



NOVEMBER / DECEMBER 2013

ANNANDALE CHIROPRACTIC & OSTEOPATHY CLINIC
 189 Johnston Street, Annandale NSW 2038
P: (02) 9660 7688 **F:** (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
P: (02) 9774 2450 **F:** (02) 9792 4250
Clinic Hours:
 Mon, Tues, Thu, Fri 7.30am – 7.00pm
 Wednesday 2.00pm – 7.00pm
 Saturday 7.30am – 11.30am

SEVEN HILLS CHIROPRACTIC CLINIC
 188 Prospect Highway, Seven Hills NSW 2147
P: (02) 9838 7773 **F:** (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
P: (02) 9600 9602 **F:** (02) 9600 9940
Clinic Hours:
 Mon – Thurs 8.00am – 7.00pm
 Friday 8.00am – 6.00pm
 Sat 8.00am – 12.00pm

CHIROPRACTORS & OSTEOPATHS:
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Christopher J Kelly (B.App.Sc.,Chiro)

CHIROPRACTORS:
Derek Kom (B.Sc., 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)
Dr Anthony M. Nicholas (TCert; BSc; MA; PhD; FAPS, Clinical & Forensic Psychologist)
Gail Rice (BA, PGDipAppPsy, MSocHealth(Maq), Assoc MAPS)
Jane Bajgar (MPsych (Clin), PhD, Dip Ed. Clinical Psychologist)

MASSAGE THERAPISTS:
Brittany Thomas (Dip Rem Massage)
Brooke Tarantino (Dip Rem Massage)
Sharon Bryant (Dip Rem Massage)
Stephanie Howe (Dip Rem Massage)
Bronwyn Muzzin (Dip Rem Massage)
Yvonne Croft (Dip Rem Massage)

THERAPISTS:
Vicky Martin (Dip. Ch., M.A.P.C.H.S. Clinical Hypnotherapist)
Yvette Standen (Registered Naturopath. Advanced Dip Naturopathy, Advanced Dip of Herbal Medicine, Dip of Nutrition)

CLINIC STAFF:
 Janis, Sam, Kathy, Meredith, Rebecca, Denise, Alison, Sarah, Jacqueline, Emma, Esther, Heejung.

CHRIS KELLY, SUE KELLY, NAVNEET SINGH, DEREK KOM, ELLEN GANT, LINDY SCHMIDT, SABINA LEUNG

WATER – NATURES TONIC

Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues.

Good hydration has many health benefits:

- **Increased Energy** – Since your brain is mostly water, drinking it helps you think, focus and concentrate better and be more alert. Water also transports oxygen to your cells so as an added bonus, your energy levels are also boosted!
- **Improves Skin Complexion** – Moisturises your skin and keeps it fresh, soft, and smooth. Aids proper cellular formation throughout the layers of your skin – this is what leads to that healthy glow!
- **Flushes Out Toxins** – Gets rid of waste through sweat and urination which can reduce the risk of kidney stones and UTI's (urinary tract infections).
- **Aids in Weight Loss** – Reduces eating intake (by filling you up if consumed prior to meals), is a natural appetite suppressant, raises your metabolism and has zero calories.

- **Maintains Regularity** – Aids in digestion as water is essential to digest your food and helps prevent constipation.
- **Boosts Immune System** – Water is the delivery system for nutrients around the body and many vitamins and minerals are only soluble in water.
- **Natural Headache Remedy** – May help relieve and prevent which are often caused by dehydration.
- **Prevents Cramps and Sprains** – Proper hydration helps keep joints lubricated and muscles more elastic so joint pain and injury is less likely.
- **Save Money!** – Water is FREE! Even if you choose bottled/filtered water, it's STILL cheaper than a soft drink or cup of coffee.

We all know that we should be drinking more water in order to remain hydrated, but how much is enough? To determine a good general guideline for normal hydration, establish your body weight in kilos, multiply it by 0.033 and drink that many litres of water each day. Crunch the numbers...you may be surprised at the result!

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HEALING FROM WITHIN



Chiropractic philosophy recognises that there is an innate ability of the body to heal itself — as long as there is no interference. For example, if you cut yourself, your body will heal itself to the best of its ability. If you break a bone, your body is able to knit it back together. When you catch a cold, your body's immune system releases the appropriate cells required to fight the virus and remove the debris. It does all of this without you even having to think about it! But what happens if your body is not functioning at its most optimal level? Could this have an impact on its ability to heal?

