

**FREE!!**  
PLEASE TAKE ONE

# YOUR CHIROPRACTOR



**MARCH / APRIL 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 Closed  
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 – 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)  
**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**

## IT'S MORE THAN JUST LOW BACK PAIN

Chiropractic patients often experience unexpected improvements in many aspects of their health after commencing treatment. Patients who have received chiropractic adjustments over a period of time will often claim they feel more relaxed, have more energy or a greater sense of wellbeing.

Although a patient may first consult a chiropractor for a particular complaint, such as low back pain, other areas of their health may improve along the road to recovery.

Part of the reason for this is because comorbidity (associated health problems) is common with low back pain.

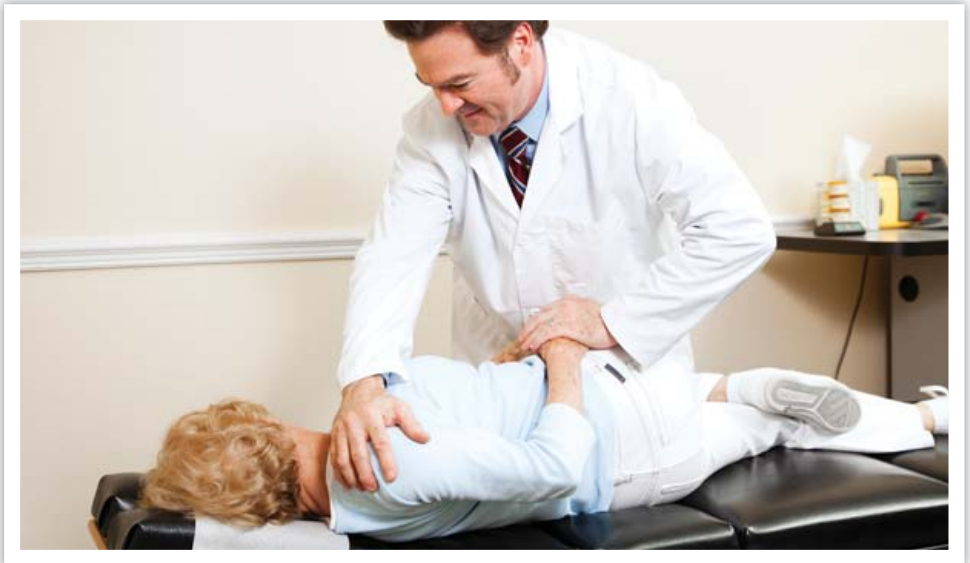
One Norwegian study looked at this trend by examining 457 patients sick-listed for 8 to 12 weeks because of low back pain. All subjects filled out questionnaires. The subjective health complaints in the study group were compared with those in a normal Norwegian population.

Compared with the normal population, patients with low back pain had significantly more low back pain, neck pain, upper

back pain, pain in the feet during exercise, headache, migraine, sleep problems, flushes/heat sensations, anxiety, and sadness/depression. The prevalence of pain in arms and shoulders, plus tiredness, was also high.

The researchers concluded that patients with low back pain suffer from what may be referred to as a 'syndrome,' consisting of muscle pain affecting the whole spine as well as the legs and head, with accompanying sleep problems, anxiety, and sadness / depression. With treatment, improvement in many aspects of the patient's health can therefore be expected.

Chiropractors explain this phenomenon as being due to the spine's relationship with the nervous system. The spinal cord, protected by the spine, connects the brain with the body and is responsible for maintaining health and order in the body. When the spine is out of balance (subluxated) due to injury, poor posture or other causes, transmission of nerve messages can become distorted. This may have a spill-over effect to other areas of the body and manifest as a wide variety of symptoms.



**INSIDE**

- BACK TO SCHOOL AND BACKPACK SAFETY
- LAUGHTER IS THE BEST MEDICINE
- FEELING STRESSED!!!!???
- PREGNANCY AND CHIROPRACTIC
- CROSSWORD
- QUOTE OF THE DAY
- POSTURE MAKES PERFECT!

# BACK TO SCHOOL AND BACKPACK SAFETY

As students head back to school, it's important for parents to realise the importance of backpack safety.

Watch children in any schoolyard struggle to walk while bent sideways under the weight of an overloaded backpack on one shoulder. You will quickly realise the potential danger of this every day item. Common sense tells us that a load, distributed improperly or unevenly, day after day, will cause severe stress to a growing spinal column.

Chiropractors have long recognised the spinal health hazards of heavy backpack use. However, new research exposes yet another potential danger of heavy backpacks: they may promote falls in students who wear them. Students who carried packs weighing 25% of their body weight exhibited balance problems while performing normal activities such as climbing stairs or opening doors, in turn upping their risk of falls. In contrast, students who carried packs weighing 15% of their body weight maintained their balance moderately well. And, those carrying 5% of their body weight were most effective at maintaining balance, compared with their peers who carried more weight.

