

2021

GMC NEWSLETTER

SUMMER EDITION

SUMMER HAS FINALLY ARRIVED

The warmer weather has arrived and so now is the time to book in for a spinal check and adjustment so you can enjoy summer activities to the fullest.

Below are some pics of what some of our staff and their family have been getting up to.





HERE COMES THE SUN

Welcome to summer GMCers! Lots of wonderful things to look forward to as the days get longer- bbq's, picnics, trips to the beach. One of the best things though is the opportunity to enjoy that glorious, beautiful sunshine. Over the last 30 years the sun has been somewhat demonised for the role it plays in encouraging skin cancers, but did you know that (when enjoyed responsibly) the sun has wonderful health benefits for body and mind?

From promoting the growth of plants and crops to keeping people warm, sunlight is essential for life. In addition, many people enjoy the feeling of sunlight, and there is increasing evidence to support its many health benefits.

It is important for people to protect themselves from too much sun, they should also make sure that they get enough to enjoy the health benefits of sunlight. Finding the right balance can help people maintain optimal levels of vitamin D and enjoy the mental health benefits of a sunny day without placing themselves at risk.

Of all the health benefits of sunlight, initiating the process of producing vitamin D in the body may be the best known. When UVB rays hit human skin, they interact with the 7-DHC protein there to produce vitamin D₃, the benefits of which are:

- supporting healthy bones
- managing calcium levels
- reducing inflammation
- supporting the immune system and glucose metabolism
- Reduced blood pressure
- better sleep (sets people's circadian rhythms by regulating the levels of serotonin and melatonin)

Being in the sun generally makes people feel good, and there are many scientific reasons for this effect. One of these is that exposure to UVB rays causes human skin to produce beta-endorphins, which are hormones that reduce pain. Their other benefits include:

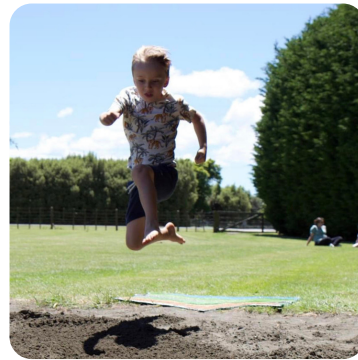
- promoting a sensation of well-being and improving mood
- boosting the immune system
- relieving pain
- promoting relaxation
- helping wounds heal
- helping people feel more alert
- increasing job satisfaction Trusted Source, when a person's workplace has access to sunlight
- reducing depression

So this summer make time to get out into the fresh air and sunshine and boost that feel good factor!

NEW ADDITIONS TO THE GMC FAMILY



Dr Josh: is from the sunny Bay of Plenty, completing college at Mt Maunganui college as deputy head boy of Sports, followed by studies at Victoria University in Wellington. He studied his Chiropractic Degree at the New Zealand College of Chiropractic. Dr. Josh and his wife Charlene, who is a Physiotherapist, have just started their family, having their daughter Allie in 2020. He has spent 3 years in both Auckland and Tauranga, practicing and caring for the communities he has lived and been apart of. He has a shared passion with his wife Charlene being engaged and working with the health and fitness communities - helping people reach their goals and maintain peak performance. Dr Josh enjoys taking care of people of all ages, and practices using multiple techniques. He enjoys getting people back to health and helping them make great lifestyle choices for their future. He will be working in the Levin clinic, taking over from Dr James who is expecting his own new addition to the family.



Charlotte : After leaving Western Australia in November to return home, it's been quite the adventure starting our new lives back home in Whanganui. My husband Nick and I, along with our two children, completed two weeks in MIQ in Auckland. Dr Greg is my father and Dr Jo is my sister, so naturally they invited me to be a part of their business to be a part time admin person and assist Linda wherever needed. I'm excited about my new role and can't wait to be an asset to the team and will be based in the Whanganui clinic. Stanley, our almost 6 year old has just started at the beautiful Brunswick school and is loving it. Aurora, 16 months, is starting shortly in part time daycare with baby Gray. Nick and I have been loving riding on the farm in our downtime and can't wait to settle in. I'm looking forward to meeting more of you along this new journey :)

FOND FAREWELLS

Lari has worked in Whanganui for a while now, and she's been such a vital part of our core team. She has decided to step down as a permanent staff member.

