



Your Chiropractor

March - April 2012

FREE!
Please
take one

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 TCert; 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)
Pippa Walker (Dip Rem Massage) Massage Therapist
Debbie Mindham (Dip Rem Massage) Massage Therapist
Yvonne Croft (Massage Therapist)

Clinic Staff:

Janis, Corinne, Sam, Kathy, Meredith, Rebecca, Denise, Alison, Alysha, Mirella.

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

Probiotics and Health

Probiotics and Autism

A medical study in *New Scientist* has shown that probiotics may be of benefit to children with Autistic Spectrum Disorder. In fact, the study by Prof Glenn Gibson of Reading University in the UK, was so successful, it "failed".

The study involved 40 autistic children aged between 4-8 years old. This was a *blind study* with half the children given a probiotic and the other half given a placebo. Neither the parents nor the children knew which one they were getting. Parents were asked to monitor their children's mood and behaviour in a daily diary.

Many parents with children on the probiotics noticed such a positive change they assumed they were in the test group. Some then refused to change to the placebo group when it was time for 'crossover' and the two groups were supposed to swap medicines. Naturally they wanted their children to continue to improve.

Ultimately the study failed because of the large number of drop-outs.

It is theorised that probiotics may reduce the number of *Clostridia* in the gut - known to produce neurotoxins that may be a factor with autism.



Probiotics (also known as friendly bacteria) are micro-organisms that reside naturally in the gut. They play an important role in the immune response, assist with proper digestion of nutrients and protect against harmful bugs.

They are not the same as pre-biotics, which are non-digestible foods that stimulate the production and activity of micro-organisms already in the colon.

Probiotics are mostly bacteria in two forms - *Lactobacillus* and *Bifidobacterium*. Within each group, there are different species - for example, *Lactobacillus acidophilus* and *Bifidobacterium bifidus*. Some probiotics are not bacteria at all, but are yeasts, such as *Saccharomyces boulardii*.

There appears to be a link between general health and the ideal amount of friendly bacteria in the gut. In particular, supplementation with probiotics may be indicated for:

- People taking antibiotics - the antibiotic will kill both the harmful and the friendly bacteria
- Irritable bowel syndrome
- Vaginal thrush
- Gastric and intestinal ulcers
- Infectious diarrhoea
- Inflammatory bowel disease - such as Crohn's disease and ulcerative colitis
- Atopic dermatitis (eczema)

The scientific validity for the use of probiotics is still under investigation, but most of the research at this stage is fairly positive. Possible side effects of probiotic use may include bloating, and it is important that you choose a good quality probiotic.

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

Inside:

- Glycemic Index
- Prolonged sitting linked to cancer
- Low back pain and spondylolisthesis



Glycemic Index

You may have heard of something called the Glycemic Index (GI). It's a measure of the effect of different carbohydrate foods (such as sugars and starches) on our blood glucose levels. A food's GI is a measure of how it behaves in our bodies when it comes to our blood glucose (sugar) and insulin – the hormone that lowers blood sugar by sending it inside cells to be used as energy. Low GI carbohydrates are slowly digested and only produce small fluctuations in our blood sugar and insulin. It's this some experts argue that is the secret to long term health and the key to sustainable weight loss.

Unlike the thinking behind many of the high protein, low (or no) carbohydrate diets popular today, a diet low in GI recognises that the body needs carbohydrates and encourages eating healthy carbs. Slower carbohydrate digestion can help people who want to lose weight (or maintain their current weight), those wanting to improve their cholesterol and those wanting to reduce their chances of type 2 diabetes or heart disease. A low GI diet is also often recommended for people who already have type 2 diabetes to help look after their condition.

Eating low GI foods that slowly trickle glucose into the blood stream can maintain balanced energy levels throughout the day and keep people feeling fuller for longer between meals. It's thought a diet low in GI can improve physical and mental performance as well as reduce the risk of breast cancer and improve pregnancy outcomes.

The way to adopt a low GI diet is to shift from high GI to low GI carbohydrates. You can do this by:

- Eating breakfast cereals based on oats, barley and bran
- Eating breads made with wholegrains, stone-ground flour, or sourdough
- Reducing the amount of potatoes in your diet
- Using Basmati rice instead of white rice
- Eating wholemeal pasta, noodles, or quinoa (a seed available at most health food stores)
- Eating plenty of salad and vegetables

How often should I have my spine checked by a chiropractor?

There is a wide range of reasons that people go to chiropractors. The most common symptomatic reasons are for low back pain, neck pain and headaches. Others may see a chiropractor for various musculoskeletal problems and other conditions such as colic and asthma.

Many people use chiropractors to assist with general wellbeing and to this end come in for regular chiropractic adjustments. These people find that they feel better when small spinal imbalances are being corrected regularly, rather than waiting for problems to develop.