Bags should be no more than 10 percent of the child's weight, but a recent survey by the Chiropractors Association of Australia found almost half carried bags well over that mark.

## BACKPACK SAFETY TIPS FOR YOUR CHILD:

- Make sure the backpack is sturdy and appropriately sized. The backpack should never be wider or longer than your child's torso, and the pack should not hang more than 10cm below the waistline. A backpack that hangs too low increases the weight on the shoulders, causing your child to lean forward when walking. Also, bigger is not necessarily better. The more room there is in a backpack, the more your child will carry and the heavier the backpack will be.
- Padded shoulder straps are important to avoid pressure on the nerves around the armpits. The shoulder straps should be adjustable so the backpack can be fitted to your child's body. Also, two shoulder straps are always better than one. Lugging a heavy backpack by one strap can cause a disproportionate shift of weight to one side. Some backpacks also have waist straps designed to stabilise

the load and these should be used whenever possible.

- The proper maximum weight for loaded backpacks should not exceed 15% of the child's body weight. If the pack forces the carrier to bend forward, it is overloaded. It is important to balance the weight of the contents or the body shifts into unnatural postures to compensate. A backpack with individualised compartments helps position the contents most effectively.
- Often ignored is the act of lifting and positioning the pack. Lifting any load improperly can cause damage. It should be done slowly and carefully, bending the knees and avoiding "swinging" the bag onto the back.

It is important to remember that 3 out of every 100 people have some degree of scoliosis - an abnormal curvature of the spine - that begins in childhood and has the potential to worsen over time. Having your child evaluated by a chiropractor is the best way to determine whether he or she has some degree of scoliosis. Chiropractic care can manage any problems related to scoliosis, and a lightened load on their back can have long-term benefits as well!

# PREGNANCY AND CHIROPRACTIC

There are many physiological changes occurring in a woman's body during pregnancy, not to mention the creation of delicate new life within. Chiropractic care during pregnancy is focused on caring for both mother and her baby within. Several female chiropractic patients who have undergone consistent chiropractic care report shorter and less painful labours with fewer complications and fewer interventions.

The nervous system supplies every body system including the reproductive system. Therefore, keeping the spine aligned helps the entire body work more effectively. This is true throughout all stages of life and very important throughout pregnancy for a woman.

Chiropractic care is also a drugless way to manage symptoms of pregnancy, such as low back pain, nausea, heartburn, constipation, groin/pubis pain. A common misconception, for example is that back pain during pregnancy is normal. These symptoms are mistaken as 'normal', when the correct term is actually 'common'. Chiropractic care during pregnancy can include a variety of health benefits for women who are pregnant. Other potential benefits of chiropractic care during pregnancy include: relief from upper and mid-back pain, neck pain, headaches, joint pain.

According to an article by the CAA (Chiropractors Association of Australia) back in 2010, "Other benefits may include an easier pregnancy and delivery with a reduced need for analgesics, shorter labour times, success in turning breech babies and a reduction in the possible need for a caesarean."

Chiropractors assess the pregnant woman's spine and pelvis for misalignments.

Establishing pelvic balance and alignment is another reason to obtain chiropractic care during pregnancy. When the pelvis is misaligned it may reduce the amount of room available for the developing baby. A misaligned pelvis may also make it difficult for the baby to get into the best possible position for delivery. When the pelvis or lumbar spine is misaligned, there are also increased chances of developing back pain, groin pain or sciatica.

## THESE SPINAL AND PELVIS MISALIGNMENTS MAY OCCUR DURING PREGNANCY FROM:

- Postural changes and adaptations
- Sleep position and pattern changes
- Eating habits and appetites alterations
- Weight gain
- Stress
- Hormonal changes
- Loosening of ligaments

The unborn baby needs the mother's nervous system to be functioning optimally in order to develop correctly. Other factors that are very important that affect the unborn baby are: what the mother eats and drinks, how she sleeps, sits, stands, walks, drives and handles stress, just to name a few.

Chiropractic care is safe during pregnancy. As chiropractors, we have been trained to work with pregnant women and utilise special techniques to adapt and suit a pregnant woman's body. Stretches and exercises that

are safe to use are also recommended to compliment any chiropractic adjustments made to the spine and pelvis.

## POST-NATAL:

After the pregnancy, chiropractic can help to ensure that the loosened ligaments and joints get back into better alignment. A spinal check-up is recommended for mother and baby to assist in enabling optimal nervous system function.

