

Your Chiropractor

FREE!
Please
take one

July - August 2012

Clinic Locations and Hours

Annandale Chiropractic & Osteopathy Clinic

189 Johnston Street, Annandale NSW 2038
Phone: (02) 9660 7688
Fax: (02) 9660 7699

Clinic Hours:

Monday to Friday 8.00am – 7.00pm
Saturday 8.00am – 12.00pm

Revesby Chiropractic and Natural Therapies

145 The River Road, Revesby NSW 2212
Phone: (02) 9774 2450
Fax: (02) 9792 4250

Clinic Hours:

Mon, Tues, Thu, Fri 7.30am – 7.00pm
Wednesday Closed
Saturday 7.30am – 11.30am

Seven Hills Chiropractic Clinic

188 Prospect Highway, Seven Hills NSW 2147
Phone: (02) 9838 7773
Fax: (02) 9838 7780

Clinic Hours:

Mon, Tues, Thurs, Fri 8.00am – 7.00pm
Saturday 8.00am – 12.00pm

Moorebank Chiropractic & Natural Health Centre

25 Maddecks Avenue, Moorebank NSW 2170
Phone: (02) 9600 9602
Fax: (02) 9600 9940

Clinic Hours:

Mon – Fri 8.00am – 7.00pm
Sat 8.00am – 12.00pm

Chiropractors & Osteopaths:

Susanne L Kelly (B.App.Sc.,Chiro)
Christopher J Kelly (B.App.Sc.,Chiro)

Chiropractors:

Derek Kom (B. Sc., M. Chiro)
Navneet Singh B.Sc.(Anat) M.Chiro
Lindy Schmidt B.Sc. Chiro, M.Chiro
Ellen Gant B.Sc. Chiro, M.Chiro
Sabina Leung B.Sc. M.Chiro

Psychologists:

Taryn Bloom B.Psych (Hons), Doctor of Clinical Psychology (D.C.P.) (Syd Uni), MAPS. Clinical Psychologist
Michael Costello (BA, PG Dip (Psych), MPsych (Clinical), MAPS, APS) Clinical Psychologist
Helen Fitzhardinge BA (Psych); Grad Dip Appl Psych; MA (CFT); MAPS. Registered Psychologist
Sara Beresford-Hillier Accredited Mental Health Social Worker, Counsellor CMCAPA, PACFA Registered
Dr Anthony M. Nicholas T.Cert; BSc; MA; PhD; FAPS, Clinical & Forensic Psychologist

Therapists:

Regina Lasaitis B.App.Sc., DBM, DRM.
Natural Therapist: Herbal Medicine, Iridology, Naturopathic medicine, Massage therapy
Yvette Standen (Naturopath, Herbalist, Nutritionist)
Vicky Martin (Hypnotherapist)
Bronwyn Muzzin (Dip Rem Massage)
Debbie Mindham (Dip Rem Massage) Massage Therapist
Yvonne Croft (Massage Therapist)
Anna Hale – Massage Therapist
Brooke Tarantino – Massage Therapist

Clinic Staff:

Janis, Sam, Kathy, Meredith, Rebecca, Denise, Alison, Sarah, Jacqueline.

Chris Kelly, Sue Kelly, Navneet Singh, Derek Kom, Ellen Gant, Lindy Schmidt, Sabina Leung

Pain In The ****

One common cause of pain in the backside (deep in the **buttock**) is Piriformis Syndrome. This can be accompanied with pain radiating down the leg. Piriformis Syndrome is named after the piriformis muscle, which is located in the lower part of the spine (sacrum), connects to the thighbone (femur), and assists in hip rotation. The sciatic nerve runs beneath the piriformis muscle. This muscle is susceptible to injury from a slip and fall, hip arthritis, or a difference in leg length. Such situations can cause cramping and spasm to develop in the piriformis muscle, thereby pinching the sciatic nerve - causing inflammation and pain.



