



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

CHIROPRACTORS & OSTEOPATHS

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CHIROPRACTORS

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PSYCHOLOGISTS

Helen Fitzhardinge *BA (Psych), Grad*

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

Zeina Boutros *BPsych MPsych(Forensic) MAPS*

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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.

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



SEPTEMBER / OCTOBER 2017

Tips for better sleep

Getting a good night's sleep is essential for optimal health.

A lack of sleep can have a negative effect on your mood, memory, concentration and quality of life. Thankfully, the Sleep Health Foundation outlines a variety of things you can do to improve your sleep.

One of the most important elements of enabling good sleep is maintaining a regular sleep schedule. This means going to bed and getting up at the same time each day. Once you've set your sleep schedule, develop a relaxing bedtime routine, such as taking a bath or reading for about an hour before heading to bed.

It's also important that you don't go to bed hungry – but going to bed on a full stomach isn't ideal either. You should have dinner at least two hours before bedtime. If you're hungry after dinner, a light snack may help you sleep better.

Additionally, there are some things you should avoid before going to bed – these include caffeine, alcohol and smoking. Steer clear of caffeinated drinks such as coffee, tea and soft drinks for at least four hours before bed. Smoking should be avoided before bed, and during the night. While alcohol may make it easier to get to sleep, it makes it more difficult to stay asleep and exacerbates sleep problems such as sleep apnoea and snoring. For at least an hour before heading to bed other things to avoid are stimulating activities such as exercise, television and computer games.

Let's take a look at your sleeping environment:

- Your bed should only be used for sleep and intimacy, so your brain associates your bed with those activities.

- Your bed, as well as your pillows and bedding, must be comfortable.
- Ensure your hands and feet are warm – you can accomplish this by changing the temperature of your room or with extra blankets.
- Remove distractions from your bedroom – this includes laptops, televisions, phones, etc.
- If there's a clock in your room, cover it so you don't lie awake watching it.
- Discourage children and pets from entering your bedroom and disturbing you while you sleep.

If you find that you can't shut your mind off once you get into bed, set aside a time during the evening for 'worry time'. This is a time you can use to think about what has happened during the day, what you must do tomorrow, and determine solutions to your problems. Once your 'worry time' is over, try to put your thoughts aside until the following day.

If after 20-30 minutes in bed find you can't fall asleep, get out of bed and go into another dark and quiet room and sit down. Once you feel tired, go back to bed. Keep in mind that rest is good for your body; it doesn't have to be sleep.

Good sleep habits are critical for good sleep. While you may not be able to follow all these tips every day, if you stick to them on most days, your sleep will likely improve. If you try all these tips and your sleep is still poor, it may be time to have a discussion with your chiropractor and not try to catch 40 winks on a park bench!

Take me home and give our healthy RECIPE a go!

Avoiding 'new mum' back ache

If you're a new mother, you're likely to be lifting and carrying your baby all day, so it wouldn't be unusual if you were suffering from back pain.

Think about this – when your baby is first born, you might be lifting 3.5-5 kg about fifty times per day, but by the time your child is one year old, you'll be lifting about 8.5 kg; and by the time they are two, you'll be lifting 12 to 15 kg. In other words, your back is in for a lot of stress in the next few years.

The good news is that observing a few simple tips can help to ease the stress on your back and minimise back pain.

Once you've recovered from delivery, speak with your obstetrician about when you can safely start to exercise again. Keep in mind if you've had a C-section you may need to wait a little longer before you can get back to exercising, but don't get discouraged.

Once you've been given the all clear to start exercising, begin with restoring your back and hip flexibility by participating in yoga or doing light stretches at home when your baby naps.

- As you're constantly lifting your baby ensure you use the correct lifting technique. If your child is on the floor, bend at your knees into a squatting

position to reach for your baby, bring them in towards your chest so they are close to your body, tighten your core muscles then lift with your legs into a standing position.

- Avoid twisting movements while holding your baby whenever you can. possible
- Avoid carrying your baby on your hip because this overloads the muscles in your back – consider investing in a front carrier or baby wrap as an alternative.
- When you're breastfeeding, sit in an upright chair. Avoid bending over your baby to feed; bring them in toward your breast instead. You can achieve this by placing pillows on your lap or by using a breastfeeding pillow.
- When your baby has progressed to sitting in a high-chair, remove the high-chair tray when you are placing them in the seat or taking them out.
- While it may seem convenient to carry your baby in their car seat, this results in you carrying quite a bit of excess weight. Consider placing the seat in the car first, then bringing your child to the seat in order to strap them in.



