

FREE!!
TAKE ME HOME

YOUR CHIROPRACTOR



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• CHRIS KELLY • SUE KELLY • DEREK KOM • SABINA LEUNG • NAVNEET SINGH •

ANNANDALE CHIROPRACTIC & ALLIED HEALTH

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 & ALLIED HEALTH

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 & ALLIED HEALTH

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
Wednesday Closed
Saturday 8.00am – 12.00pm

MOOREBANK CHIROPRACTIC & ALLIED HEALTH

25 Maddecks Avenue, Moorebank NSW 2170

P: (02) 9600 9602 F: (02) 9600 9940

CLINIC HOURS

Mon – Fri 8.00am – 7.00pm
Saturday 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*

Sabina Leung *B.Sc. M. Chiro*

Navneet Singh *B.Sc.(Anat) M.Chiro*

PSYCHOLOGISTS

Helen Fitzhardinge *BA (Psych), Grad*

Dip Appl Psych, MA (CFT), MAPS. Registered Psychologist

Zeina Boutros *BPsych MPsych(Forensic) MAPS*

Gail Rice *BA, PGDipAppPsy, MSocHealth(Maq), Assoc MAPS*

Anne Craven *BA(HonsPsych) (UNSW),*

PGDipSocHealth (Maq)

Tony Monaghan *BA(Psych,Soc), GDipHR*

Mgt, GDipAppSportPsy, Accredited The Richards Trauma Process (TRTP)(hypnotherapy)

SPEECH PATHOLOGIST

Miriam Gunnourie *BAppSc(Speech Pathology)*

MASSAGE THERAPISTS

Yvonne Croft *(Dip Rem Massage)*

Rachel Godwin *(Dip Rem Massage)*

NATUROPATHIC THERAPIST

Regina Lasaitis *(MHSc (Herbal Med)*

BAppSc (Biomedical Sc) Herbal & Naturopathic Medicine)

CLINIC STAFF

Sam, Kathy, Meredith, Katie, Mel, Josie, Monica, Annabel, Tiffany, Lucy, Purdy, Carly and Marlo.

Eating for healthy joints

You may have heard about eating for a healthy heart, but have you ever heard about eating for healthy joints? Believe it or not, eating for joint health is important too!

There are a variety of nutritional elements that are crucial for keeping your joints healthy, particularly calcium, vitamin D and vitamin K.

Let's take a closer look at these nutritional elements:

Calcium is a mineral that is obtained from the food you consume that is then deposited in your teeth and bones. According to the British Nutrition Foundation, the best sources of calcium in the UK are milk and dairy products. Additional sources include green veggies, as well as canned sardines and whitebait.

Vitamin D is directly linked to calcium because it helps with the absorption of calcium from food. While some vitamin D is obtained from the foods you eat, you get most of it through exposure to sunlight. Food sources of vitamin D include liver oils (i.e. mackerel, fresh tuna, sardines), egg yolks, liver and butter. If you're over the age of 65, pregnant or nursing, the Department of Health recommends a daily vitamin D supplement (10 micrograms).

At least **three vitamin K-dependent proteins** are present in healthy bones. Low levels of vitamin K are found in individuals that have osteoporosis, and low vitamin K intake, as well as impaired vitamin K status, is associated with lower bone mass and an increased risk of fracture in older individuals. It is therefore essential to consume foods rich in vitamin K, including green leafy veggies, meat and dairy products.

Another nutritional element that may provide a benefit for healthy joints is omega-3 fatty acids. The Report of a British Nutrition Foundation Task Force found that fish oils providing 2.7-4g/day of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) help to alleviate some of the symptoms associated with rheumatoid arthritis including tender and swollen joints. Sources include fatty fish (i.e. salmon, cod, trout, and sardines), flax seeds, cod liver oil, egg yolks, and walnuts.

While calcium, vitamin D and vitamin K are known to be associated with bone health, and omega-3 fatty acids are becoming more popular, according to a study published in The Open Orthopedics Journal, there are several other vitamins and minerals that are linked to improved bone and joint strength, including **magnesium, silicon, vitamin C** and **boron**.

