

Your Chiropractor

January - February 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), MPA (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)
Pippa Walker (Dip Rem Massage) Massage Therapist
Debbie Mindham (Dip Rem Massage) Massage Therapist
Yvonne Croft (Massage Therapist)

Clinic Staff:

Janis, Corinne, Sam, Kathy, Meredith, Rebecca, Denise, Alison, Alysha, Mirella.

Chris Kelly, Sue Kelly, Navneet Singh, Derek Kom, Ellen Gant, Lindy Schmidt, Sabina Leung

How spinal adjustments can reduce pain

Perhaps the most important tool in the chiropractor's toolbox is the spinal adjustment. This is a very specific procedure applied to the spine that has a direct effect on the nervous system and muscle function. Although an adjustment can be performed in a variety of different ways – from a very light touch to a deep quick thrust – the outcome for patients is often improved spinal function and the reduction of pain.

Many people see chiropractors regularly to maintain wellbeing and vitality, but most people first see a chiropractor because they are experiencing pain or symptoms. This may include back pain, neck pain, headaches or a variety of other ailments.

There is no doubt that pain can significantly interfere with quality of life, however, the experience of pain is a very subjective one. Pain can be influenced remarkably by our state of mind – a cuddle from a parent, the excitement of sport or the adrenalin rush of war can diminish or completely block pain perception. In contrast, an anxious state will heighten the pain experience.

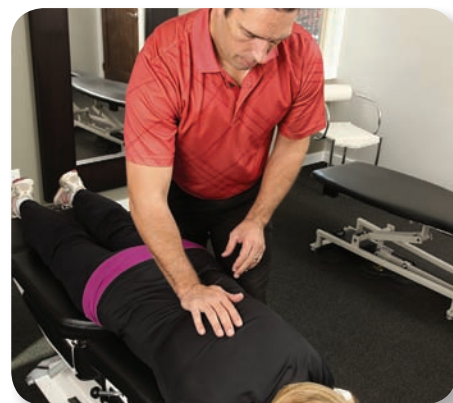
Pain may also vary according to cultural background. One study compared patients with leg fractures in two U.S. hospitals with a matched group of patients in three urban hospitals in Vietnam. Over a 2 week period, the Vietnamese patients were given, on average, 0.9 mg of morphine equivalent units as compared to 30.2 mg given to those in the United States. Interestingly, only 8% of the Vietnamese patients reported that their pain control had been inadequate, whereas 80% of the American patients did so.¹

Clearly there is a difference between **nociception** (neurological perception of a noxious stimuli that is potentially harmful to the body) and **pain** (emotional

conscious awareness of a noxious stimuli). A noxious stimuli can be *thermal* (hot or cold), *mechanical* (crush, tear, etc) or *chemical* (eg acid on skin).

Our perception of pain takes place in the brain. This processing can be influenced by a range of things including spinal imbalance that changes sensory awareness in the brain.

At the National Development Forum in Melbourne in 2011, Dr Heidi Haavik (chiropractor and neurophysiologist) explained why some patients might have a very quick reduction in pain following chiropractic care, while others may take much longer.



The group that gets off the chiropractic table and immediately notices reduced pain most likely had a problem with central processing in the brain. The spinal adjustment "resets" the system. Better sensory input from the spinal muscles to the brain dampens the pain sensitive nerve fibres.

In the case where improvement is slower, there are usually also inflammatory mediators and other nociceptive issues around the painful tissues. In this case the healing time is longer.

¹Carragee EJ, et al. *Am J Orthop* 1999; 28(2):97-102

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

Inside:

- The benefits of breakfast
- Can Chiropractic Make Birthing Easier?
- Exercise and Osteoporosis



The benefits of breakfast

We're often told that breakfast is the most important meal of the day. It refuels the body by replenishing glycogen stores that supply muscles with energy and provides nutrients to keep energy levels up throughout the day. People who skip breakfast can have a hard time concentrating and increased fatigue throughout the day. Research has shown eating breakfast can have a positive effect on mood and memory as well as reducing hunger later in the day, making it easier to resist reaching for high calorie snacks when you need an energy boost.

