

FREE!!
TAKE ME HOME

YOUR CHIROPRACTOR

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

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



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Stressed out? Try yoga

In recent years there has been a push towards finding non-pharmacological therapies that can be used for the management of stress, and the practice of yoga has been yielding promising study results.

Chronic stress has been linked to variety of chronic diseases including anxiety, insomnia, high blood pressure and a weakened immune system, and it can also lead to a decreased quality of life, even with pharmacological intervention.

While yoga has been practised for over 5,000 years, it has only recently been gaining attention in Europe and the United States. Yoga is a type of mind-body activity that incorporates a combination of postures and strengthening exercises, with an internally mindful focus on self-awareness, breathing and energy.

Mental health conditions including stress, anxiety, depression and insomnia are some of the most common reasons why individuals seek out complementary therapies such as yoga, so it's important that healthcare practitioners, and the general public, understand the therapeutic benefit of this activity for stress management.

A 2011 systematic review, published in *Alternative Therapies in Health and Medicine*, evaluated eight randomised and clinical controlled trials and found that yoga had a positive effect on reducing stress symptoms or stress levels in healthy adults.

Although, the researchers only reviewed a limited number of studies and had limited access to follow-up data, the review revealed positive effects of yoga for stress reduction in healthy adult populations.

Another study published in 2012, in *Alternative Medicine Review*, evaluated 35 trials looking at the effects of yoga on stress and anxiety and found that the literature suggests that yoga is beneficial in relieving stress and anxiety. A 2015 systematic review, published in the *Journal of Psychiatric Research*, provides further support for yoga as it revealed that practising yoga yields psychological benefits by teaching self-management of stress, as well as promoting biological effects by improving regulation of the sympathetic nervous system and hypothalamic-pituitary-adrenal system.

Additionally, according to a 2011 study published in the *International Journal of Yoga*, not only does yoga help with the management of stress levels, it has also been found to improve cardiorespiratory performance, psychological profile and plasma melatonin levels and has been found to significantly reduce blood pressure, mean arterial pressure, and orthostatic intolerance.

If you're looking for a way to manage your stress levels research suggests that participating in yoga may be a simple and effective activity, and you may reap additional health benefits too.

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

Is your *sleeping* position hurting your spine?

A good night's sleep sets us up for a great day. However, some of us wake far from refreshed, with aching backs, sore necks and stiff muscles. There can be a number of reasons for this, but your sleeping position could be a contributing factor.

Side

If you favour sleeping on your side, it's important to keep your head, neck and thoracic spine in a straight line. Choose a pillow thick enough to lift your head to the correct angle, and comfortable but firm enough to keep its shape. Place it low so that it fills the gap between your neck and the bed.

Pillows can help your body too. A full-bodied pillow under your top arm will keep the higher shoulder from falling forward to cause hunching and back strain. Try placing a firm pillow between your slightly



bent knees will help keep the natural line of your spine by preventing downward rotation of your pelvis.

Back

Sleeping on your back is thought to be a healthy option, but there are still considerations to make if this is your preferred position.



Most importantly, you should maintain the natural curvature of your spine. Like side-sleepers, you need a firm, but slightly thinner pillow to keep your head gently raised. Place it low down under the nape of your neck; roll-shaped pillows are ideal for this.

Try placing a rolled-up towel or pillow under your knees or the small of your back for extra comfort. This will help to maintain the spinal curve and reduce lower back strain.



Front

This position can be tough on your neck and back, but if you can't sleep any other way, there are some things you can do to try and reduce the impact.

Some opt for a thin pillow, while others prefer not to use one at all. If your pillow forces your neck into an uncomfortable position, try sleeping without it. You can also add pillows under your abdomen and pelvis to support the body and maintain the spinal curve.

If you're experiencing sleep-related discomfort or pain, your chiropractor may be able to help. As well as addressing back and neck pain, your chiropractor will assess your sleeping habits and recommend helpful changes you can make to minimise your discomfort. Speak to your chiropractor today to find out more.