Sources of **magnesium** include cashews, peanuts, bran flakes, brown rice, black-eyed peas, kidney beans, and lentils. Sources of **silicon** include whole grain cereals, granola, prunes and apricots, brown rice and green beans. Sources of **boron** include raisins, prunes, apricots, avocado, almonds and peanuts. When you think of **vitamin C**, the first thing that probably comes to mind is orange juice, and that is a source, but other options include grapefruit, broccoli, strawberries, cantaloupe and tomato juice.

Some simple changes to your diet can go a long way to improving your joint health. Consuming foods that are rich in minerals, vitamins and fatty acids will set you on the right path towards healthy joints.

Take me home and give our healthy **RECIPE** a go!

High heels – the price to pay for fashion

Pay the price for fashion, or for your health? How bad are they? Well, the fashion of late seems to reveal more shapes and styles than ever. There are more than a few problems that can result if the wearing of high heels is not kept to absolute minimum.

Wearing high heels causes the wearer to put all their weight on the balls of the feet, causing immense pressure on the forefoot. When doing this, it creates a domino effect going upwards causing changes starting in the foot, to the ankle, to the knee, to the hip, to the pelvis, to the lumbar spine (lower back) to the thoracic spine (mid-back) to the cervical spine (neck) and even to the back of the head. Pressure is increased all onto the forefoot; gravity is shifted resulting in posture and gait compensation, leading to unnatural posture.

Potential problems from high heel overuse:

- Achilles tendon problems
- Ankle sprains and strains
- Predisposition to arthralgia and arthritis (pain and inflammation in the joints)
- Muscle tension
- Foot problems
- Bunions
- Hammertoes
- Corns
- Calluses

- Numbness
- Sharp pain
- Burning
- Stress fractures
- Nerve damage
- Calf muscle chronic shortening
- Cramps in legs and/or feet
- Low Back Pain
- Neck Pain
- Mid Back Pain
- Upper Back Pain
- Headaches

Chronic use can cause gait and posture to remain poor even when not wearing the high heels. Studies have shown that daily use can cause damage even in 20+ year olds.

Chiropractic assessment and adjustment of the joints from the foot all the way to the head and neck will assist in restoring better motion of the joints if there is dysfunction of the affected area. By restoring motion, this will allow better function not only to the involved area, but to the body in general.

Realistically speaking, high heel wearing can be fashionable, fun and complimentary to certain outfits. However, regular use of high heels have effects to the biomechanics of the musculoskeletal system. The effects may also increase the risk of arthritis development in numerous areas of the

weight bearing joints; and extra tension in the muscles and tendons of the affected areas. Awareness and precaution may make the difference to the health and mobility of the body.

Minimise wearing, perhaps leave them for special occasions and consider carrying high heels to work if unavoidable. Use 'commuter shoes' which offer support and more stability for walking on the unforgiving pavement from home to work.

This information is to bring awareness to the reader. It is important to acknowledge that some women do better in high heels than others, depending on many other factors in the individual's lifestyle. Women may not realise that the choices they make for their footwear don't only affect the feet, but can affect the rest of the body. Wearing high heels will affect everyone differently, but prevention, not cure, may save potential problems as listed.



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WORDSEARCH

PUZZLE

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|--------------|-------------|
| BUNIONS | DYSFUNCTION |
| LIGAMENT | PELVIS |
| PRESSURE | OBESITY |
| NERVOUS | CALCIUM |
| ORANGES | NAUSEA |
| PREGNANCY | BROCCOLI |
| MINERALS | WALKING |
| SUNSHINE | FRACTURE |
| HEALTH | VITAMIN |
| SUPPLEMENT | ACHILLES |
| VERTEBRAE | POSTURE |
| DEPRESSION | DAIRY |
| OSTEOPOROSIS | PELVIS |
| MAGNESIUM | HEELS |
| AUTOIMMUNE | FEET |

Pregnancy & 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.

