

Your Chiropractor

September - October 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 – 12.00n

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)
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

Yoga Or Pilates?

Many chiropractic patients wonder which is best. It depends on the individual and their personal needs. Both Yoga and Pilates work in supporting your body, mainly the muscular system.

The muscles of the abdomen, the back and the buttocks all support the spine. These are the core muscles. If these core muscles are weak, they often contribute to the root of back pain, especially lower back pain.

Shortened muscles can throw the spine out of alignment and cause back pain. Stretching exercises lengthen shortened muscles and help to relieve back pain. Tight back muscles, tight buttock muscles, and even tight hamstrings (back of thigh muscles) or quadriceps (front of thigh muscles) can affect the alignment of the spine.

Flexible and strong muscles help maintain proper posture and prevent back strains and sprains.



Yoga is aimed to unite the mind, the body, and the spirit; and is considered therapeutic. It helps you become more aware of your body's posture, alignment and patterns of movement. It makes the body more flexible and helps you relax even

in the midst of a stressful environment. Your own body's weight is used for resistance from one posture into another. There are several different Yoga styles. It boils down to personal preference and individual needs.

Pilates is aimed at reaching similar goals with a series of controlled movements. The major difference is that the Pilates technique has a full complement of mat work, as well as incorporating work on the Pilates machines. The emphasis of the exercises is to strengthen the abdominals, improve posture, stabilise and lengthen the spine, improve balance and overall strength.

Pilates works the whole body, emphasising control, precision and concentration in both the mind and the body. The focus is on quality not quantity, so movements are not performed rapidly or repeated excessively. The abdominal muscles, lower back and buttocks serve as the centre of all movement, allowing the rest of the body to move freely. This focus on core stabilisation makes one stronger from the inside out and is critical for advancement. The low impact nature of Pilates makes it ideal for injury prevention and rehabilitation. The balance between strength and flexibility creates a healthy, vigorous and symmetrical workout for all muscle groups resulting in a leaner, more balanced, and stronger body.

Are you still left with the question of which of these two fitness techniques is right for you?

Here's an answer for you: Do them both! You don't necessarily have to choose. The nature of the techniques makes it easy for them to complement each other. Get the stretch from Yoga and keep it from Pilates. Strengthen your abdominals and watch your poses improve. Join the breathing techniques of Pilates and meditative aspect of Yoga into your daily routine and see the stress of your everyday life begin to dissipate. Both techniques are time-proven and established, and with the help of an experienced instructor, you will surely reach the goals you set up for yourself!

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

Inside:

- Super Almonds
- Forward Head Posture
- Tension Headaches



Super Almonds

A daily handful of almonds (about 20-24) can help to achieve an adequate intake of essential nutrients, reduce hunger, and is a heart-healthy habit. A handful is better than reaching for things that are nutrient deficient.

Almonds are heart smart and can help to lower cholesterol as part of a diet low in saturated fat. Almonds may assist in reducing the risk of heart disease. They are an ideal way for cholesterol-conscious patients to maintain healthy numbers. Of the 14 grams of fat found in one ounce of almonds, nine grams are monounsaturated (good fat).

When choosing, organic raw almonds are best - not salted, sugared or smoked.

Almonds are an excellent antioxidant source. Almonds are also very satisfying, and can be used as a healthy snack. This makes almonds a good choice for weight loss or to maintain ideal weight. This is mainly due to the protein content (approximately

six grams per ounce). They also contain dietary fibre, potassium, copper, zinc, iron and vitamin E. Almonds are the only good source of protein that is also an excellent source of vitamin E.



Almonds are also unique in that they provide various minerals that are essential for bone health, namely calcium, magnesium, manganese, and phosphorus have been implicated in maintaining bone mineral density. Almonds are comparable to skim

milk and cheddar cheese in the quantity of these bone-building minerals provided in one serving. Other protein sources like chicken, beef, peanut butter, and eggs don't offer the same. This is a great alternative for those who are lactose intolerant.

To receive the health benefits of almonds in other ways, they can be:

- Added to cooking in savoury dishes.
- In salads - sprinkling slivered almonds on top, in various recipes.
- Don't forget almond butter - great on a cracker biscuit!

Competition for our readers!

WIN a \$50 shopping voucher

- 1) Just answer the following question: Which article did you like best in this issue of Your Chiropractor?
- 2) Choose your preferred voucher from the list below:
K Mart Australia Ltd, Coles Myer Ltd, Target Australia Ltd or JB Hi Fi.
- 4) Email* your answer, name, address and phone number to competition@yourchiro.com.au with the subject heading: September Chiro 2012.

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

THAT'S IT! GOOD LUCK!

Entries must be received by 30/09/2012 to be in the running


Good Health on the Menu

Banana Bread
TAKE HOME WITH YOU

Ingredients

- 2 cups wholemeal or plain flour
- 1 tsp baking powder
- 2/3-cup raw sugar
- 1/3-cup vegetable oil
- 1-2 tsp ground cinnamon
- 2 eggs
- 1 tsp vanilla
- 4 bananas, mashed
- 1/2 cup slivered almonds

Method

Sift dry ingredients. Beat eggs and oil. Mix everything together.

Place in a greased loaf tin and bake 180C for 50 minutes.



Answers to Crossword:

Across: 1. Pillates; 4. Yoga; 7. Almond; 8. Weaken.

Down: 2. Subluxations; 3. Circulation; 5. Antioxidants; 6. Headaches.



Forward Head Posture

Think about how uncomfortable it would be to hang a bowling ball around your neck. Well this is exactly what your body might be experiencing every day if you suffer Forward Head Posture (FHP).