If you know friends or family that are pregnant, feel free to share this information with them, as they may be unaware of the potential benefits of chiropractic care with pregnancy.



# POSTURE MAKES PERFECT!

The old Chinese proverb "as a twig is bent, so grows the tree" is particularly relevant to our spinal posture and is the reason why chiropractors place so much emphasis on posture, especially in children.

Good posture is not simply a matter of standing straight. It is the whole process of postural integration, which involves the efficient use of our bodies whilst moving and at rest.

Research has shown that a large proportion of school children have developed potentially serious postural abnormalities by age sixteen. It is no coincidence that by the age of forty a large percentage of the population suffer from chronic spinal disability.

Some postural problems can be genetic and are passed on from our parents or grandparents. Examples of such problems are scoliosis (lateral curvature of the spine) and excessive kyphosis (increased angulation of the spine). But many postural problems are caused by bad habits. You can tell your children as often as you like that they should stand up straight with their shoulders back and this will work for a few seconds. However unless we correct their habits we will not make the lasting changes needed to obtain correct posture.

Good posture when standing means of the body weight being distributed evenly over both feet with a tendency to have weight on the balls of the feet and not over the heels.

The knees are slightly bent and the pubic bone (front of the pelvis) tilted up with the buttocks tucked under the body. The upper trunk leans fractionally forward from the waist so that the ears, shoulder, hip, knee and ankle are in a vertical straight line when viewed from the side. This posture will stop excessive arching in the low back and rounding of the shoulders.

Good sitting posture is largely dependant upon a good chair. The hips should be slightly above the knees with a proper backrest supporting the lower back. Both feet should be flat on the ground or resting flat on an appropriate footrest. Legs should not be crossed. Unfortunately most lounge chairs are too soft and our hips are lower than our knees causing excessive pressure on the low back. The increased time that many people now spend at a computer makes a good workstation set up critical. Using an exercise ball as an alternative seat at regular intervals can be of benefit. Without a good seating posture you will often fall off.

Regular exercise is an important aspect of good posture. Without correct muscle tone it is very difficult for the body to maintain correct postural alignment and receive all the nutrients because of a reduced blood supply from tight muscles. Weak abdominal muscles and overworked back muscles are a common example of this.

Good posture is essential for the protection of the spine and, more importantly, the spinal cord and nerves. Interference to your nervous system can affect your body's health potential. Chiropractic assessment, especially within the formative years of childhood and adolescence, can identify problem areas within an individual's posture or spinal function even before symptoms are present. Early identification and correction is essential for optimal health now and in the future.

Your chiropractor is seeking to promote the outstanding benefits that chiropractic can achieve in keeping your body working properly, without any nerve interference. If you suspect that you or your family's posture could be improved, consult your chiropractor for an appropriate assessment and advice.



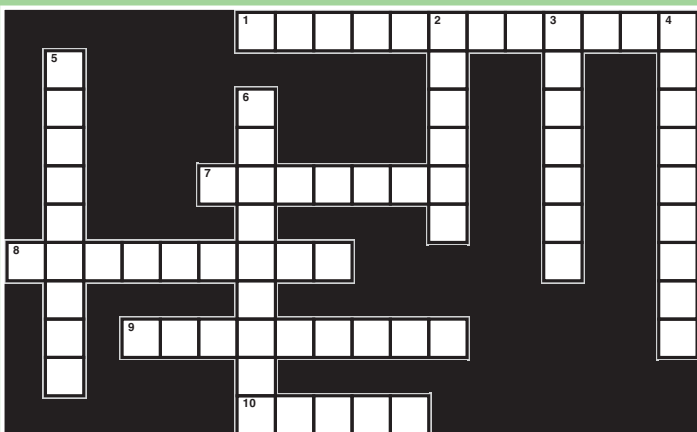
## Clever CROSSWORD

### Across:

1. What type of care should you add to your health care routine?
7. Good ----- is not simply a matter of standing straight.
8. Which nationality were included in a study looked at this trend by examining 457 patients sick-listed for 8 to 12 weeks.
9. Where should a backpack hang no longer than 10cm on your child?
10. What protects the spinal cord?

### Down:

2. What sort of shoulder straps are important to avoid pressure on the nerves around the armpits?
3. ----- stress can damage the immune system.
4. What can Chiropractic care during pregnancy can have a reduction in the possible need for?
5. Stress = Physical, ----- and Chemical responses occurring in the body.
6. What do 3 out of every 100 people have some degree of?



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

## LAUGHTER is the best medicine

A minister told his congregation, "Next week I plan to preach about the sin of lying. To help you understand my sermon, I want you all to read Mark 17." The following Sunday, as he prepared to deliver his sermon, the minister asked for a show of hands. He wanted to know how many had read Mark 17. Every hand went up. The minister smiled and said, "Mark has only sixteen chapters. I will now proceed with my sermon on the sin of lying."