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 possibly 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'. Other potential benefits of chiropractic care during pregnancy may include relief from upper and mid-back pain, neck pain, headaches, and joint pain.

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

As chiropractors, we have been trained to work with pregnant women and utilise 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.

After the pregnancy, it is important 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 system function.

Benefits of vitamin D

Approximately 31% of adults in Australia have inadequate vitamin D levels, according to a study published in *The Medical Journal of Australia*, and this number increases to 50% in women during the winter-spring months, as well as in people living in southern states.

If you're vitamin D deficient it means that you're missing out on a variety of health benefits and putting yourself at an increased risk of various diseases.

While the main role of vitamin D is to support the development and maintenance of healthy bones and teeth, there are a wide variety of additional benefits, which were presented in a 2012 study published in *The Journal of Pharmacology and Pharmacotherapeutics*.

Vitamin D has been found to have a protective effect on the heart, reducing your risk of heart disease and high blood pressure. Other health benefits of vitamin D include a decreased risk of depression, obesity and autoimmune diseases (such as multiple sclerosis, rheumatoid arthritis, type 1 diabetes, and autoimmune thyroid disease). Additionally,



vitamin D may also play a role in preventing cognitive decline, reducing the risk of age-related macular degeneration, warding off the flu, and may contribute towards a healthier pregnancy and minimise the risk of pelvic floor disorders.

Vitamin D is sometimes referred to as the "sunshine" vitamin and this is because sunlight exposure is the main source of vitamin D for most people. How much sun do you need? For people with moderately fair skin, walking outside for about 6 to 7 minutes with your arms exposed in the summer, and for 7 to 40 minutes with as much exposed skin as possible in the winter on most days can help you achieve adequate vitamin D levels.

Vietnamese Chicken Pho



INGREDIENTS

Serves 4

Pho base

- 5 C quality chicken stock
- 1t coriander seeds
- 1t chopped garlic
- 1T grated fresh ginger
- 1 x star anise
- 1 cinnamon stick
- ¼ t cracked pepper
- 1t brown sugar
- 1t fish sauce
- Pinch of chilli

- 500g chicken meat - thinly sliced
- Fresh coriander
- Rice noodles
- Limes

Optional extras

- Mung beans, bok choy, other asian greens, finely sliced chilli

METHOD

1. Put the pho base ingredients into a pot. Allow to come to a boil and simmer for 20 mins. Strain, leaving just the liquid. Adjust the flavour as you prefer.
2. Meanwhile, heat a pan with a little oil and cook the chicken pieces.
3. Add noodles to a pot of boiling water. Cook until al dente.
4. To serve: in a high-sided bowl add the noodles, chicken and pho base. Sprinkle on fresh coriander, mung beans and a wedge of lime.

A quick and easy meal that is delicious and nutritious!



Make walking a habit

Walking is a safe and effective activity to help you maintain a healthy lifestyle. If you're not already, you should get in the habit of walking every day to improve your physical and mental health.

You may be thinking how can this easy activity be so good for me? Well, recent studies have revealed that brisk walking has an abundance of health benefits.

To begin, let's talk about your arterial health. It's not surprising that prolonged sitting has a variety of adverse effects on your health, including your arteries. When you sit for prolonged periods of time there is a reduction in the ability of your arteries to contract and relax (a process known as endothelial dysfunction), which increases your risk of cardiovascular disease. The good news is that walking for 5 minutes, every hour, can help to improve dysfunction.

Now let's move on to chronic diseases - in a 2013 study published in *Arteriosclerosis, Thrombosis, and Vascular Biology*, researchers found that brisk walking can reduce the risk of developing diabetes, heart disease, high blood pressure and high cholesterol. The study also revealed that the health benefits were increased when the participants walked or ran further and when they burned more calories.

