

Name Sipser Family Chiropractic

Where 20 Ormond Road, Elwood

Proprietor Warren Sipser

Business message Sipser Family Chiropractic is a wellness centre, with a team of dedicated & passionate health professionals including gentle Chiropractor, Dr Warren Sipser. Sipser Family Chiropractic also hold regular Free Health Seminars, educating the community on



natural health. Winner of Port Phillip’s Most Environmentally Sustainable Traders Awards 2004–05, Sipser Family Chiropractic was recognised for its efforts in recycling, health education, and energy conservation. For more information visit www.chiro4life.com

Energy Sipser Family Chiropractic’s (SFC) main use of energy is in lighting and heating. It is suggested that SFC switch from their current tube fluorescents to quad-phosphor tubes which have greater light output. This will allow them to remove half of the tubes, saving money on lighting costs and greatly reducing their greenhouse gas emissions. SFC can adjust their thermostats on heating and cooling devices. For every degree over 18°C for heating and every degree under 25°C for cooling, costs and greenhouse gas emissions will rise by 20%.

Rubbish and recycling SFC’s waste practices are highly commendable – they only put out one 120L rubbish bin per month! SFC recycle face masks, X-ray fluid, cardboard and commingled waste.

Transport: All staff walk to work and clients are encouraged clients to walk or ride to appointments and seminars if possible. Well done!

Water: SFC use minimal amounts of water in the working week. Although they don’t have dual flush toilets they can save more water by placing either a small brick or sand-filled soft drink bottle in the cistern.

More Green Pages Visit our website www.portphillip.vic.gov.au/greenpages.html for more Green Pages listings