

FREE!!
PLEASE TAKE ONE

YOUR CHIROPRACTOR



NOVEMBER / DECEMBER 2014

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Saturday 8.00am – 12.00pm

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Wednesday Closed
Saturday 7.30am – 11.30am

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Friday 8.00am – 6.00pm
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Yvonne Croft (Dip Rem Massage)
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Yvette Standen (Registered Naturopath. Advanced Dip Naturopathy, Advanced Dip of Herbal Medicine, Dip of Nutrition)

CLINIC STAFF:
Janis, Sam, Kathy, Meredith, Rebecca, Denise, Alison, Sarah, Emma, Esther, Heejung, Stephanie, Katie.

PAIN HAS A PURPOSE

Believe it or not, pain can be a good thing. Experiencing pain is a necessary part of being human as it serves the vital function of eliciting avoidance. The nervous system triggers a sensation of pain to let you know that something is wrong and to stop you from doing something that might cause a severe injury. Your body intelligently alerts you to the fact that you need to stop, rest, modify or wait. It is imperative that this process is respected and that our conscious brains don't foolishly attempt to ignore the messages being received.

So, what then should we do about pain? Unfortunately many people look first to analgesics (pain killers). While severe pain obviously needs to be managed and relief given if possible, popping a pill for a less significant concern could cause more harm than good. It is important to remember that pain killers don't correct or cure the cause of the pain. They simply block off the pain signal to your brain so that you no longer receive or interpret that pain message. This can be dangerous as it may draw you in to a false sense of security about your current physical state and allow you to do further damage. Often people will take pain medication to allow them to continue a physical activity that their body is desperate to avoid. This can lead to severe damage and chronic conditions that may have been avoided had they listened to their body's signals earlier on.

Another very serious concern about taking pain medication is the amount of unpleasant

and often dangerous side effects. Medication always has a negative impact on your system so it pays to weigh up the pros and cons before taking any type of medication. Being fully informed allows you to make the best possible decision and determine what is best for your body at that moment. While there is most definitely a time when medication is both necessary and helpful, it is not particularly valuable when used simply to block pain signals so you can continue doing something that is obviously aggravating your body. There's really not a lot of point in taking pain medication if you don't plan on doing anything else differently. If you have broken your leg you wouldn't try and weight bear on it would you? No! Because that would cause you a lot of pain which is exactly what it should do! Your body is protecting your leg from bearing weight to ensure that you rest and allow your body to heal the fracture correctly. Clever stuff!

So, what should you do when your body is struggling and needs some time out to recover? Be patient! Healing takes time but allowing your body the break it needs to heal is the sensible choice. Of course, if your pain continues to persist or increases make sure you see your regular health practitioner to ensure it doesn't require any further investigation. Often your body just needs to slow down; while at other times it may require you to modify a daily habit or lifestyle choice e.g. drink more water, get more sleep, or reduce a repetitive action. Give your body the TLC it is asking for and you'll be back on track in no time!

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STEP INTO SPRING

Hooray! Spring is in the air and the warmth of summer is just around the corner. The thought of it brings a smile to most faces and a new found feeling of energy. Often in winter we tend to hibernate a bit with hot, nourishing meals and quiet nights wrapped up in front of the telly. While this is very comforting during the colder months, it doesn't do much for our fitness, circulation or energy levels. This is often why we feel more lethargic during Winter. But, now that Winter is over it's time to swap the Ugg boots for a pair of trainers and "step into spring"!

Every step you take counts and regular walking has some amazing benefits:

- **GET FITTER** – Walking at the correct pace will definitely raise your level of fitness. A good check is to measure your walking route and aim to complete 5.8km in one hour. Hill climbing will also give you an additional work out, as will working to increase your speed over time.
- **INCREASE ENERGY** – A short, brisk walk can really wake you up if you're feeling a bit sluggish. Increasing your general fitness through regular walking will help you feel more energised as your body starts to work more efficiently. Even if you're under the weather a gentle walk can be beneficial as research consistently shows that exercise can help boost your immune system.
- **REDUCE STRESS** – Walking is a great way to remove yourself from a stressful

environment. Once you're pounding the pavement, focus on your breathing, the scenery or just listen to the birds sing. Allow yourself this time to just be with yourself and not be thinking about what's on your to-do list!