Muscle spasms and/or contraction of the piriformis muscle itself can lead to pain along the back of the thigh, down to the knee, causing a possible loss of sensation or numbness and tingling in the sole of the foot. Radiating pain down the leg from sciatic nerve irritation (Sciatica) can result from different causes, one of which is Piriformis Syndrome. Chiropractic Care may assist people with this complaint.

Who Does This Affect?

People who spend long hours sitting are prone to this syndrome, especially with poor posture. It can be from sitting at a desk, in front of a computer, riding in a car or truck for long periods of time, and sitting on a wallet.

Many athletes are prone to piriformis syndrome. The athlete's cause is primarily due to improper stretching and warm-up exercises as well as overuse during activity. In this case it is most likely that the piriformis muscle is irritated and usually in spasm.

What Causes Piriformis Syndrome?

The primary cause is due to tightness and contracture of the piriformis muscle. This can result from extensive walking, running, prolonged sitting and trauma. Misalignments in one or more of the following: pelvis, lumbar spine, sacrum and hip joint(s) are possible causes of the piriformis muscle being shortened and not allowing for the smooth movement of the sciatic nerve during leg motion.

Improper alignment of the sacroiliac joints is a common contributing factor, which can lead to neuromuscular dysfunction causing weakness in other muscles of the area.

Some contributing factors in piriformis muscle spasm can be varied such as:

- Overuse
- Climbing stairs, performing squats, cycling
- Excessive fast walking or running without proper warm up and stretching
- Prolonged sitting (desk, car, plane)

Many variables can hinder your successful recovery:

- Poor posture
- Obesity
- Job limitations
- Improper exercise
- Smoking

Stretching of the gluteal muscles as well as stretching of the piriformis muscles is highly recommended.

The primary goal of chiropractic is to locate and correct the cause of your problem.

Chiropractic Care can assist you with:

- Relevant adjustments to the spine, pelvis, sacrum as well as hip may be required to relieve the pressure from the nerve being trapped from the piriformis muscle.
- Recommending the proper exercises and stretches to perform.

We may also suggest some form of muscle therapy to the piriformis muscle in the gluteal region in order to assist in relaxing these muscles.

READERS!
Enter our competition
and **WIN!**
Details inside

Inside:

- Super Spinach
- Winter Health Reminders
- You & Your Posture



Super Spinach

Spinach is low in calories, yet extremely high in vitamins, minerals and other phytonutrients (natural plant chemicals with human nutritional value). Spinach has more than 100% of vitamins K and A just for starters. It is an excellent source of vitamins B2 and B6, magnesium, iron (non-heme), calcium, and potassium as well. It contains more than half the daily requirements for folate and manganese. Spinach has a special concoction of about 13 flavonoids, which all work together to help combat a number of cancers including colon, bladder, prostate, liver, breast, stomach, ovarian and smoking related lung cancer. Spinach also offers more health benefits including: improved brain function, improved eyesight, macular degeneration prevention, increased energy, improved gastrointestinal function.

Spinach is also a very good source of dietary fibre, copper, protein, phosphorus, zinc and vitamin E. If that's

not enough health benefits, spinach is also a good source of omega-3 fatty acids, selenium and niacin.

Spinach is readily accessible to all and available almost everywhere in the world today as a whole food, affordable and if the climate is right, you could even grow spinach in your own backyard.



It is not just a coincidence that with our modern day changed diets, the rise of different diseases go hand in hand. One of those changes has been that

grain products have become one of the dominant sources of caloric intake today, despite being relatively low in nutrient value. The western diet today contains approximately 40% of vegetables compared to a century ago.

Spinach is versatile - from baby spinach leaves raw in salads (a superior alternative to low nutrient iceberg lettuce) to being steamed as a side vegetable, or mixed in things such as quiche muffins or lasagne. Incorporate it into your daily diet, and your body will thank you for all those health benefits associated with it!