We will miss her and are also so thankful to her for all her commitment and hard work - as well as being such a kind person - but luckily for us, she will continue to be our casual reliever when needed. Silver lining !

We have said goodbye to Holly, who was our CA in Stratford and New Plymouth. Holly has secured a role in the agricultural field which is where her training and education lies. Amy our CA in New Plymouth is also leaving us soon, has decided to move on for a lifestyle change.

We would like to thank both Holly and Amy for their dedication and professionalism and wish both the best of luck for their future endeavors and we look forward to hearing of their successes. We have three new Chiropractic Assistants joining our team. Tracey has already joined us in Whanganui from Auckland, Juliet will be working in both Whanganui and Feilding, and Natalie will be working in Whanganui and Hawera.

LEMON & LIME MOJITO

Ingredients

3 whole Lime
3 whole lemon
handful fresh mint
6 8oz cups
6 cup water
9 tsp honey or agave nectar

Method

1. Fill 2 8oz glasses with crushed ice and add 1 1/2 tsp of honey or agave nectar to the ice.
2. Cut your lemon and limes in half. Use the juice of half the lemon and half the lime in each glass. (This is tart, so if you are not a fan, you may want to cut this portion to meet your needs)
3. Once you have added your lemon and lime juice, add in your fresh mint and a couple of lemon and lime slices
4. Once you have your lemon and lime juices, add in fresh or sparkling water to fill the rest of the glass.
5. Use a spoon and stir the mocktail until the honey or nectar is combined.



Note: This drink is a bit tart but goes really well with the honey. If you are not a fan of tart, cut your lemon and lime juice or add more honey or agave to meet your taste buds.

KIWI SUMMER SALAD

This orzo pasta salad is quick to whip up using your pantry staples. With beetroot, baby peas, red onion and feta all tossed together with a zesty lemon dressing, it's perfect to serve at your next BBQ!

Ingredients

- 1 cup orzo pasta
- 1 cup frozen Baby Peas
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp liquid honey
- ¼ cup chopped fresh mint or parsley
- 410g can Chunky Beetroot, drained
- 50g feta, crumbled
- 1 red onion, thinly sliced



Method

Step 1

Cook the orzo pasta in plenty of boiling water until just cooked (al dente). Drain well. Refresh in cold water. Drain and place in a bowl.

Step 2

Cook the frozen Baby Peas according to packet directions. Set aside to cool.

Step 3

Mix the olive oil, lemon juice, honey and mint or parsley together. Toss through the orzo pasta. Refrigerate for 10 minutes.

Step 4

Just before serving, gently mix through the drained Chunky Beetroot, baby peas, feta and red onion.

Tip: can make this gluten free by replacing the orzo pasta with rice.

**HELLO
SUMMER
LET'S GO**

**Make sure your SPINE is
summer ready by getting your
December appointments
booked in
(Availability Limited)**

[Click here to BOOK NOW](#)



Keeping our patients SAFE

At GMC Chiropractors we are committed to providing excellent health care in a SAFE way for all. These are the steps we are taking when there is NO ACTIVE COMMUNITY TRANSMISSION



COVID SCREENING

- All patients are asked to call to reschedule if they have any of the following symptoms:
- Cough, sore throat, fever, loss of taste/ smell
- Patients will be reminded of this with text/ email reminders prior to each appointment



MASK WEARING

- We ask that everyone who is ABLE to wear a mask does so while in our public spaces (ie waiting rooms/ hallways)
- We accept MASK EXEMPTIONS
- Some of our Chiropractors have mask exemptions but will be more than happy to wear one upon request



DISINFECTION & HYGIENE

- Maximizing airflow: doors and windows open where practical
- Hand hygiene maintained by Chiropractors and C.A.'s
- Sanitizer available for patients in reception, adjusting rooms and at the reception desk
- Chiropractic tables, eftpos machines and other points of hand contact disinfected between patients



OTHER

- Distancing in the reception room
- Perspex screen
- Saliva testing for staff
- Separation visits: For those who feel more vulnerable we are able to make your appointment at times with fewer people OR you can wait in your car and we will call when you can head straight in
- Prepay & Prebook to limit time in reception area