Prolonging the overnight 'fast' by skipping breakfast can make your body produce more insulin, which encourages fat storage and weight gain. So oddly enough, skipping breakfast (whether to save time or cut calories) actually increases your risk of obesity. Instead, breakfast should be seen as an opportunity to get healthy foods into your diet to give your body the energy it needs to function. Making healthy choices early in the day can encourage healthy choices later on, with meals that are more nutritious and lower in trans fat.

Whether it's for brain function or weight management (or both), eating breakfast is a great way to start the day. Grabbing a toasted sandwich or croissant with your coffee may be tempting (and quick), but a nutritious breakfast will be more beneficial when it comes to your wallet and your waistline. Don't forget lots of café and takeaway meals contain high levels of salt and calories so make your own breakfast whenever you can. And be aware of some claimed 'healthy' options, such as many packaged cereals, which are often full of sugar.

Good Health on the Menu

Yummy summer egg white omelette

Ingredients

- 3 egg whites
- 1/2 red capsicum, finely chopped
- 2 green onions, sliced
- 50g baby spinach
- 10g low fat cheese (low fat tasty, feta or goat's cheese perhaps)
- 1T chopped fresh dill
- 1T reduced fat milk
- 1/2 t seeded mustard
- Spray of canola or extra virgin olive oil
- Pinch nutmeg
- Black pepper (to taste)

Method

1. Lightly spray a non-stick frying pan with olive oil or canola spray. Add green onion, red capsicum, spinach, dill, and cook over medium heat for a few minutes until spinach is wilted. At the same time separate your egg whites from the yolks



2. using the shells and put the whites into a bowl with the milk, nutmeg and mustard. Lightly whisk together with a fork. Season vegetables with sea salt and cracked black pepper.
3. Add your egg mixture to the pan with the vegetables and cook over medium heat until nearly set (this should only take a couple of minutes). Sprinkle cheese over the top.
3. Now you can carefully fold the omelette over and cook on both sides until cooked through, or pop (in the pan) under the grill for a few minutes until the cheese is melted and the omelette is cooked through and golden brown. Serve immediately.

Tip: In a rush? Cutting up a few days' worth of vegetables can help speed up the preparation process. Feel free to experiment with different fillings too – mushrooms, tomato, red onion, parsley, chives and some sliced low fat ham or turkey are all good options too.

Watch out for that doorway – you might leave your memory behind!

Ever walked into another room only to forget what it was you were meant to do, get or find. According to the Quarterly Journal of Experimental Psychology, you might not be alone in this experience.

Researcher, Professor Gabriel Radvansky, has concluded that passing through doorways might be the trigger for these memory lapses.

His experiment used college students as subjects who were required to perform memory tasks while walking through a doorway.

Specifically, the subjects were required take an object from a table – walk through a doorway - and switch it with another object from another table. The students then performed the same task (walking the same distance to another table), but this time remaining in the same room.

Radvansky noted that subjects forgot more after walking through a doorway than when they remained in the same room. So does Radvansky know where I left my car keys??

Across: 1. Glycogen; 5. Osteoporosis; 8. Dioxins; 9. Hunger; Down: 1. Obesity; 3. Insulin; 4. Nocturn; 6. Parabens; 7. Kyphtic.



Can Chiropractic Make Birthing Easier?

The mechanical and hormonal changes that occur in a woman's body during pregnancy can lead to problems such as low back and pelvic pain, indigestion and sciatica. For this reason many women will receive chiropractic care during pregnancy, which has been shown to be safe for both mother and foetus.

Regular chiropractic care during this period may not only assist with reducing these symptoms, but may also improve pelvic balance. Uneven muscle tension through the pelvis can create a torsion that effectively narrows the pelvic inlet and outlet - obviously not the desired outcome for a woman approaching labour! An important goal of chiropractic care is to restore pelvic balance and therefore improve the likelihood of a good labour.