READER COMPETITION
Be in the running to WIN a \$50 shopping voucher

1) Just answer the following question:
 Which article did you like best in this issue of *Your Chiropractor*?

2) Tick the box next to your preferred voucher below:

Coles Myer/ K Mart/ Target
 Dymocks Book Stores
 JB Hi Fi

3) What is your email address? *

4) Post with your name and address on the back of the envelope to:
Your Chiropractor Voucher Competition
 Unit 5/1 Almondbury Road
 Mt Lawley WA 6050

Must be received by latest post marked 31/7/2012 to be in the running.

All entries received after the closing date will go into next edition's draw.

The winner of the competition in *Your Chiropractor's* May edition was **Ms J. Rawson** of SA.

* By providing us with your email address, you agree to receive future marketing material.

THAT'S IT! GOOD LUCK!



Good Health on the Menu

HEALTHY PIZZA RECIPE

TAKE HOME WITH YOU

Ingredients (makes one pizza)

- 1 wholemeal pita base
- Pizza base sauce
- 1 cup diced mushrooms
- 1/2 red onion, sliced
- Handful olives, pitted
- 1/2 zucchini, peeled into strips
- 1/2 capsicum, sliced
- 1 cup marinated artichoke hearts (drained)
- Handful low fat shredded cheese
- 2 cups chopped spinach
- Rocket to serve

Method

1. Pre heat oven to 180°
2. Place base on baking paper on an oven tray
3. Top with pizza base sauce
4. Decorate with toppings
5. Sprinkle with cheese
6. Bake for 20 minutes or until cheese is golden brown
7. Top with fresh rocket to serve



Answers to Crossword:
 Across: 1. Spinach; 2. Overuse; 6. Subluxation; 7. Femur.
 Down: 1. Sleep; 3. Sacrum; 4. Fat; 5. Copper; 6. Smoking.





Winter Health Reminders

Cooler temperatures don't have to mean getting sick. Have you noticed that not all people come down with a cold or flu? There are usually underlying reasons that people are more susceptible to colds or flus than we realise. Here are some tips to help combat and prevent the winter blues and have a more energetic and healthy season ~ naturally.

Exercise – Regularly! Make time to do something physical at least 15-20 minutes – even if it's just a short walk. It's not only good for you, but will make you feel better from the inside out.



Drink water – it's too easy to forget to hydrate ourselves, because we may not feel thirsty. It's important to drink the right amount for you. Ask us what is the right amount for you, as different sizes and weights require different optimal amounts.

Eat plenty of fruits & vegetables – there may be less variety in winter, but it's still important to be creative and keep the variety up with fresh fruits and vegetables daily. Be careful not to substitute these with comfort foods!

De-stress and/or minimise stress – be mindful of where your limits are and set aside time to do things that you enjoy. We will always have challenges, but it's how we respond to them that makes the difference to our health.

Proper rest – Sleep is the time where our bodies are meant to rejuvenate and repair. If we are not getting enough sleep, then this simply can't happen properly. Ensure that you are getting between 6-8 hours to recharge those batteries each night.



Minimise sugar consumption – not only added sugar, but the hidden sugars in foods – so remember to read the labels.

Keep up with your Chiropractic adjustments – keeping the spine aligned will allow your body to function optimally and even assist in enhancing the immune system.

Rib Ticklers

"Your body is the baggage you must carry through life. The more excess the baggage, the shorter the trip." ~ Arnold H. Glasgow

"Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded." ~ Goethe

"The sovereign invigorator of the body is exercise, and of all the exercises walking is the best." ~ Thomas Jefferson

"If I'd known I was going to live this long, I'd have taken better care of myself." ~ Eubie Blake (on his 100th birthday)

How do two psychiatrists greet each other? ~ "You are fine, how am I?"

Clever CROSSWORD

Each of the words can be found in this issue of "Your Chiropractor". Answers are shown on bottom of inner left page.