- **LOSE WEIGHT** – Any weight-loss plan requires exercise to be a part of it and walking is a natural choice. It can be done anywhere, anytime and its low impact nature means that it's kind to joints and has a very low risk of injury. Regular walking will help your body burn fat and also strengthen your muscles which is a must for anyone looking to change their shape.
- **IMPROVE YOUR MOOD** – Regular walking can provide feelings of happiness

and positivity due to the hormones your body releases when you exercise. It's often hard to get going but once out and moving you will also feel a sense of achievement from doing something you know is good for you!

Always make sure that you have good, supportive shoes when walking and that you walk with your eyes straight ahead to ensure good posture. If you are walking at night, it pays to wear reflective gear so that you can be seen, and obviously confirm that the area you are in is safe. If you are still struggling for motivation perhaps find a friend who is keen to join you, or sign up at your local walking group. Walking is such a great way to stay fit and healthy and best of all it's super easy to start – just open your front door and off you go!



WHERE'S YOUR WALLET?

Calling all blokes!! Quick! Where's your wallet? For a number of you, the answer may be "my back pocket." While it is great to have a regular place to keep such a valuable item, your back pocket is not a good choice. Given that we all spend a lot of time sitting down, unless you remove it, you will end up spending a good part of your day sitting on your wallet.

This may initially seem like no big deal but it can lead to a serious issue. As your wallet is only on one side, it immediately creates an imbalance in your pelvis while sitting. The amount of imbalance obviously depends on how thick it is but even a thin wallet with just a couple of credit cards can create enough of a tilt in your pelvis to create a problem.

As you sit on your wallet, one of your seat bones will be higher than the other. This means that side of your pelvis, and in fact that side of your entire body, is being pushed upward and away from the opposite side. Over time, this imbalance will create a huge amount of distortion in your pelvis and lead to stress and postural alterations throughout your spine.

If you are experiencing discomfort in your back then make sure your back pocket is not the place that you store your wallet. And if you do carry your wallet here, make

the change now before you create further imbalance in your body. It seems like such a little thing but numerous people around the globe have unintentionally put additional pressure on their spine simply through this practice. Correcting this habit can help protect your spine and body from unnecessary stress which in turn helps you stay healthy.

So, take note over the next few days where you keep your wallet and start looking at alternatives. Perhaps the man-bag is not just a fashion item after all!



LAUGHTER is the best medicine

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

- 1) *No matter how hard you try, you can't baptize cats.*
- 2) *When your Mum is mad at your Dad, don't let her brush your hair.*
- 3) *If your sister hits you, don't hit her back. They always catch the second person.*
- 4) *Never ask your 3 year old brother to hold a tomato.*
- 5) *You can't trust dogs to watch your food.*
- 6) *Don't sneeze when someone is cutting your hair.*
- 7) *Never hold a Dust-Buster and a cat at the same time.*
- 8) *You can't hide a piece of broccoli in a glass of milk.*
- 9) *Don't wear polka-dot underwear under white shorts.*
- 10) *The best place to be when you're sad is Grandpa's lap.*

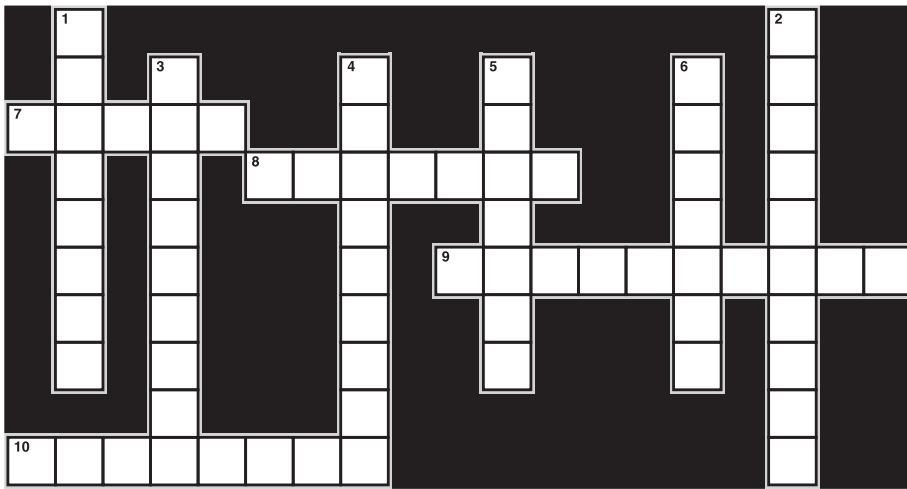
Clever CROSSWORD

Across:

- What can the various parts of your body be likened to?
- Every organ and tissue is controlled by your central _____ system.
- It can be difficult to think _____.
- Most importantly, what is your spine to you?

Down:

- What does your body release when you exercise?
- What are pain killers?
- What do we tend to do in Winter?
- What does the human spinal column usually have 33 of?
- What are messages in your body passed between?
- _____ is such a great way to stay fit.



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

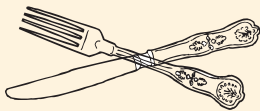
THINK HAPPY THOUGHTS

Often at times where things aren't going well it can be extremely difficult to think positively. However, being able to do so can actually 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.

Optimism comes from the Latin word *optimus*, meaning "best," which describes how an optimistic person is always looking for the best in any situation and expecting good things to happen. The field of positive psychology studies the positive impact that optimism has on mental health. Research shows that optimism may be good for your physical health too—it has been demonstrated that optimists are sick less often and even live longer than pessimists. It is 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.

Being an optimist or a pessimist comes down to the way you talk to yourself. Optimists believe that their own actions result in positive things happening, that they are responsible for their own happiness, and that they can expect more good things to happen in the future. If you aren't naturally optimistic it may take a deliberate effort to manage your thoughts but over time you can create a habit of being more positive.

It is often said "you are what you eat" but in fact it's also true to say "you are what you think"...so think happy thoughts!



Good Health on the Menu

BROWN RICE AND VEGETABLE PILAF

A delicious light summer side or easy lunch.
(Serves 4)

INGREDIENTS:

- 2 tbs extra virgin olive oil
- 1 onion, sliced
- 2 garlic cloves, finely chopped or crushed
- 2 tsp ground coriander
- 1 tsp ground cumin
- 500g brown rice
- 400g can of chickpeas, rinsed and drained
- 1 cup (250ml) chicken or vegetable stock
- 120g baby spinach leaves

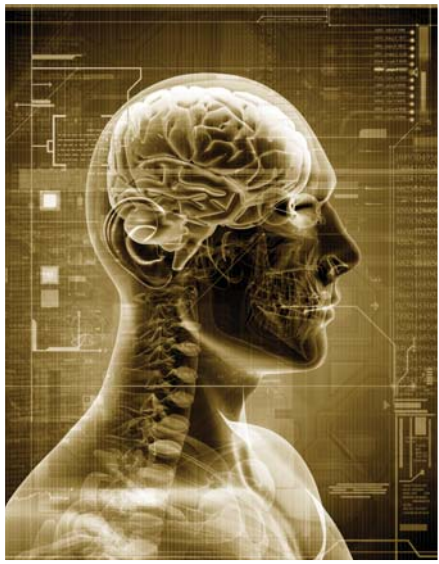
- 2 x corn on the cob boiled for 4 minutes until cooked and cut from the cob OR 400g can of corn, rinsed and drained
- 1/3 cup (55g) raisins or sultanas
- Fresh coriander, to serve (preferably from the garden!)

METHOD

1. Heat oil in a pan over medium heat.
2. Add onion, garlic and spices and season lightly with salt and pepper. Cook, stirring, for 10 minutes until onion softens.
3. Add rice, chickpeas, corn and stock and bring to the boil. Reduce heat and simmer, covered, for 5 minutes or until rice is cooked.
4. Remove from heat and stir in spinach and raisins or sultanas. Cover and stand for 5 minutes to wilt spinach slightly, then top with fresh coriander and serve.



