



# YOUR CHIROPRACTOR



JANUARY / FEBRUARY 2013  
WELCOME TO THE NEW YEAR

**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

## ECZEMA AND CHIROPRACTIC

Eczema, also known as ‘atopic dermatitis’ is a skin condition that presents as red, itchy and inflamed skin. It is most common on the arms and behind the knees. It is more typical in babies and children, however adults are not excluded. Eczema can be associated with asthma and hay fever. With eczema, the immune system responds to the irritant by way of the skin, alerting us that something is not agreeing with us and to do something about it.

It is important to understand how chiropractic care may be effective for people with eczema and what other things you can do to help the improvement of the eczema.

Chiropractic care does not ‘treat’ eczema. Many patients have reported that their eczema has improved while under chiropractic care. This is usually due to the influence on the nervous system which effects the immune system and other body systems to function better, leading to overall health improvement.

Eczema is a visible symptom of some underlying cause. There are numerous possible causes, so awareness of the

possibilities along with some patience and homework are important in the identification. Keeping notes or a diary of what triggers the eczema will be helpful.

### POTENTIAL CAUSES AND/OR AGGRAVANTS TO BE MINDFUL OF:

- Chemicals – mild and harsh
- Soaps and Detergents (with perfumes, dyes, harmful chemicals)
- Additives and Preservatives (prepackaged and processed foods)
- Stress and Anxiety

### FOODS - COMMON BUT NOT LIMITED TO:

Dairy, wheat, soy, nuts, eggs and shellfish. Even some fruits can irritate the skin, even though on their own they have beneficial nutrients. Take note of how your skin reacts when you eat lemons, oranges, tomatoes or strawberries.

Identifying foods and/or drinks that may irritate the skin can reveal an underlying cause of eczema. Read the labels. If not sure, look up the ingredients to see if they may be harmful.



## INSIDE

- HIGH HEELS
- RECIPE
- SWIMMING
- CROSSWORD
- CHERRIES
- MYTH VS FACT

# 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 an 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
- Hammer toes
- 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

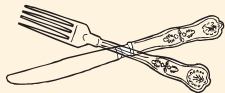
Chronic use can cause gait and posture to remain poor even when not wearing the high heels. Studies have shown that daily use can cause damage even in 20+ year olds.

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 or subluxation 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 taking 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 above.



## Good Health on the Menu

### STIR FRIED FISH

#### Ingredients

serves 4

- 1 tspn canola oil
- 1 onion, thinly sliced
- 2 tbspn low salt soy sauce
- 1 lime, juiced
- 1 tbspn grated fresh ginger
- 1 red capsicum, cut into thin strips
- 1 bunch spinach, rinsed and chopped
- 500gm firm fish (e.g. kingfish, trevally), cut into thick slices
- 1 cup low fat yoghurt (mixed with 1tbspn cornflour)

#### Method

Heat oil in a wok. Gently cook onion until it begins to soften. Increase heat and add remaining ingredients, except yoghurt. Cook while stirring for five or six minutes. Add yoghurt and stir gently until heated. Serve over rice.

For extra iodine try crumbling some dried nori or other seaweed over the top.



# SWIMMING

The warmer weather brings a refreshed awareness of getting outside and enjoying the many forms of activities that the great outdoors can bring. As a country surrounded by water, swimming is more than just a healthy option for exercise. One of the pastimes of summer in Australia can be going to the beach or gathering with friends and family by the swimming pool.

Swimming can be beneficial for all ages, from infants to the elderly. It offers lowered risks of injury. Swimming works the major muscle groups and offers the opportunity to lose weight or maintain current weight. Swimming combines a cardio/aerobic workout with muscle toning and strengthening.

## BENEFICIAL FOR:

- Musculoskeletal System
- Heart, Lungs, Circulatory System
- Lymphatic System
- Balance and Coordination
- Flexibility and Posture

- Reduces risks of Obesity, Cancer, Diabetes and Heart Disease

## SUITABLE FOR:

- Recreation
- Fitness
- Competitive Sport



Water exercise like walking in the water, resistance exercises or doing laps in the pool are some of the various forms of movements in swimming options. These options will depend on different skill levels and fitness levels to get the most benefit. Check with us which option will best complement your chiropractic care.

## Clever CROSSWORD

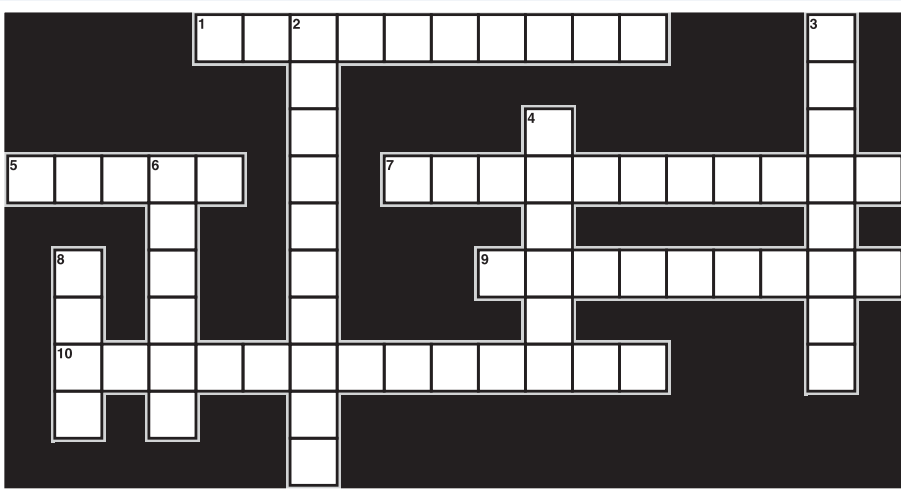
### Across:

1. What is actually more beneficial after a workout?
5. What is "Vitamin Water" composed mainly of?
7. Swimming is beneficial for the heart, lungs and \_\_\_\_\_ system.

9. What do cherries contain that has been found to help regulate the body's circadian rhythms?
10. High heel wearing can be \_\_\_\_\_ to certain outfits.

### Down:

2. One of the things swimming is suitable for.
3. What is one of the heart healthy fruits?
4. A skin condition also known as 'atopic dermatitis'.
6. As well as hay fever, what else can Eczema be associated with?
8. Lumbar spine means lower \_\_\_\_\_



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



~ I worked in a health food store \_\_\_\_\_ once. A guy came in and asked me, "If I melt dry ice, can I take a bath without getting wet?"

~ People who complain about the way the ball bounces usually dropped it.

~ People can be divided into three groups: Those who make things happen, those who watch things happen, and those who wonder what happened.

~ There is always something to be thankful for. If you can't pay your bills, you can be thankful you are not one of your creditors.

~ There is no time like the present for postponing what you ought to be doing.

~ Source: [www.onelinerz.net](http://www.onelinerz.net)

# MYTH VS FACT

**MYTH:** "Vitamin Water" is good for me because it implies so in the name.

**FACT:** "Vitamin Water" is composed mainly of sugar, so it is not much better than your average soft drink. The better option would be drinking water and getting vitamins from good sources of fresh fruits and vegetables.

**MYTH:** Becoming a vegetarian will help me lose weight.

**FACT:** There are health benefits associated with following a vegetarian diet properly.

However, if not followed properly you can actually gain weight and contribute to an unhealthy lifestyle.

**MYTH:** Drinking more water will help me lose a few kgs.

**FACT:** Whilst drinking more water is more beneficial to your overall health; that in itself is not enough. Other lifestyle changes in conjunction with drinking lots of water throughout the day are imperative to healthy weight loss, including regular exercise and consumption of fresh fruits and vegetables.

**MYTH:** I don't have time to exercise.

**FACT:** Make the time. Your health depends on it. Go for a walk – whether it's in the morning, to start the day; lunchtime to break up the day; or evening to come down from the day. Fifteen to 20 minutes a day can be more beneficial to your health than you realise.

**MYTH:** Stretching before working out prevents injuries.

**FACT:** 'Warming up' the body is important in preventing injuries, but stretching is actually more beneficial after a workout.

# CHERRIES

Summertime in Australia means cherries are in season! Fresh cherries are a wonderful option to include not only on special occasions, but more regularly, even a cup daily is recommended. Take advantage of the cherries' health benefits while they are fresh. This is great news for cherry lovers out there; but if you're not, keep reading about these amazing little red 'super-fruits'.

Fresh is preferred but the dried or frozen varieties are an option when they are not in season. Also, cherry juice or cherry juice concentrate boast health benefits as well.

Virtually no fat, and offer the following amazing health benefits:

- Heart healthy - encourages healthy cardiovascular function
- Promotes healthy immune system
- Improves joint function
- Speeds post-exercise recovery
- Natural pain relief
- Natural anti-inflammatory properties
- Regulates sleep-wake cycle
- Prevention of memory loss
- Anti-cancer

Cherries are heart healthy. Rich in antioxidants, cherries assist in reducing the risk factors for heart disease and even cancer. Antioxidants are essential in reducing and clearing the body of free radical damage.

One of the many antioxidants that cherries contain is anthocyanin, which is responsible

for the red colour in cherries. They also contain fibre, vitamins and minerals.

Studies show links from cherries to the relief and prevention of pain associated with inflammation in arthritis and even gout.

There are increasing sports nutritionists using tart cherries in helping athletes to increase performance and aid in recovery from heavy training, which can lead to damaging effects on the body if not handled properly.

Cherries contain melatonin which has been found to help regulate the body's circadian rhythms, improve sleep and even aid with jet lag.

So feel free to indulge this summer as the health benefits are numerous, and continue with the other alternatives the rest of the year.



# 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.

Down: 2. Recreation; 3. Cherries; 4. Eczema; 6. Asthma; 8. Back.  
Across: 1. Stretching; 5. Sugar; 7. Circulatory; 9. Melatonin; 10. Complimentary.

# ANSWERS TO CROSSWORD