Chiropractic aids your body to be put in the correct environment to heal itself. Your body is extremely intelligent and generally knows what to do....provided there is no interference to the millions of messages it

needs to send and receive every day. When this interference is removed, your body is able to organise itself efficiently — allowing you to function at your very best. The chiropractor does not heal you — their main purpose is to reduce interference to your inborn, innate healing ability so that your body can heal itself!

When under the proper control of your nervous system, all the cells, tissues and organs of your body are designed to resist disease and poor health. Chiropractic care is based on locating and removing interferences to your natural healthy harmonious state. When vertebral subluxations are present in the spine it can affect the nerve in two ways — one, make it very excitable and very fast, or two, make it slow and sluggish. The spinal cord passes

along a passageway inside your vertebrae. The spinal cord connects every cell, tissue and organ of your body to your brain through a pair of nerve roots that branch off from it. Millions of impulses flow continuously from the brain, along the spinal cord and out to every organ and tissue and back again, keeping a running monitor of how things are functioning. Nerves control all of your organs and tissues, so if pressure is applied to these nerves because of a subluxation, they may cause weakness, numbness and poor performance. Likewise, if nerves are rubbed, stretched or otherwise irritated, they can develop hyperactive impulses that cause pain, muscle spasms, overactive organ function and other symptoms of poor health.

The result is a body that is not reaching its potential and therefore can be affected by stress. The information your cells and tissues require is distorted, the overall function of your body decreases, and this then leads to a decline in your general health. However, with improved spinal function, there is improved nervous system function! Chiropractic is about natural, whole health to help you avoid the use of drugs or surgery. It allows the body to work efficiently and to heal itself as it was designed to do. An optimally functioning spine and nervous system equals optimal health. Make sure you and your family get checked regularly so you can enjoy optimal health too!

WHIPLASH

BANG! Oh no...you've just been rear-ended by another car. The sudden jolt propels your car forward, and forces your body along with it, while your head remains suspended in space. In less than a second, your body's forward momentum causes your head to "whip" to catch up, resulting in a traumatic injury to the muscles and ligaments, and placing tremendous force on the bones, joints, and discs of your neck.

You have just suffered a classic whiplash injury. When there is a sudden movement, backwards, forward or sideways causing the neck and head to be thrown very quickly in one direction and then rebound in the opposite direction, this is called whiplash. A whiplash injury to the neck can occur even at low speeds during a minor "fender-bender". Your car may have survived without any damage, but that doesn't mean that you have!

And it's not just car accidents that can cause whiplash. There are many other situations in which a whiplash injury may occur: a bang on the head, a sports injury or even just a simple trip or fall. Anything that creates a sudden force to the head and neck, or wrenches the body in a way that traumatises the cervical spine (neck) can potentially result in a whiplash injury.

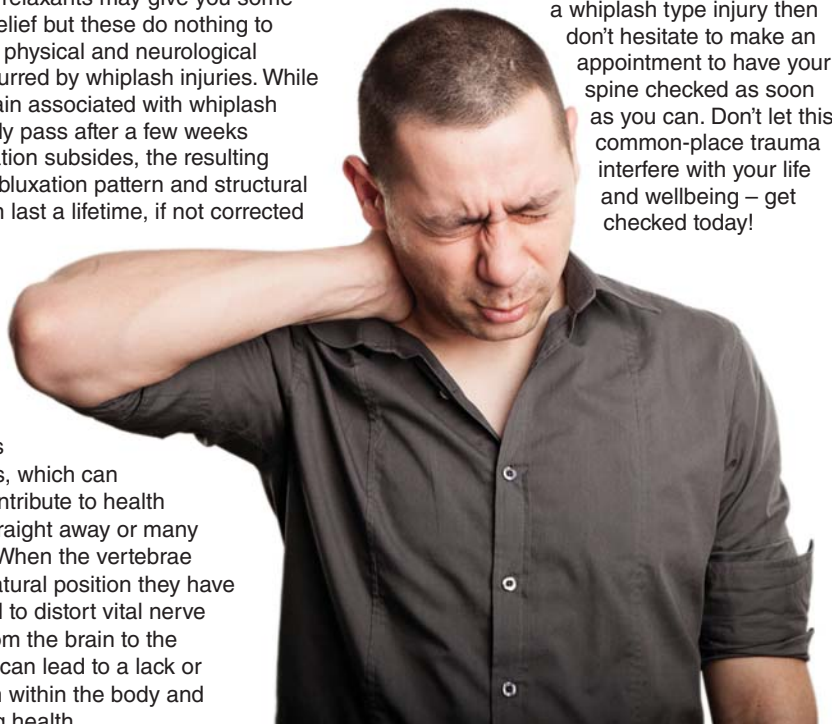
Often it may take a day or two or sometimes even months for symptoms to appear. Symptoms associated with whiplash injuries may include headaches, dizziness, neck pain and stiffness, numbness and tingling into the