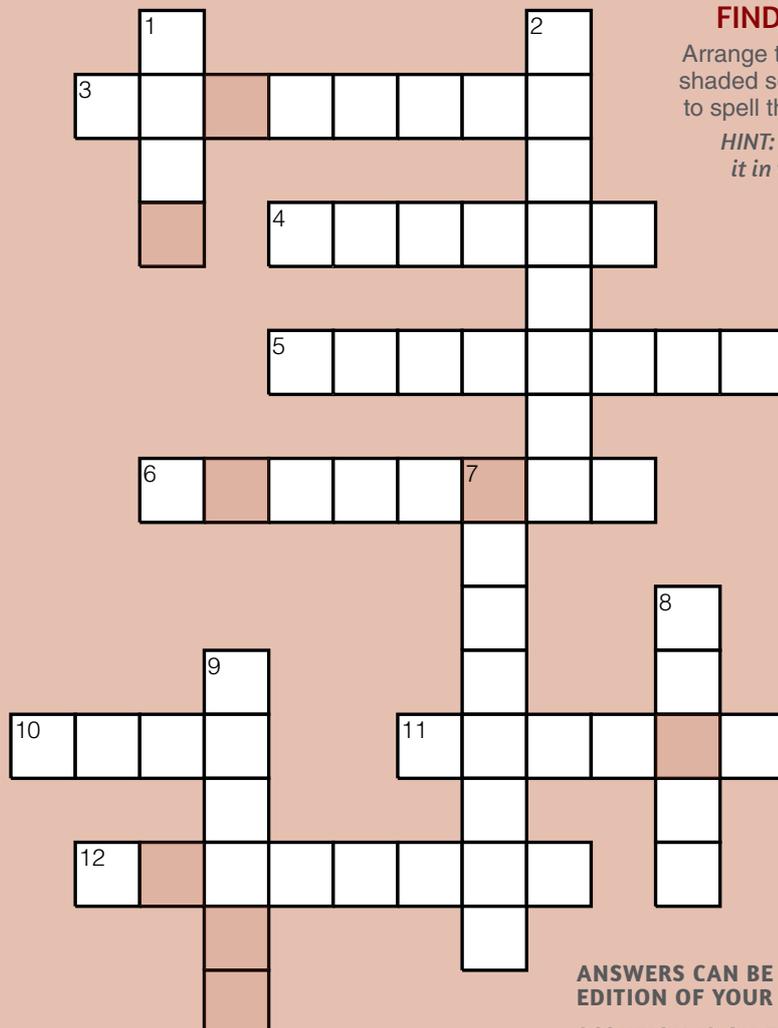
Clever CROSSWORD

ACROSS

3. Waking up with a sore neck may be a result of your sleeping _____.
4. Adjust this so your head is angled correctly when you sleep.
5. Driving for _____ periods can put a great strain on your back, neck and hips.
6. One of the treatment categories carpal tunnel syndrome falls into.
10. Mild trauma is usually resolved with this and basic self-care.
11. These can become trapped and inflamed when joints are pushed out of alignment.
12. This type of sensation is a characteristic of vertigo.

DOWN

1. This type of exercise has a positive effect on stress reduction.
2. A common reason why an individual seeks complementary therapies.
7. This can stimulate or depress your nervous system.
8. Adjust this in your car, if possible, to allow your arms to bend and relax.
9. Carpal tunnel syndrome results from compression of this nerve.



FIND-A-WORD

Arrange the letters in the shaded squares correctly to spell the hidden word.

HINT: you can find it in the kitchen.

ANSWERS CAN BE FOUND IN THIS EDITION OF YOUR CHIROPRACTOR. SOLUTION IS ON THE BACK PAGE.

Chiropractic and jaw pain

The jaw bone is connected to the skull on each side by a hinge-like joint known as the temporomandibular joint. To support the hinge structure, the bones are covered in cartilage and separated by a shock-absorbing disk.

Acute trauma, repeated painful actions and structural problems can all damage the bone and soft tissues in the jaw, leading to a painful condition known as Temporomandibular Joint Disorder, or TMJ.

The joints can be pushed out of alignment, causing the surrounding nerves to become trapped and inflamed, and the muscles to become tense and strained. This is often accompanied by aching in and around the ear, a locking or clicking sensation in the jaw, difficulty opening and closing the mouth and pain when chewing.

Treatment

TMD resulting from jaw strain, teeth-grinding and mild trauma is usually resolved with time and basic self-care. TMD resulting from dental problems such as malocclusion, or a bad bite pattern, can be treated by a dental or orthodontic professional.

For TMD of other origins, research is attempting to establish if chiropractic and other manual therapies can help. A UK evidence report on the effectiveness of manual therapies looked at studies that showed some improvements in TMD symptoms for those undergoing treatment. However, it's important to note that these studies had certain limitations and further research is needed in this area. For this reason, the evidence report deemed the evidence inconclusive, although favourable.

Where joint dysfunction is thought to be responsible, whether the temporomandibular joint itself or nearby joints, chiropractors will commonly perform an adjustment in an attempt to restore correct joint alignment and relieve pressure on surrounding muscles and nerves. This can be done manually or with a small handheld instrument called an Activator, used to apply localised pressure to the joint in quick, low-force movements.