- When positioning the seat in your car, remember that the safest place is in the middle. This also allows you to kneel on the car's back seat in order to place your baby into their seat, rather than standing outside of the car and bending awkwardly to put them in.

Being a new mother is hard enough without dealing with back pain.

Observing these simple tips will help you to minimise the risk of back pain and let you enjoy every moment with your little one.

Spring pasta with tuna and broccoli



A quick, nutritious meal when you're in a hurry!

INGREDIENTS

- 350g pasta (spirals, penne or spaghetti)
- 300g broccoli, cut into small pieces
- 2 spring onions, finely chopped
- 2 tbl capers, drained
- 200g can tuna
- 1 lemon, zest and juice
- 2 tbl Olive oil
- Ground pepper (black or white)
- 90g pitted green olives, chopped (optional)

METHOD

1. Cook pasta according to directions on the packet.
2. Add broccoli for the final 3-4 mins.
3. Mix the remaining ingredients in a large bowl.
4. Drain the pasta and broccoli, and add to the bowl. Mix well.
5. Add ground pepper to taste.

Suggestion:

Replace the tuna, spring onions and capers with cooked chicken, chopped fresh tomatoes and pesto. Season to taste with salt and pepper.

Stay positive +

The mind-body connection is incredibly strong and what you think may often become your reality.

Numerous research articles have shown how negative emotions can harm the body. Sustained stress, fear, anger or anxiety can alter our biology and wear down the various systems in our body which may eventually lead to the development of certain illnesses. It has been suggested that a positive outlook on life strengthens the immune system, cardiovascular system (optimists have fewer heart attacks), and the body's ability to handle stress.

Often at times where things aren't going well it can be extremely difficult to think positively. However, being able to do so can enable you to cope better with the situation. Your outlook on life and the thoughts that go through your head can have a significant impact on both your psychological and physical well-being.

So, when things are getting you down how do you make the shift to feeling positive? Specifically doing something that you know you will enjoy is a great place to start. This might be catching up with a friend, watching a funny movie, retail therapy, or visiting your chiropractor for a well-deserved alignment! Whatever it is, make it a priority so that you actively bring something positive into your world. It's amazing the difference it can make going forward.

Good posture for good health

Posture refers to the position that you hold your body in while you're standing, sitting or lying down. Believe it or not, your posture has a direct impact on your health. Luckily, poor posture can be corrected with a little discipline on your behalf.

According to the Cleveland Clinic, proper posture has many health benefits, including keeping the bones and joints of the body in proper alignment so that muscles are used correctly; decreasing abnormal wear and tear of the joint surfaces; decreasing stress on the ligaments of the spine; preventing the spine from becoming fixed in an abnormal position; preventing muscle fatigue; preventing overuse injuries; preventing muscle pain and back aches – as well as contributing to an overall attractive appearance.

According to the Chiropractor's Association of Australia, poor posture can cause headaches, back pain, tension, respiratory problems, fatigue and poor digestion, so it's important that you correct any postural issues to prevent these health problems.

The American Chiropractic Association provides some postural tips for when you're seated, standing and lying down:

When seated

Sit with your back straight and shoulders relaxed, with a small gap between the back of your legs and the front of your chair with your feet positioned flat on the floor (or on a footrest if your feet don't reach the floor). Ensure that your knees are at or below the level of your hips, and adjust the backrest of your chair so that it supports your middle and lower back.



Avoid crossing your legs or sitting in the same position for extended periods of time.

When standing

Keep your back straight and shoulders back, and tighten your core muscles. Ensure your head is positioned over your body (your earlobes should be aligned with your shoulders). Position your feet about shoulder width apart and keep your knees slightly bent while bearing most of your weight on the balls of your feet. If you're standing for extended periods of time, shift your weight from your toes to your heels, or from one foot to the other.

When lying

Ensure that you're comfortable and sleep with a pillow positioned under your head, not your shoulders. Choose a bed and bedding that allow you to maintain the natural curvature of your spine.

If you're struggling to correct your posture, contact your local chiropractor. They can help you strengthen your core postural muscles and make suggestions to help you correct your posture in a way that can reduce your risk of injury.