### "The Florist's Mistake"

On opening his new store, a man received a bouquet of flowers. He became dismayed on reading the enclosed card, that it expressed "Deepest Sympathy". While puzzling over the message, his telephone rang. It was the florist, apologising for having sent the wrong card. "Oh, it's alright," said the storekeeper. "I'm a businessman and I understand how these things can happen." "But," added the florist, "I accidentally sent your card to a funeral party." "Well, what did it say?" ask the storekeeper. "'Congratulations on your new location'." was the reply.

# FEELING STRESSED!!!???

The modern world is becoming increasingly complex, and the demands on our time and attention are numerous. We are now often working longer hours, we're exposed to more challenging situations and often more is expected of us. Our lives are becoming more stressful than ever before.

Stress = Physical, Emotional and Chemical responses occurring in the body due to (sometimes overwhelming) stresses one perceives. Stress, in its negative sense, may be defined as an imbalance of bodily system(s) due to excessive stimulus. This is called the "stress response" and can originate from irritating stimulus of a physical, chemical or mental external origin, called a "stressor". Internal conditions such as emotional conflict, pain or illness as well as external circumstances, such as a death in the family, or financial problems can cause stress. Even positive experiences like a new baby or job promotion can provoke stress.

Medical research has suggested that up to eighty percent of all illness is stress related, or, at the very least, illness is escalated by stress! While stress is a part of life and at times difficult to avoid, if these stresses occur one after another, your body has inadequate time to recover. This long-term "stress-response" state can, over time,

start to damage all of the body's processes and systems. Chronic stress can damage the immune system, making people more susceptible to colds, flu or other infections.

Another effect of chronic stress is prolonged muscle tension and contraction. This muscle tension creates uneven pressures on the bony structures of the body, often leading to the misalignment of the spine and irritation to the nervous system. This, in turn, has an impact on your body's ability to heal as well as it's ongoing response to future stressors. It becomes a vicious cycle as your body struggles to cope and ill health ensues.

When you add Chiropractic care to your health care routine, you give yourself an amazing opportunity to help the body "re-set" itself physically. Chiropractors are trained to find areas of the spine where there is misalignment of bone(s) that have resulted in a "tripped circuit breaker," affecting the nerves and therefore the overall health potential of the body. When these bones are re-aligned by the Chiropractor, the "circuit" is restored, communication ("power") is re-established to the body and it heals to its best capacity. This is a natural way to increase and maintain health.

Your Chiropractor may also be able to assess your specific needs for complementary

supports, such as: specialised nutrition, massage, body support supplies and exercise... to name a few. Chiropractors recognise that each person has the privilege and responsibility to make and implement personal choices in their health care that will help them and perhaps the family they care for achieve their health and long-term quality of lifestyle goals. Chiropractic can help you develop healthy responses to stress, reducing potential physical damage and live a more balanced, healthier lifestyle.



## WELCOME TO ANNANDALE CLINIC

### GAIL RICE – PSYCHOLOGIST

Gail Rice is a registered psychologist working with individuals and couples. She provides support for people facing major life changes including divorce, childbirth, redundancy, illness and grief, which are often catalysts for people to seek support. Much of her work involves helping clients understand and learn strategies to identify triggers for, and better manage, depression, anxiety and stress. Gail focuses on the particular needs of her clients, using a variety of therapeutic approaches and enjoys working in conjunction with other health professionals. Where appropriate, Gail encourages clients to use mindfulness and writing as therapeutic tools as these have been shown to be effective in treating anxiety and depression.

For the last four years Gail has run writing workshops called **Restoring Our Lives** teaching people how expressive writing can help you shift your focus if you are feeling stuck, anxious or depressed. The next course starts on February 18 2013.

Gail works at the clinic from Wednesday to Saturday, offering evening appointments on Thursdays.

For more information on Gail visit her website [www.intofocustherapy.com.au](http://www.intofocustherapy.com.au)

### 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.

## Quote of the Day

### SUCCESS

To laugh often and much;

To win the respect of intelligent people and the affection of children;

To earn the appreciation of honest critics and endure the betrayal of false friends;

To appreciate beauty, to find the best in others;

To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition;

To know that even one life has breathed easier because you have lived.

This is to have succeeded.

– Ralph Waldo Emerson

**Across:** 1. Chiropractic; 7. Posture; 8. Norwegian; 9. Waistline; 10. Spine.

**Down:** 2. Padded; 3. Chronic; 4. Caesarean; 5. Emotional; 6. Scoliosis.

## ANSWERS TO CROSSWORD