Your chiropractor may also be able to advise you on other techniques to alleviate your TMD symptoms. These may include exercises to relieve jaw tension, teeth-clenching and neck strain.

Due to the varied nature of TMD causes, there may be other medical or dental treatment options that would be complementary to chiropractic treatment, or even more suitable. In such instances, your chiropractor can direct you to an appropriate specialist and work with them to formulate an effective treatment plan. Speak to your chiropractor today to discuss your symptoms.

Chicken stir-fry with cashews



Cashews are packed with vitamins, minerals and antioxidants.

Ingredients

Serves 4

- 500 g boneless, skinless chicken breasts, thinly sliced
- ¼ cup teriyaki sauce
- 3 tbsp vegetable oil
- 3 spring onions, finely chopped
- 2 cloves garlic, finely chopped
- 1 tbsp finely chopped fresh ginger
- 250g snow peas, trimmed
- ½ cup mushrooms
- ¼ cup low-sodium chicken broth
- 4 cups cooked brown rice
- 3 tbsp raw cashews (unsalted)

Method

1. Combine chicken and 2 tbsp teriyaki sauce in a bowl and place to one side.
2. Warm 1½ tbsp vegetable oil in a wok over a high heat. Add chicken and stir 3–5 minutes, until chicken is no longer pink. Place in a clean bowl.
3. Add spring onions, garlic, ginger and remaining oil to wok and cook about 1 minute.
4. Add snow peas, mushrooms and chicken broth, cover and cook 2–3 minutes, until tender.
5. Stir in rice, chicken and remaining teriyaki sauce. Cook 1–2 minutes, until rice is heated through.
6. Sprinkle cashews on top and serve immediately.

Relief from carpal tunnel syndrome

Carpal tunnel syndrome is a common condition that affects 3.8% of the general population and often results in pain and disability.

According to a 2012 study, published in *The Open Orthopaedics Journal*, prevalence rates in the United Kingdom are between 7% and 16%, and the median number of days missed from work due to carpal tunnel syndrome symptoms is highest in the UK at 27 days, which results in a significant economic burden on society.

Carpal tunnel syndrome results from compression of the median nerve within the carpal tunnel. It is the most common nerve entrapment disorder, accounting for 90% of all entrapment neuropathies.

If you suffer from carpal tunnel syndrome you're likely all too familiar with the symptoms of the disorder including hand pain, an unpleasant tingling or numbness in the distribution of the median nerve (including the thumb, index, middle and thumb side of the ring finger) as well as reduced grip strength and function of the affected hand. Often these symptoms are worse at night and can even interfere with sleep. During the day, you're likely to experience clumsiness with activities that require wrist flexion and you might even experience symptoms in other areas of your body including numbness, tingling and pain in your forearm, elbow pain, upper arm pain, shoulder pain, and/or neck pain.

If you're suffering from carpal tunnel syndrome symptoms you may be at your wits end to find relief. Treatment generally falls into two broad categories: conservative and surgical. Examples of conservative options include: rest, ice, stretching, steroids (oral or transvenous), corticosteroids, vitamin (B6 and B12), non-steroidal anti-inflammatory drugs (NSAIDs), yoga, ultrasound, mobilisation of the carpal bone and the use of wrist splints.

While you might think that surgery is the best option, research suggests that conservative treatment options may be just as effective, without the risks associated with surgery, for the management of carpal tunnel syndrome symptoms. A 2017 study published in the *Journal of Orthopaedic & Sports Physical Therapy* investigated the effect of physical therapy on carpal tunnel syndrome symptoms and found that after one year, patients who had physical therapy with a focus on manual therapy of the neck and median nerve, in combination with stretching exercises, had outcomes similar to those of patients who had surgery.

The results of this study suggest that before considering surgery to manage your symptoms, a trial of conservative treatment is warranted. If you're suffering from carpal tunnel syndrome, be sure to speak with your chiropractor about a suitable treatment plan.

Vertigo: can your chiropractor help?

Vertigo is a type of dizziness characterised by a spinning sensation and often accompanied by nausea, vomiting, ear discomfort, tinnitus or hearing loss. Typically a symptom of inner ear or nervous system disturbances, chiropractic aims to treat vertigo by addressing the underlying cause.

One of the most common forms of vertigo is Benign Paroxysmal Positioning Vertigo (BPPV), where tiny crystalline deposits become displaced and disturb the inner ear's delicate balance system. It's rarely serious, but the resulting dizziness can be very unsettling.

Improper joint movement or misalignments in the neck can disturb the nervous pathways leading to the brain, affecting the interpretation of movement and body position. Chiropractors commonly perform adjustments to manipulate the joint back into position and restore proper nerve function.