For every inch your head posture sits forward, the head gains 4.5kgs (10 pounds) in weight. This forces the muscles in your upper back and neck to work much harder to keep the head (chin) from dropping onto your chest. With your muscles in constant contraction to achieve this, pressure is added to the nerves at the base of the skull, which can cause headaches.

This small amount of FHP causes increases in the contraction of your neck muscles by 50%, as they strain to hold your head upright against the forces of gravity.

Over time, your neck joints are continually compressed. Many of your neck muscles tighten up, whilst others weaken due to disuse.

Chiropractic adjustments address the subluxations, assisting in restoring proper motion and balancing the muscles that normally retract the head. Then correcting poor neck posture through exercises which are designed to help gain control over postural neck muscles which have become weak and fatigued over time.

Left uncorrected, FHP will continue to decline. Many people develop chronic or recurrent problems because they receive treatment for the pain (e.g. pain killers or AI's) but don't address the underlying cause which is their FHP.



Because of the increased compressive forces through the neck joints and increased muscle tension, pain is the common outcome. Some of the types of problems associated with FHP are:

- Headaches
- Neck and/or mid back discomfort
- Muscle tension in the neck and shoulders
- Chest pain
- Pain, pins & needles and numbness in the arms and hands

Awareness of the correct neck and shoulder posture is the first step toward correction.



"The most important thing to know about becoming a urologist is that you have to be able to go with the flow."

"Never lie to an x-ray technician. They can see right through you."

"My desire to be a dermatologist was only skin deep. I knew I was destined for osteology - I could feel it in my bones."

"Lacking proper instruments, the surgeon had to resect a bowel using plumber's tools - it was a gut-wrenching experience."

"After being treated by an optometrist, the bird seed."

"The chiropractic author wrote a spinal column."

"The paediatrician was a real kiddier."

Clever CROSSWORD

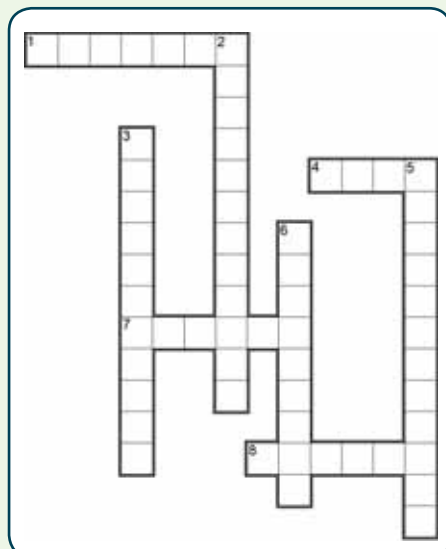
Each of the words can be found in this issue of "Your Chiropractor". Answers are shown on bottom of inner left page.

Across:

1. This type of exercise is ideal for rehabilitation
4. ____ is considered therapeutic
7. This type of nut can help lower cholesterol
8. FHP may cause your neck muscles to ____

Down:

2. Chiropractors align the spine to reduce _____
3. Chiropractic can improve this
4. Almonds are an excellent source of these
6. A problem associated with FHP





Tension Headaches

People with FHP (Forward Head Posture) can suffer from headaches as a result.

If you suffer from headaches, a chiropractic spinal checkup is one of the best things you can do. Chiropractic's safe, gentle, drugless methods have helped millions of headache sufferers over the years. Chiropractic does not claim to be a headache treatment or cure. Chiropractors align the spine to reduce subluxations assisting in:

- Improving spinal alignment
- Reducing nerve irritation
- Reducing muscle tension
- Improving blood flow and circulation



Tension headaches result from muscular tension in the head, neck and shoulders. This tension ultimately leads to changes in normal posture and movement in order to compensate, which itself results in even more muscular tension, thus creating a vicious cycle that causes an increasingly painful headache.

We as Chiropractors may use x-ray to determine whether abnormal positioning of the upper to mid-back, shoulder regions and/or neck are a potential cause of the headaches. We may also recommend a suitable lifestyle plan including relaxation techniques, daily stretches, changes in posture and other exercises.

Chiropractic aims to resolve and break the vicious cycle by realigning the bones of the spine which can in turn release muscular tension, and by realigning skeletal structures.

Myth or Fact?

Myth: Chiropractors 'crack' backs.

Fact: A Chiropractor performs an adjustment. The adjustment can create a popping noise which is a gas bubble being released in the spinal fluid when joints are moved.

Myth: Putting so much pressure on my spine is dangerous.

Fact: An adjustment is a precise procedure by a licensed Chiropractor involving skill, positioning, timing and speed - not force. It is a drug-free, non-invasive approach to many different things, including neck and back pain. It is considered a low-risk and safe form of therapy.

Myth: 'Cracking' joints causes arthritis.

Fact: Quite the opposite. An adjustment increases the mobility of the joints and reduces pressure on joints, muscles and nerves. An adjustment also allows the spine to return to a more natural position, allowing better overall function.

Myth: Chiropractic care is not safe for babies or children.

Fact: Chiropractic care is adapted to each individual. There are many different techniques to suit different ages and different body types. Children may benefit from this type of therapy, since they are usually very active and typically experience many different types of falls and blows in the course of everyday life.

Myth: Too many Chiropractic Adjustments will make my spine 'too loose'.

Fact: Adjustments concentrate on spinal joints that have impaired range of motion. Restoring proper motion and strengthening the muscles of the musculoskeletal system will enhance the overall body structure.

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.