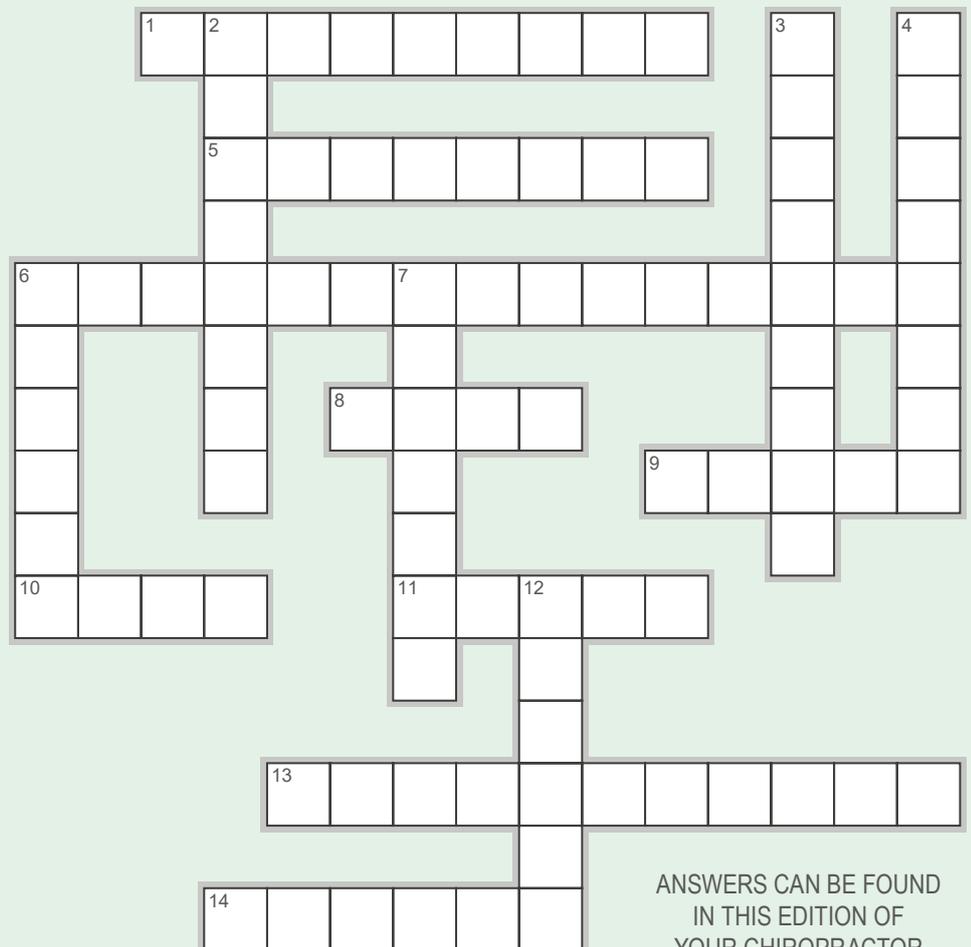
Clever CROSSWORD

Across

- Something that can be caused by poor posture.
- Your shoulders should be aligned with these for good posture when standing.
- Bone and Joint Action Week aims to highlight the importance of this type of health.
- A negative emotion that can harm the body.
- Watching this kind of movie can help you to think positively.
- An ideal exercise to restore back and hip flexibility after giving birth.
- Wednesday 16 October is World ?? Day.
- A non-pharmacological treatment recommended to alleviate lower back pain.
- The safest place on your back seat for a baby car seat.

Down

- Something you should avoid for at least an hour before bed for optimum sleep.
- Best position from which to lift a baby from the floor.
- Lower back pain can create difficulty with this.
- Lack of sleep can affect this.
- Good posture helps prevent these types of injuries.
- A positive outlook on life can strengthen this system.



ANSWERS CAN BE FOUND IN THIS EDITION OF YOUR CHIROPRACTOR

SOLUTION IS ON THE BACK PAGE

World Spine Day

People from all walks of life all over the world will, once again, be embracing and promoting body awareness and ways in which to minimise the day-to-day wear and tear on the spine.

The annual event is part of the global Bone and Joint Action Week which aims to highlight the importance of musculoskeletal health with dedicated days to five major areas: arthritis, spine, trauma, paediatric bones and joints, and osteoporosis.

This year's theme for World Spine Day, which is celebrated on October 16, is aptly named "Your Back in Action" and focuses on highlighting the importance of physical activity and improving posture, as part of good spinal health and prevention of injury.

Your Back in Action follows on from the 2016 theme which saw the introduction of the Straighten Up and Move program in several countries around the world. The program consists of a series of simple exercises and lifestyle recommendations which take just minutes to complete each day. The routines, which are 2-3 minutes in length can be completed by any one of any age

Lower back pain? See a chiropractor!