Across:

- This vegetable is low in calories and high in vitamins
- A contributing factor in piriformis muscle spasm
- Vertebral misalignment is an indication of this
- Thighbone

Down:

- This is the time when our bodies repair
- Lower part of the spine
- Extra calories are stored as this
- Spinach is a good source of this
- A risk factor of breast cancer



You & Your Posture

Posture acts as the window to the spine. Improper posture correlates to distortions in spinal vertebrae alignment. Vertebral misalignment is an indication of subluxation – a condition dealt with by chiropractors. Subluxation is a complex condition consisting of the spinal vertebra, joints and discs causing changes in nerve function and irritating the spinal musculature. Subluxation interferes with the function of the nervous system which controls the body's ability to function. This means subluxation can disrupt the body's function leading to symptoms of pain but also decreased range of movement, organ dysfunction, wear and tear, arthritis and just an overall loss of health.

One of the most prevalent postural deviations is 'Forward Head Posture'. Most people nowadays spend too much time on their computers, in their cars, and walking around with their head forward of where it should be.

The most important factor in avoiding and correcting postural deviations is education and awareness. Chiropractic adjustments, stretching/strengthening exercises, and proprioceptive re-training are key factors and must be addressed too.

Our job is to work with you on each level: adjusting the spine, educating and assisting in improving your health and overall well being. Keep your eyes out for more info about 'Forward Head Posture' in the next newsletter.



Myth or Fact?

Myth: "When your body needs fluids, you'll feel thirsty."

Fact: Thirst works effectively to keep the body hydrated over the long term, but during exercise, thirst is a poor indicator of fluid needs. In regards to sports, by the time an athlete feels thirsty during a workout or competition, they've probably already lost too much fluid.



Myth: "If breast cancer runs in your family, it automatically means that you're going to get it too."

Fact: Getting breast cancer is not a certainty, however there are other risk factors besides genetic (family history) that contribute to increased risk of cancer. Risk factors that you can control are more to do with lifestyle such as: being overweight, poor diet, inadequate exercise, excessive alcohol consumption, smoking and stress.

Myth: "Eating after 8pm causes weight gain."

Fact: It is what and how much you eat and how much physical activity you do during the whole day that determines whether you gain, lose or maintain your weight. No matter what time of the day you eat, your body will store extra calories as fat.

Myth: "Sitting with your legs crossed causes varicose veins."

Fact: Although increased pressure in the veins plays a role in varicose veins, how you sit won't be the primary cause of vein damage. The problem actually starts inside the veins, which is a separate matter in itself.

Welcome to Annandale Clinic

Anna Hale – Massage Therapist

Anna has been a massage therapist for 8 years. Drawing from experience working alongside Chiropractors, Osteopaths and Yogis to better understand the body and its intricacies.

Anna has an intuitive style, following the body to unwind holding patterns, tension and fascial restrictions, using Myofascial Release, Remedial and Deep tissue techniques.

Whether you have a specific problem, acute or chronic, feel tired, achy or ungrounded, Anna can work with you to alleviate pain, unlock problem areas and restore balance.

Anna is available at Annandale Chiropractic Clinic on Wednesdays, Thursdays and Fridays.

Brooke Tarantino – Massage Therapist

Brooke has a Diploma of Remedial Massage from The Australasian College of Natural Therapies, Sydney.

Brooke is dedicated to her role of assisting others to health. She is passionate about the tactile modalities and how they can help integrate the connections between the mind and body.

She offers several massage modalities including Deep Tissue, Sports Massage, Myofascial Release, Trigger Point Therapy, Reflexology, Lymphatic Drainage and Pregnancy Massage.

She uses an array of massage techniques in order to individualise treatments to best suit each client's health, pain, injury and stress issues.

Brooke looks forward to helping you, using massage to relieve pain and facilitate your body's ability to maintain and improve vitality, health and overall wellbeing.

Brooke is available at the Annandale Clinic on Mondays, Tuesdays and Saturdays.