THE CHIROPRACTIC GARDENER: ROOTS VERSUS FRUIT



Every organ and tissue is controlled by your central nervous system which is comprised of your brain and spinal cord. Your central nervous system is like a root system of a

tree, and the various parts of your body can be likened to fruit. Any avid gardener will know how important a healthy root system is for the production of good fruit. When trees aren't healthy at the roots, they struggle to produce good fruit and your body is the same. Symptoms may show up in various body parts but their true cause is often much deeper.

When you add Chiropractic care to your health care routine, you give yourself an amazing opportunity to keep your own root system in great shape and help your body heal from the inside out. Chiropractors are trained to find areas of the spine that are misaligned and affecting the nervous system (roots) and therefore the overall health of the body (fruit). Once these misaligned areas are adjusted and regain their proper function, the "roots" work more effectively, communication is re-established to the various systems and your body is better able to heal itself. This is a natural and noninvasive way to increase and maintain your health. Chiropractic recognises that when the body is not producing healthy fruit it's time to look at the roots!

WHAT'S IN A SPINE?

The human spinal column usually consists of 33 vertebrae. There are 24 moveable segments separated by discs. The moveable vertebrae are divided into three groups: there are generally seven cervical vertebrae in the neck (C1-C7), twelve thoracic vertebrae in the upper-mid back (T1-T12), and five lumbar vertebrae in the lower back above the pelvis (L1-L5). The lower nine are fused; five in the sacrum and the remaining four in the coccyx.

The vertebrae of the spine align so that their canals form a hollow, bony tube to protect the spinal cord as it extends from the brain towards the pelvis. The spinal cord is 40 to 50cm long and 1 to 1.5cm in diameter. Between the vertebrae are small spaces that allow nerve roots to exit on each side. These nerve roots join up further along to form spinal nerves which exit the spinal cord and connect to the various regions of the body.

The spinal cord is the "information highway of the body". Messages are sent back and forth between the brain and the rest of the body. This information includes touch, temperature, pain, joint position and signals telling muscles to move. In order for a message to go from the brain to the body, that message, or impulse, is passed from neuron to neuron. This process continues until the message reaches its final destination which may be a muscle, gland, or organ.

Your spinal cord is the most important structure between your body and your brain providing a vital link of information between the two. One of the jobs of the spinal column is to protect this vital link so that the rest of the body can work efficiently and effectively. Your spine really is your lifeline so make sure you take care of it today!



Down: 1. Hormones; 2. Analgesics; 3. Hibernates; 4. Vertebrae; 5. Neurons; 6. Walking.
Across: 7. Fruit; 8. Nervous; 9. Positively; 10. Lifeline.

ANSWERS TO CROSSWORD

READER COMPETITION: WINNER

Thank you to all those who took the time to enter our **September / October** reader competition. We had a record number of entries!

The answer to the question; What goes a long way and can really brighten someone's day? is...

A smile!

The lucky winner of a choice from either a Woolworths, JB Hi Fi or Dymocks Book Store \$50 voucher is...

Val Burton from Queensland

CONGRATULATIONS

HANDS ON INDIA 2014

In November this year, Dr. Ellen Gant (Chiropractor) from the Annandale clinic will be traveling to Siliguri in the North-East of India with a group of Chiropractors and chiropractic students to take part in the volunteer project Hands on India.

For two weeks, remote clinics will be set up in the slums, orphanages, rock breaker and tea picking communities to provide basic medical and chiropractic treatments. The majority of the poor work on the tea plantations carrying heavy loads on their heads or on the river beds working all day long breaking up rocks by hand for road base. On average, they earn as little as \$1 per day with many of the workers in child labour aged from 4-14.

Similar groups have been working on this project since 2005 with outstanding success. All members cover their own costs of travel and living whilst participating in this amazing project but also look to raise funds for these impoverished communities. Funds raised go towards medical supplies, equipment, transport and interpreters as well as community projects. Community project funding provides money to keep five schools for the kids of the slums operational, educating 600 children and by funding microeconomic loans for the tea picker women, their children can attend school and the standard of living can be improved for everyone.

The past year saw over 4000 of the India's most vulnerable people have access to this care restoring health, vitality and hope.

For more information, donations and to follow our progress, check out the blog: <https://handsonindia14.wordpress.com/>