthy lifestyle
- 2 Be with those you want to be with
- 3 Stick with a holiday budget
- 4 Balance work and pleasure
- 5 Get enough sleep
- 6 Stay at home and have fun
- 7 Do things you're passionate about
- 8 Shop locally
- 9 Buy and receive only healthy gifts
- 10 Share healthy food



### The worst holiday habits

- 1 Spending money you don't have
- 2 Visiting people you don't like
- 3 Going to parties you'd rather avoid
- 4 Eating things you don't want
- 5 Drinking too much alcohol
- 6 Last minute shopping
- 7 Holiday travel (especially at peak periods)
- 8 Going on a diet January 1<sup>st</sup>
- 9 Gaining weight
- 10 Buying unhealthy gifts



### Christmas Clinic Hours

#### Close

Friday  
24 December  
12.00 noon

#### Open

Tuesday  
4 January  
09.00am

### Christmas Giving

To celebrate Christmas we are having a special day where instead of paying for your adjustment you can bring a gift or gifts to the same value for someone in the community less fortunate.

This year we are focusing on children. Some ideas would include puzzles, games, books, cars or dolls.

Wednesday, 8th December, 2010



Please do not wrap gifts  
Gifts will be distributed by  
the Salvos

### An unfavourable lifestyle and recurrent headaches among adolescents (The Hunt Study)

The results from the study show that overweight, smoking or low physical activity are independently and in combination associated with recurrent headache among adolescents. The associations observed and the additive effects of these negative lifestyle factors on the prevalence of recurrent headache indicates possible targets for preventative measures.

[www.neurology.org/cgi/content/abstract/WNL.obo13e3181eee244v1](http://www.neurology.org/cgi/content/abstract/WNL.obo13e3181eee244v1)



### Unsure of a present for someone

### Remember

Our selection of therapeutic pillows provide perfect balance and alignment for side sleepers and back sleepers.

Gently contoured and featuring high and low sides to suit all physiques, and in three sizes so you can find the perfect fit. Childrens', Small and Standard sizes



Watch out for next years series on Healthy Ageing and Disease Prevention



### Appreciate Your Wife

*A good wife is worth more than rubies*

Do you have any idea how hard your wife works to be a good mother? Imagine this: 6 dads are dropped on a desert island with one car and three kids each for 6 weeks. Each child will play 2 sports and take music or dance lessons. There is no fast food, and every man has to correct homework, help with science projects, cook meals, do laundry, budget for groceries, pay the bills without enough money, know the birthdays of friends and relatives and send cards. In addition, he has to take each kid for haircuts and to the doctor and dental appointments, bake cakes for school functions, plant flowers and keep his home presentable at all times. He can only watch TV after the kids are in bed and his chores are done, and then he must have enough energy to be intimate with his spouse at a moments notice. He should be well groomed, go to church at least once a week, read to his kids, pray with them every night, pack their lunches and favourite snacks, fix breakfast, make sure they're dressed and on the school bus by 8.00am. At the end of 6 weeks every guy will be tested on his child's height, weight, shoe size, favourite colour, song, drink, toy and their biggest fear. And here's the best part the winner gets to play the game over and over again for the next 18-21 years! So, do you still think you want to change places with your wife.

# MULTIVITAMIN TABLETS



Women's  
Men's  
Family

Essential for optimum health



Are now available