The benefits don't stop there: walking may also help with pain. Walking has also been shown to be beneficial for individuals suffering with chronic low back pain. Research published in *Clinical Rehabilitation* in 2013 found that walking was as beneficial



as strength training of the abdominal and back muscles. Additionally, for individuals with or at a high risk of developing knee osteoarthritis, walking was found to be beneficial according to research published in *Arthritis Care & Research*. The results showed that individuals that walked a minimum of 6,000 steps a day, for 7 days, were the least likely to develop mobility issues within two years.

Walking also benefits your brain - a study published in the *Journal of Experimental Psychology*, found that participants experienced a boost in creativity during and immediately after walking, compared to sitting, especially when walking outdoors. In addition to a boost in creativity, research published in the *Scandinavian Journal of Medicine and Science in Sports*, in 2015, found that office workers experienced increased relaxation and enthusiasm as well as a reduction in stress after walking for 30 minutes at lunchtime.

The research shows that the benefits of walking are immense, both physically and mentally. You don't need much to get started, put on some comfy clothes and shoes and you're ready to go. Start by slowly adding in short walks throughout your day, even five minutes at a time is beneficial.

Protecting long-term bone health

Dietary pressures on the young seem to increase daily – with magazine images and social media combining to exert influence and present unrealistic targets.

A recent survey of 2000 young adults by the National Osteoporosis Society in the UK found that up to 70% had been on some kind of a diet. With many being influenced by online chat forums or vloggers, diets excluding complete food groups – so-called 'clean eating' were especially common. One in five of the respondents had tried a dairy-free diet – with many seeing dairy as high in fat and up to half describing themselves as dairy intolerant.

So, are there any risks from dairy exclusion in the young? Sadly the short answer to this is 'yes'. Dairy is a major source of calcium for most people, and calcium is essential for creating bone density. By far the majority of bone mass is created before the age of

25 – making young adulthood a crucial time. In later life, low bone density can have huge effects; thin bones – or osteoporosis - is experienced by up to half of women and one in five men over the age of 50. Osteoporosis can result in multiple fractures and back pain when vertebrae collapse.

Adequate calcium intake in young adulthood is essential to try and prevent this. Dairy foods are particularly rich in calcium, although it can also be found at high levels in green vegetables such as spinach, and salmon among others. For people following a vegan diet or excluding dairy for medical reasons, food needs to be carefully planned to ensure calcium intake is protected. For the rest of us, a sensible balanced diet should provide what we need. Discussing the issues with young people and informing them of the importance of bone development should help them make sensible choices to protect their bone health in later life.

GET TO KNOW . . .

NAVNEET SINGH – CHIROPRACTOR MOOREBANK

1. What is your idea of perfect happiness?

My children laughing... at my jokes.

2. What is your greatest extravagance?
My concealers... and they still don't work.

3. Which words or phrases do you most overuse?

"Give yourself a cuddle""Do not throw/wreck/shout/touch"

4. When and where were you happiest?
Meeting my boys when they were born.

5. Which talent would you most like to have?

Singing... in tune... with tone.

6. If you could change one thing about yourself, what would it be?

Well, I could be more disciplined.

7. What do you consider your greatest achievement?

The ability to feel and read a back.

8. If you were to die and come back as a person or a thing, what would it be?

A seahorse, I just realised they have a vertical spinal column.

9. Where would you most like to live?
Anywhere with beautiful nature.

10. What is your most treasured possession?

My kids.

11. What do you regard as the lowest depth of misery?

Loneliness.

12. What is your favourite occupation?

Marine biologist – constant water holiday.

13. What is your most marked characteristic?

Loyalty.

14. What do you most value in your friends?

Honesty.

15. Who are your favourite writers?

I just got my reading glasses. I'll read just so I can answer this in the future.

16. Who is your hero of fiction?

Well, I don't know about hero, but the Incredible Hulk I can identify with... Calm scientist – then can turn into a scary mother.

17. Who are your heroes in real life?

My mum.

18. What is it that you most dislike?

Sitting at home, the adventure is out there.

19. What is your motto?

Work hard but play harder.