Dr Joan Fallon presented a paper at the World Federation of Chiropractic Congress suggesting labour times may be reduced by 24% in first time mothers who receive regular chiropractic care compared to those who do not. In second and third pregnancies labour was shortened by 39%.¹

More research is needed to confirm these findings, but the results so far are promising.

The Australian Spinal Research Foundation is currently sponsoring a study headed up by Professor Bernadette Murphy into the effects of chiropractic adjustments on pelvic floor muscle function in pregnant women. The results of this study will no doubt be of interest to pregnant mothers.

¹Fallon, J. *The Effects of Chiropractic Treatment on Pregnancy and Labour: 1991: 24-31*



Exercise and Osteoporosis

Osteoporosis is a weakening of bones that happens in both men and women, but is particularly prevalent in post-menopausal women. It is estimated that women will lose 1% of bone mineral density every year after menopause.

Osteoporosis is not typically painful until compression fractures begin to appear, usually associated with a stooping (kyphotic) posture. The most significant concern with osteoporosis is the increased risk of hip fracture. These types of fractures in a person over the age of 65 years are very serious and full recovery is rare.



One way you can help maintain your bone strength is through weight bearing exercise. As a 2009 study shows, it is intense, high impact exercise that has the greatest effect on increasing bone density.¹

The challenge is that many people find high impact exercise too much, especially if they also experience arthritic pain or other spinal related problems. This group of patients tend to find gentler weight bearing exercise such as walking and Tai Chi easier on their body, though this will be less effective in building bone strength.

If you do have osteoporosis it is important to discuss with your chiropractor what form of exercise is likely to work best for you - both for your osteoporosis and your general wellbeing.

¹Schmitt et al. *Maturitas*. 2009 May 20;63(1):34-8

Clever CROSSWORD

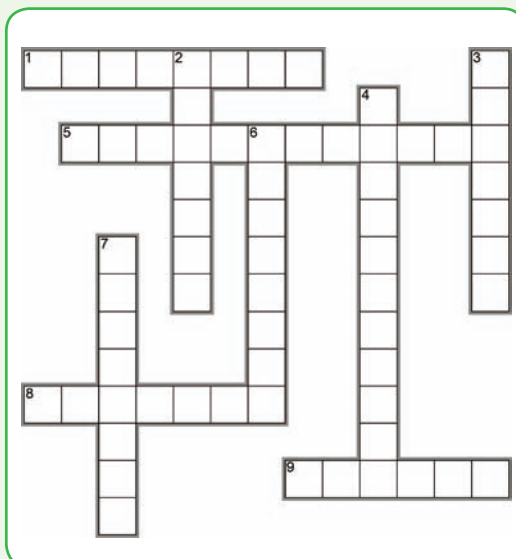
Each of the words can be found in this issue of "Your Chiropractor". Answers are shown on bottom of inside left-hand page.

Across:

1. This supplies muscles with energy
5. This disease affects bone density
8. A by-product of PVC
9. Eating breakfast can reduce your risk of this

Down:

2. Skipping breakfast can increase your risk of this
3. This encourages fat storage
4. Neurological perception of a noxious stimuli
6. This is widely used as a preservative
7. Stooping posture





Reducing your child's toxin exposure

In many ways, living in a modern society is easier than it would have been 100 years ago. But with all the advancing technology we have also managed to pollute our environment and (in most cases quite deliberately) our food sources.

Over 3,000 chemicals are added to our food supply and more than 10,000 chemical solvents, emulsifiers and preservatives are used in food processing.

While environmental exposure to toxins is a concern for people of all ages, children are particularly vulnerable. One study stated, "Data strongly suggests that exposure to neurotoxic compounds at levels believed to be safe for adults could result in permanent loss of brain function if it occurred during the prenatal and early childhood period of brain development".¹

Harmful toxins are not only found in food, but also packaging, furniture, toys and personal care and cleaning products. Remember, up to 60% of the creams you wipe on your skin are absorbed into the body.