arms, loss of sleep, and anxiety. Secondary symptoms will sometimes develop into the thoracic spine (mid back) and even into the lumbar spine (low back) as the body tries to compensate for the traumatic forces that it has been exposed to.

The standard medical treatment protocol for whiplash of pain killers, anti-inflammatories, and muscle relaxants may give you some temporary relief but these do nothing to address the physical and neurological damage incurred by whiplash injuries. While the acute pain associated with whiplash can gradually pass after a few weeks as inflammation subsides, the resulting vertebral subluxation pattern and structural damage can last a lifetime, if not corrected promptly.

Whiplash can cause severe spinal stress and result in numerous subluxations, which can cause or contribute to health problems straight away or many years later. When the vertebrae lose their natural position they have the potential to distort vital nerve impulses from the brain to the body which can lead to a lack or organisation within the body and deteriorating health.

Chiropractic care after a whiplash accident is a great, natural care option to eliminate these problems. Specific chiropractic spinal adjustments will help restore proper motion and position of individual spinal bones and promote healing. The longer you wait the more unseen damage there is and the longer it may take to recover. If you've been misfortunate enough to suffer a whiplash type injury then don't hesitate to make an appointment to have your spine checked as soon as you can. Don't let this common-place trauma interfere with your life and wellbeing — get checked today!



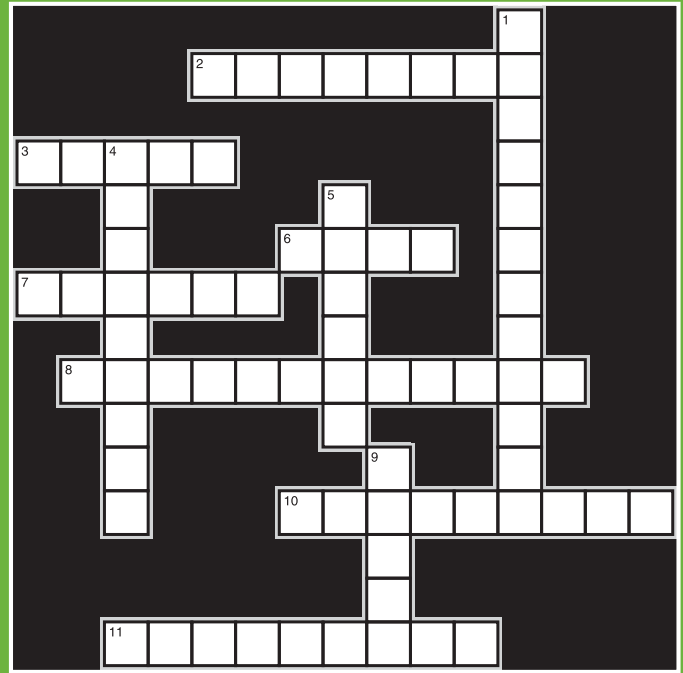
Clever CROSSWORD

Across:

2. What is a sudden jolt to the neck?
3. How many years should a feather pillow last?
6. Which temperature should be used on achy, muscular pain?
7. What sort of support does a back sleeper require in a pillow?
8. The body can heal itself – as long as there is no _____
10. _____ are one of the symptoms of whiplash.
11. What does your spinal chord run inside of?

Down:

1. Which sort of treatment is about natural, whole health to help you avoid the use of drugs or surgery?
4. People with “green thumbs” enjoy what?
5. What control all of your organs and tissues?
9. What makes up about 60 percent of your body weight?



EACH OF THE WORDS CAN BE FOUND IN THIS ISSUE OF “YOUR CHIROPRACTOR”. ANSWERS ARE SHOWN ON BOTTOM OF THE BACK PAGE.

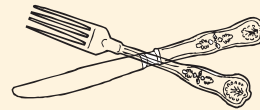
HEAT OR ICE?

It's an age old question. Something hurts and you want to do something to reduce that. But what? Regarding heat versus ice, it really depends on what's going on. Too many people assume their problem is muscular and that heat would help. Often this is not the case and the heat simply amplifies the inflammation, in turn, making them feel worse.