If you're suffering with lower back pain, you're not alone. Lower back pain affects approximately 25% of Australians, according to a 2011 study published in Australian Prescriber, and lifetime prevalence rates for lower back pain have been estimated at between 70 and 90%.

Lower back pain doesn't only impact the affected individual; it also has a detrimental impact on society. In Australia, lower back pain is the third leading cause of disability.

According to a 2012 survey by the Australian Institute of Health and Welfare, four out of five people with back pain reported some degree of activity limitation, such as difficulty

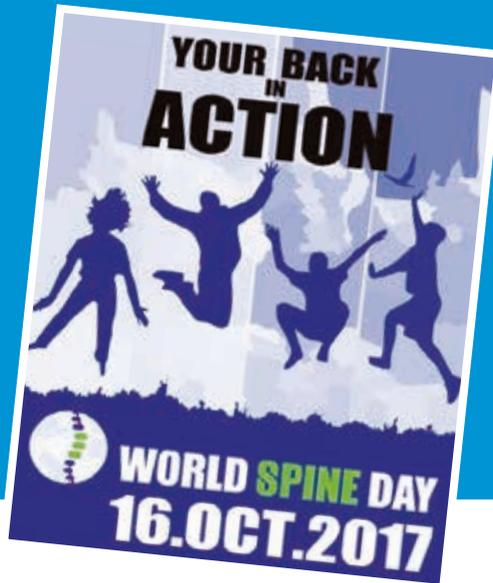


and are designed to improve and prevent poor posture, which are common triggers of general neck and back pain.

To mark World Spine Day, people worldwide are being encouraged to plan and participate in events within their communities. Visit the website, follow the hashtags or ask your chiropractor how you can get involved and spread the word to raise awareness of good spinal health.

www.worldspineday.org

#worldspineday #yourbackinaction



with mobility, communication and/or self-care. The costs associated with lower back pain are astonishing – estimates reveal that the direct cost of treating lower back pain in Australia equates to approximately \$1 billion; with an additional \$8 billion in indirect costs.

The good news is that most cases of lower back pain will resolve over time. However, if you suffer from lower back trouble, you're likely looking for pain relief in the interim.

Evidence published in a 2016 systematic review of the literature in the Journal of Manipulative and Physiological Therapeutics, found that chiropractors are well suited to diagnose, treat, manage and co-manage patients suffering with low back pain disorders. In fact, recent clinical practice guidelines published by the American Academy of Family Physicians recommends that non-pharmacologic treatment, including spinal manipulation, massage, acupuncture or superficial heat should be used initially for most patients with acute or sub-acute low back pain.

If you've been suffering with lower back pain, make an appointment with a chiropractor to discuss options for help with minimising your pain and improving function.

GET TO KNOW ...

GAIL RICE

Psychologist, Annandale

- What is your idea of perfect happiness?
A sunny winter day in the Australian bush by the sea.
- What is your greatest extravagance?
Travel.
- What do you consider the most overrated virtue?
Prudence.
- Which words or phrases do you most overuse?
Right here, right now.
- When and where were you happiest?
I am here now with my coffee... I am learning it is available in each moment.
- Which talent would you most like to have?
To sing.
- If you could change one thing about yourself, what would it be?
I would have been kinder to my adolescent self.
- What do you consider your greatest achievement?
Finding work I love.
- If you were to die and come back as a person or a thing, what would it be?
I believe we don't come back, we live on in the memory of others.
- Where would you most like to live?
Where I am.
- What is your most treasured possession?
My passport.
- What is your favourite occupation?
My own.
- What is your most marked characteristic?
Stubbornness.
- What do you most value in your friends?
Sense of humour.
- Who are your favourite writers?
Joan Didion, Alice Munroe, Ian McEwan, Sebastian Faulks.
- Who is your favourite musician?
Leonard Cohen.
- Who are your heroes in real life?
My clients.
- What is it that you most dislike?
Injustice.
- What is your greatest regret?
Not learning about gratitude and self-compassion earlier in life.
- What is your motto?
When in doubt, breathe out.

CROSSWORD SOLUTION
Across 1. HEADACHES 5. EARLOBES 6. MUSCULOSKELETAL 8. FEAR 9. FUNNY 10. YOGA 11. SPINE 13. ACUPUNCTURE 14. MIDDLE 2. EXERCISE 3. SQUATTING 4. MOBILITY 6. MEMORY 7. OVERUSE 12. IMMUNE

Take me home to complete our PUZZLE – check inside!