How often the spine should be checked for these imbalances depends on a number of factors including:

- Pre-existing health conditions
- Current emotional stress – a busy corporate executive may need more frequent care that a person with a more relaxed lifestyle
- Current physical stress – if your occupation requires long periods of sitting or heavy lifting and bending this is likely to affect your spine
- Age – generally young children require less frequent check ups
- What you demand from your body – an athlete wanting to perform at their peak may wish to see their chiropractor more often

Your chiropractor can recommend a check-up program to suit your individual needs. Ultimately though, you are the boss. It's your health and you make the decision on how much and for how long you benefit from chiropractic care.





Good Health on the Menu

Your Doctor Recipe – take home with you!

Stuffed baked capsicums

Ingredients

- 4 red capsicums, tops cut and seeds removed (keep the tops to make the 'lid')
- 2T olive oil
- 1 onion, diced
- 2 cloves garlic, crushed
- 1T dried oregano
- ½t ground cumin
- 2T tomato paste
- 2 tomatoes, seeded and chopped
- 1 zucchini, diced
- 2 cups cooked couscous*
- 1 tin chickpeas, drained
- ¼ cup chopped parsley
- Pepper to taste and feta for topping
- *Different brands cook couscous using a variety of methods, best follow the instructions on the pack for the best result



Method

1. Preheat oven to 180°C
2. In a pan heat olive oil and cook onions until soft
3. Add garlic, oregano and cumin and stir for two minutes
4. Add tomato paste, tomatoes and zucchini
5. Add cooked couscous, chickpeas and parsley and stir until combined – season with pepper
6. Stuff capsicums until just full
7. Sprinkle with feta & place 'lids' of capsicums on top
8. Bake for 30 minutes, allow to cool slightly and serve



Prolonged sitting linked to cancer

A recent report published in Scientific America Magazine has demonstrated a link between long periods of sitting and cancer, in particular breast and colon cancer.

In total it is estimated that up to 173,000 cases of cancer in the USA alone may be related to inactivity. Breast (49,000) and colon (42,000) appear to be the most effected by inactivity. However, cases of lung (37,200), prostate (30,600) and endometrial cancer (12,000) are also linked to sitting for too long.



These findings were presented by Christine Friedenreich, an epidemiologist, at the American Institute of Cancer Research (AICR) conference in Nov 2011.

Australian researcher, Neville Owen, who also presented at the AICR conference, said that, "The longer you sit, the higher your risk of cancer."

Most people spend 8 hours lying recumbent in bed each night. Of the remaining 16 hours it has been shown that Americans sit for up to 15.5 hours each day.

In addition to sitting at work, many people drive home in their cars only to finish their day sitting in front of the TV. Watching television for more than two hours per day increases the risk of diabetes and heart disease by 15-20%. This is not only due to the inactivity, but also related to the fact that high sugar and trans-fat foods are often consumed while watching TV.

There is some good news though. Regular exercise makes a big difference. Even light exercise for just a few minutes several times each day can make a significant change to cancer risk.

Friedreich's study of post menopausal women showed that those who engaged in moderate to vigorous exercise had

lower levels of C-reactive protein in their bodies. C-reactive protein is a marker for inflammation. Chronic high levels of inflammation have been linked to cancer.

In another study, one to two-minute breaks several times each day have been associated with smaller waists, less insulin resistance (an early sign of diabetes) and lower levels of inflammation—all risk factors for cancer.

Tips to improve your wellbeing and reduce your cancer risk:

- Sit on Fit Balls or air cushions (such as a Back Vitalizer) at the desk – this encourages movement while sitting.
- Discipline yourself to walk for at least 1-2 minutes every hour.
- Stand more often at meetings or when on the phone.
- Walk down the hall and chat with a co-worker rather than emailing them.
- Watch TV while doing gentle stretches on the floor or using a treadmill, exercise bike or Elliptical trainer.
- Catch up for a walk with friends, rather than just sitting for coffee and cake.
- Walk the boundary while watching your children play sport.



Do not argue with an idiot. He will drag you down to his level and beat you with experience.

I want to die peacefully in my sleep, like my grandfather...Not screaming and yelling like the passengers in his car.

Light travels faster than sound. This is why some people appear bright until you hear them speak.

We never really grow up, We only learn how to act in public.

The early bird might get the worm, but the second mouse gets the cheese.

Evening news is where they begin with 'Good evening', and then proceed to tell you why it isn't.

Clever CROSSWORD

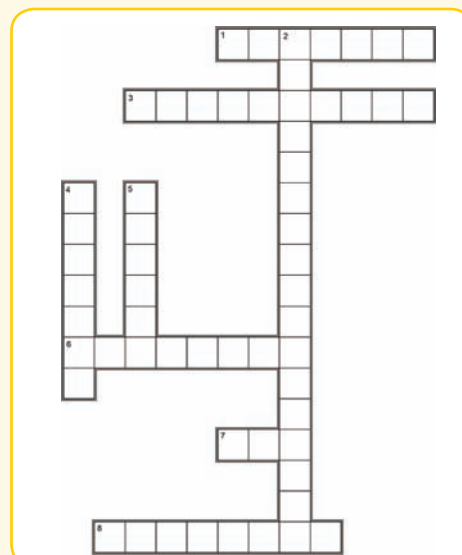
Each of the words can be found in this issue of "Your Chiropractor". Answers are shown on bottom of back page.