If you catch the problem early and it is inflamed (sore and swollen), ice would be the most beneficial. A great option is a packet of frozen peas wrapped in a towel and applied for 10 minutes at a time with an hour off in-between each application. It can feel a bit miserable while it's on there, but should help reduce the inflammation and pain.

If the discomfort seems more achy and muscular in nature then heat can be very helpful. Wet heat penetrates deeper than dry so ideally a spa, bath or shower is best. However, a heat pad applied directly to the muscle can also bring significant relief – just ensure it's not too hot!

Always remember that your pain and discomfort is your body's way of letting you know that something isn't right. Treating the symptom does not correct the underlying problem so make sure you get checked as soon as possible so that the root cause can be addressed.



Good Health on the Menu

CHICKEN WITH RICE NOODLES

(Serves 2–3)

- 2 skinless chicken breast fillets, thinly sliced
- 2 medium onions, chopped
- 2 cloves garlic, crushed
- 2 tsp grated ginger
- 1 tsp chilli sauce
- 1 tab soy sauce
- 1½ cups broccoli, chopped
- 200gm rice stick noodles
- 2 tab fresh chopped coriander

Marinate the chicken in garlic, ginger, chilli sauce and soy sauce for 30 minutes.

Cook noodles according to instructions.

Stir-fry onion in a little oil until it begins to soften. Add the chicken and broccoli and stir-fry until cooked. Add noodles and coriander and mix to combine over medium heat. Extra soy sauce may be added if needed.



GARDENING — NOT ALWAYS SO THERAPEUTIC!

Many of us with a green thumb adore getting out into our gardens as often as possible. Being on your knees in the mud, clearing out weeds and sewing produce is a great way to forget the day-to-day stresses of life. The busy week that you've had slowly fades in to the background as you feel the soil between your fingers and begin planting new life. Ahhhh, it's so therapeutic and before you know it a couple of hours have gone by. You smile contentedly and go to stand up when OUCH!! Boy, does your back hurt!!

Do you suffer low back pain after gardening? It's not uncommon due to the hunched positions people assume for a long period of time while they are creating their garden masterpieces!

Here are a couple of tips to make your gardening more comfortable:

- 1. Pace yourself** – take regular breaks. Allow your body and spine to assume a normal upright position and walk around.
- 2. Kneel rather than bend.** This prevents additional stress on your spine and helps the muscles in your lower back to remain relaxed.
- 3. Do not sit down after you have finished.** Although it may feel comfortable, when you try to get up you will be sore. When you are finished, either go for a ten minute walk or lay on your back on the floor (not couch) with two pillows under the back of your knees for ten minutes.

Happy gardening!



THE PERFECT PILLOW

It's an ongoing problem. Trying to find just the right pillow that is going to be comfortable and provide adequate support. How many 'spare' pillows do we all have lying around at home? Pillows that seemed okay in the store, but after a couple of bad nights were quickly relegated to the guest room! Thousands of people could be needlessly suffering from disrupted sleep due to bad pillow choices at bedtime. Using the wrong pillow is a common cause of neck and back problems and can have a significant impact on both the quality and duration of sleep, leading to chronic tiredness and other health problems.

Fortunately, there are a number of things that can be done to ensure an unsuitable pillow is not going to get in the way of getting a healthy night's sleep. It is important to choose a pillow that is of a shape and material that suits your sleeping position. For example, a side sleeper will need something that supports and contours the

neck, providing an even surface, whereas a back sleeper will require a medium support pillow that will cradle the natural curvature of the upper spine, providing support under the head, neck and shoulders.

One of the other common mistakes people make is that they keep the same old pillow for years. They do wear out and need to be replaced eventually, just like your bed. As a general rule, a feather pillow should last around eight years, a down pillow five years and a man-made filling from six months to two years.

The choice in pillows today is vast. The newer designs and materials may offer an advantage for some people giving greater support and they also usually last far longer than loose filled pillows. However, they can be a significant initial investment so take your time in selecting the correct pillow for you and ask your Chiropractor if you need further advice or assistance.



Down: 11. Chiropractic; 4. Gardening; 5. Nerves; 9. Water.
Across: 2. Whiplash; 3. Eight; 6. Heat; 7. Medium;
8. Intference; 10. Headaches; 11. Vertebrae.

ANSWERS TO CROSSWORD