Chiropractors may be able to treat BPPV using a technique called the Epley Manoeuvre to reposition the deposits and restore healthy inner ear function. Research



published in the *Journal of Manipulative and Physiological Therapeutics* shows a quick, measurable improvement in BPPV patients treated with this technique.

In 2014 the *American Academy of Otolaryngology – Head and Neck Surgery Journal* published results from a systematic review of all available research on this topic and concluded that all data from the studies showed chiropractic to be an effective treatment for this common form of vertigo.

Additionally, substances like alcohol, tobacco, caffeine and certain medications can stimulate or depress your nervous system, affecting signalling to the brain. Your chiropractor will assess your lifestyle habits and medication usage to determine if these are factors that contribute to your vertigo.

If you are experiencing vertigo, your chiropractor can help you to establish the cause and may be able to offer treatment to relieve your discomfort. Book an appointment today to discuss your options and care, with your chiropractor.

GET TO KNOW ... CHRIS KELLY – CHIROPRACTOR REVESBY

1. What is your idea of perfect happiness?
Short term – hitting a magnificent 3 Wood.
Long term – at home, around the dinner table with family
2. What is your greatest extravagance?
Not working on a Wednesday
3. What do you consider the most highly rated virtue?
Thoughtful persistence
4. Which words or phrases do you most overuse?
“Do you guys have a deep-seated phobia about opening the dishwasher?”
5. When and where were you happiest?
When I touched the Bledisloe Cup in Dunedin, 11/8/01, Australia 23 – New Zealand 15
6. Which talent would you most like to have?
To say the right thing on time every time
7. If you could change one thing about yourself, what would it be?
I'd like to be taller. My favourite sport was basketball.
8. What do you consider your greatest achievement?
When I got my pen licence.
9. If you were to die and come back as a person or a thing, what would it be?
A rock star
10. Where would you most like to live?
Four Seasons on Central Park, Manhattan
11. What is your most treasured possession?
My family
12. What do you regard as the lowest depth of misery?
When a family loses a child.
13. What is your favourite occupation?
Rock star
14. What is your most marked characteristic?
My hair
15. What do you most value in your friends?
Loyalty
16. Who are your favourite writers?
Tim Winton, Oscar Wilde and Malcolm Gladwell
17. Which historical figure do you most identify with?
Not so historical, but Julian Assange. I'm “identified” as him almost daily.
18. Who are your heroes in real life?
People who volunteer their services like the SES and the Bush Fire Brigade.
19. What is it that you most dislike?
Untrustworthiness and sci-fi thriller moves like “Life”. Don't see it. It's terrible.
20. What is your greatest regret?
Sitting through half of “Life”. And not being a rock star
21. What is your motto?
Forge on.

Five ways to avoid back pain while driving

Driving for extended periods can put a great strain on your back, neck and hips. Here are five tips on how to reduce that strain.

It's not always possible to limit your driving, especially if your job involves driving vehicles or having to make long commutes. However, there are steps you can take to make driving as comfortable and pain-free as possible.

1. Position yourself correctly

Move your seat forward just far enough that you don't have to hunch to reach the steering wheel and adjust the wheel if possible to allow your arms to bend and relax. Your feet should easily reach the pedals so that you can rest your heel in front of them and press without stretching. Adjust rear-view and wing mirrors so you can see without stretching, straining or twisting.

2. Make yourself comfortable

Ensure you're sitting up straight with your hips and knees in line. You can sit on a pillow to help with elevation, and you can place an extra pillow at your lower back for lumbar support. If your back already hurts and you can't avoid driving, try a heat pack or heating pad.

3. Take regular breaks and stretch

If you're driving for long periods of time, break up the journey with regular stops. Get out of the car, stretch your legs and take a short walk if you can.

4. Maintain your vehicle

Suspension, steering and tyre pressure can all affect your comfort. Make sure your vehicle is in optimum condition, especially before longer journeys. If you're driving a company vehicle, your employer should assist with this.

5. Relax!

A stressful journey can cause tension in your back, neck and shoulders making any discomfort much more pronounced. If you find yourself getting stressed, be mindful of your posture, do some deep breathing exercises or listen to some relaxing music. If possible, take a break from the road and get some fresh air.

Do you regularly drive for long periods of time? If it's causing you pain or discomfort, your chiropractor may be able to provide relief and advise you on how to minimise the impact of driving on your body.

ACROSS: 3. POSITION 4. PILLOW 5. EXTENDED 6. SURGICAL
DOWN: 1. YOGA 2. INSOMNIA 7. CAFFEINE 8. WHEEL 9. MEDIUM
HIDDEN WORD: SAUCEPAN

CROSSWORD SOLUTION