Across:

1. The hormone that lowers blood sugar by sending it inside cells to be used as energy
3. Known as friendly bacteria
6. A group of carbohydrate foods
7. This factor influences how often you should have your spine checked
8. Do this to lower your risk of cancer

Down:

2. This condition involves a forward slippage of a vertebra, usually due to a childhood fracture in the spine
4. The pars interarticularis is the weakest/hardest part of the lumbar spine
5. Atopic dermatitis





Is your low back pain due to Spondylolisthesis?

It might be a mouthful to pronounce, but spondylolisthesis (spond-dee-low-lis-thee-sis) is a condition that occurs in approximately 4-8% of the population. The condition involves a forward slippage of a vertebra, usually due to a non-united childhood fracture in the spine.

The fracture occurs at the *pars interarticularis*, which sits between the main body at the front of the spine (vertebral body) and the section at the very back that can be felt through the skin (spinous process). 90% of these fractures occur at L5 (vertebra at the base of the low back) and 5% occur immediately above at L4.



The *pars interarticularis* is the thinnest and weakest part of the lumbar spine and therefore prone to fracture from forced forward bending or rotation. In some cases the defect is an elongation, rather than a complete fracture, that causes the vertebra to slip forward.

In most cases it is repeated microtrauma, rather than a single onset that creates the spondylolisthesis. Activities such as gymnastics and weight lifting may be causative factors. Most chiropractors will advise caution with having young babies in walkers and 'Jolly Jumpers' before they are able to support their own weight as this may also be a contributing cause. Having a baby upright in a Jolly Jumper before they have developed the forward lumbar curve (12-18mths) places increased stress on the low back.

In most cases a spondylolisthesis will not cause significant pain, especially in the early years of development. If symptoms do develop it is usually related to the shearing stress on the disc that can cause the disc to prolapse. Other complications include degeneration of the facet joints or narrowing of the spinal canal (spinal stenosis). Leg pain is not an uncommon finding with a symptomatic spondylolisthesis.

The treatment for spondylolisthesis depends on the severity of the forward slip. In most cases the slip will be Grade I or Grade II. In these cases the vertebra has slipped forward by less than 50%. These patients typically respond well to chiropractic care, exercise and, if necessary, modified activity. A Grade III or Grade IV spondylolisthesis will often require surgery.

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

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

- Tick the box next to your preferred voucher below:
 - Coles Myer/ K Mart/ Target
 - Dymocks Book Stores
 - JB Hi Fi
- What is your email address? *

- 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 31/3/2012 to be in the running.
 The winner of the competition in *Your Chiropractor's* January edition was **Ms S. Webster of VIC.**
 * By providing us with your email address, you agree to receive future marketing material.

THAT'S IT! GOOD LUCK!

Welcome to Revesby Clinic

Yvonne Croft – Massage Therapist

My name is Yvonne and I have lived in the local area almost all my life. I have had a passion for massage therapy and a desire to help people for as long as I can remember. I made my first steps towards becoming a massage therapist by studying to complete Levels I and II in Reiki Technique. My dream of becoming a massage therapist was formalised when I completed my Certificate IV in Massage Therapy.

While my technique is remedial, my approach is totally holistic appreciating the connection of body, mind, and overall health. I so enjoy seeing patients who come in feeling tired, achy and stressed and leave ready to face the world again. So if you have a specific pain, need loosening up or just a good de-stress please make an appointment. I look forward to treating you.

Yvonne will be available: Monday/Tuesday/Thursday/Friday from 5.50pm and Saturday mornings.

Welcome to Annandale Clinic

Dr Anthony M. Nicholas TCert; BSc; MA; PhD; FAPS Clinical & Forensic Psychologist

Dr Anthony (Tony) Nicholas is a nationally registered Clinical and Forensic Psychologist and a Fellow of the Australian Psychological Society. Tony practised in Newcastle from 1982 and relocated in Annandale in 2011.

He has comprehensive experience in the assessment of clients' issues involved in legal proceedings such as victims of a crime; persons charged with an offence as well as civil proceedings. His practice reflects such experience.

Tony and his wife are happy to be in Annandale enjoying the many advantages of living in the inner west of Sydney. Close by are their children's families; more good reasons to be in Annandale.

Together with his Clinical Psychology work for Defence, Tony looks forward to providing professional support and skills to those day to day clients who require assessment for legal proceedings.

Dr Nicholas will be available at the Clinic Friday mornings.

Answers to crossword:
Across: 1. Insulin; 3. Probiotics; 6. Starches; 7. Age; 8. Exercise
Down: 2. Spondylolisthesis; 4. Weakens; 5. Eczema.