Dr Jennifer Barham-Floreani (chiropractor and author) discusses some of the toxins commonly exposed to children in her book *Ticklish - New ways to help your child Learn, Love and Play*². These include:

POLYVINYL CHLORIDE (PVC)

Denoted with the recycling number "3". Health concerns due to exposure from mouthing toys or offgassing (release of gas from the product over time).

PHTHALATES

These are man-made chemicals found in personal care products (lotions, powders and shampoos) that can damage the endocrine and reproductive systems. One of the phthalates, DEHP, has been banned in the European Union out of concern for children's safety.

DIOXINS

Dioxins are a by-product of PVC and found in a variety of household goods such as baby diapers. They persist in the environment for extended periods and have been linked to a variety of cancers.

BISPHENOL A

Commonly known as BPA, this chemical is found in many plastics and the epoxy lining of food cans. The structure of BPA

is chemically similar to oestrogen and has been linked to various endocrine disorders such as low sperm count and hyperactivity. Be sure your child uses a BPA free drink bottle.

PARABENS

These are widely used as preservatives in the cosmetic and pharmaceutical industry, as well as food products.

¹Learning disabilities and the environment. B McElgunn. Paediatr Child Health. 2001 December

²www.welladjusted.me



READER COMPETITION
Be in the running to WIN a \$50 shopping voucher

- 1) Just answer the following question: Which article did you like best in this issue of Your Chiropractor?

- 2) Tick the box next to your preferred voucher below:
 - Coles Myer/ K Mart/ Target
 - Dymocks Book Stores
 - JB Hi Fi
- 3) What is your email address? *

- 4) Post with your name and address on the back of the envelope to:
 Your Chiropractor Voucher Competition
 Unit 5/1 Almondbury Road
 Mt Lawley WA 6050
 Must be received by latest post marked 30/1/2012 to be in the running.
 The winner of the competition in *Your Chiropractor's* November edition was **Mr J Abbott of WA.**
 * By providing us with your email address, you agree to receive future marketing material.

THAT'S IT! GOOD LUCK!

Welcome to Revesby Clinic

Yvonne Croft – Massage Therapist

My name is Yvonne and I have lived in the local area almost all my life. I have had a passion for massage therapy and a desire to help people for as long as I can remember. I made my first steps towards becoming a massage therapist by studying to complete Levels I and II in Reiki Technique. My dream of becoming a massage therapist was formalised when I completed my Certificate IV in Massage Therapy.

While my technique is remedial, my approach is totally holistic appreciating the connection of body, mind, and overall health. I so enjoy seeing patients who come in feeling tired, achy and stressed and leave ready to face the world again. So if you have a specific pain, need loosening up or just a good de-stress please make an appointment. I look forward to treating you.

Yvonne will be available: Monday/ Tuesday/Thursday/Friday from 5.50pm and Saturday mornings.

Welcome to Annandale Clinic

Dr Anthony M. Nicholas TCert; BSc; MA; PhD; FAPS Clinical & Forensic Psychologist

Dr Anthony (Tony) Nicholas is a nationally registered Clinical and Forensic Psychologist and a Fellow of the Australian Psychological Society. Tony practised in Newcastle from 1982 and relocated in Annandale in 2011.

He has comprehensive experience in the assessment of clients' issues involved in legal proceedings such as victims of a crime; persons charged with an offence as well as civil proceedings. His practice reflects such experience.

Tony and his wife are happy to be in Annandale enjoying the many advantages of living in the inner west of Sydney. Close by are their children's families; more good reasons to be in Annandale.

Together with his Clinical Psychology work for Defence, Tony looks forward to providing professional support and skills to those day to day clients who require assessment for legal proceedings.

Dr Nicholas will be available at the Clinic Friday mornings.