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Meet Dr Lauren!



We are excited to announce we have a new Chiropractor joining our team here at Oasis Chiropractic. **Dr Lauren Thew** will begin working with us in March.

Dr Lauren is originally from Queensland and also lived in New Zealand before settling in Perth. For the last few years she has spent her time travelling to locum for other Chiropractors all around Australia, including regional practices in the Blue Mountains and the Pilbara.

"I was introduced to chiropractic at a young age. I was brought up on a cattle property in the 80's where my family also had a restaurant where they grew as much of their own produce as they could. I was raised by very holistic parents and once my mum found out about chiro, it just aligned with my paradigm of thinking –

TAKE CARE OF YOUR BODY AND IT TAKES CARE OF YOU.

In my free time you'll find me outdoors - I loves camping, horse riding, 4x4ing and taking my rescue dog Buffy to the beach.

I am looking forward to joining the team at Oasis and meeting you soon!"

Oasis staff news

DR KIM IS EXPECTING!

Congratulations to Dr Kim who is expecting her first child in May!

"I am very excited about this new chapter in life. I am so grateful to be able to be well looked after by Dr Roelien and Dr Lauren with my weekly adjustments, I know it will definitely help minimize any undue tension in my spine and pelvis. I hope to be back adjusting in August, but we will have to see what the baby has to say about that!"

Dr Kim is officially off on maternity leave from 12th March.

We have two other brilliant chiropractors, Dr Roelien and Dr Lauren, who are also experienced in paediatric and pregnancy care, will take care of her patients during this time.

ALL THE BEST DR KIM!



WANT A REGULAR OASIS CHIROPRACTIC FIX?

'Like' and 'Follow' us on Facebook and Instagram and enjoy regular updates and keep yourself informed about what's going on day to day around the office.

What's new at Oasis

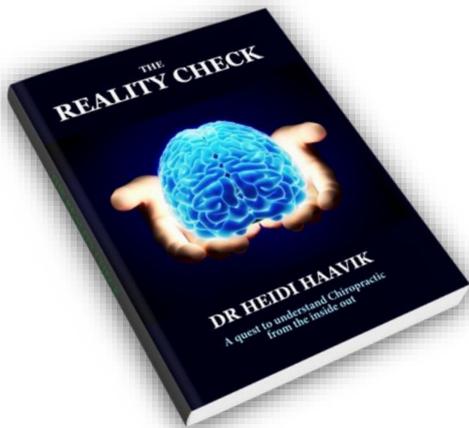
We now have our very own X-Ray machine that offers the latest state of the out technology in clinical imaging.

Medicare no longer bulk bills full spine X-Rays, so we have taken actions to provide better convenience to our patients. Images will be able to be viewed within seconds on our digital machinery.

Our chiropractors are all trained to take skeletal X-Rays, and all hold current X-Ray licenses. They are also proficient in X-Ray interpretation and analysis.



Book of the month



THE REALITY CHECK

For anyone hoping to understand more about how their body works, and an approach to putting that knowledge to work in a meaningful way for a happier, healthier life, this book is a remarkably powerful contribution to this quest.

FEEL FREE TO BORROW THE BOOK FROM OUR OASIS LIBRARY TO GET A BETTER UNDERSTANDING OF HOW CHIROPRACTIC WORKS!

Did you know that you can borrow any of our library books for one month and DVDs for 2 weeks?

Recipe of the month

DARK CHOCOLATE STRAWBERRY CHIA JAM CUPS (VEGAN, GF)

Cook Time 10 minutes

Servings 6 cups

Raw Strawberry Chia Jam
1 cup quartered fresh strawberries
1/4 cup water
4 medjool dates, pitted
2 tablespoons chia seeds

Homemade Dark Chocolate
1/2 cup cacao butter pieces or chips
1/2 cup raw cacao powder
1/4 cup pure maple syrup
Large flake sea salt, optional garnish



RAW STRAWBERRY CHIA JAM

Add the strawberries, dates, and water to a high-powered blender.

Blend until smooth (approximately 2 minutes).

In a small airtight container, combine the chia seeds and the strawberry-date liquid. Whisk together and refrigerate for at least 4 hours to thicken.

HOMEMADE DARK CHOCOLATE

Once the strawberry chia jam has thickened, make the dark chocolate by melting the cacao butter in a double-boiler over medium heat. Once it's melted, remove from the heat and whisk in the cacao powder and maple syrup until smooth.

TO ASSEMBLE

Line half of a muffin tin with 6 cupcake liners. Pour 1 tablespoon of the dark chocolate into the bottom of each muffin liner. Place pan in freezer for 10 minutes to set.

Drop 2 1/2 teaspoons of the strawberry chia jam into the centre of the chocolate and carefully spread out within 1/4 inch of the edge of the chocolate layer. Pour heaping tablespoons of the chocolate mixture over the chia jam, using up all of the chocolate. If needed, drop the pan on a hard surface a few times to smooth out the chocolate. If desired, sprinkle with sea salt. Return to freezer for 10 minutes to set.

Store in refrigerator.

These 4 exercises are a great way to open up your chest and activate your back muscles. It will help your shoulders, back, chest and posture. It will also activate your brain and give you energy!

Try them for the month of February and see the results.



STANDING BLACKBURN Y STARTING POSITION:

Begin standing with feet about hip width apart. Arms should be extended to sides at 10 and 2 o'clock positions. Have hands oriented with palms face up.

MOVEMENT: Activate core muscles. While maintaining good posture, draw arms and shoulders back squeezing shoulder blades together. Elbows should remain straight. A stretch may be felt in chest and front of shoulder. Do not allow shoulders to raise upward. Neck muscles should remain relaxed. Hold for 5 seconds.



STANDING BLACKBURN T STARTING POSITION:

Begin standing with feet about hip width apart. Arms should be extended to sides at shoulder level. Have hands oriented with palms face up.

MOVEMENT: Activate core muscles. While maintaining good posture, draw arms and shoulders back squeezing shoulder blades together. Elbows should remain straight. A stretch may be felt in chest and front of shoulder. Do not allow shoulders to raise upward. Neck muscles should remain relaxed. Hold for 5 seconds.



STANDING W SCAPULAR RETRACTION STARTING POSITION:

Begin standing in good posture. Shoulders should be back and head up. Raise and bend arms so that elbows are near shoulder level.

MOVEMENT: While maintaining good posture, draw shoulders back, squeezing shoulder blades together. A stretch may be felt in chest and front of shoulder. Do not allow shoulders to raise upward. Hold for 5-10 seconds.



QUADRUPED TRUNK ROTATION STARTING POSITION:

Begin on your hands and knees with your head and back in a straight position. Hands should be under your shoulders, hips directly above knees.

MOVEMENT: Activate core muscles. Rotate upper body, extending arm upward. Knees should remain in contact with floor during entire movement. Try to maintain a straight spine, avoiding excessive rounding or arching of the low back. Slowly return to start position.