

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 7:15am – 7:00pm
Wednesday Closed
Saturday 7:15am – 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

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CLINIC HOURS

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Saturday 8:00am – 12:00pm

Please visit our website:

www.backpainfree.com.au

CHIROPRACTORS & OSTEOPATHS

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Christopher J Kelly *B.App.Sc.,Chiro*

CHIROPRACTORS

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ACUPUNCTURIST & TCM

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Paul, Melissa, Brianna, Ellie, Ben, Jenna and Alina

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YOUR CHIROPRACTOR

MARCH/APRIL 2025



UNDERSTANDING HIP PAIN



HEADS UP ON POSTURE



WHAT IS QUINOA?



HOLISTIC HEALTH

Your nervous system: how it works and how to keep it healthy

Your nervous system is amazing. It helps you move, think, and react. It also keeps your heart beating and your lungs breathing without you even noticing. A healthy nervous system helps you feel and function at your best.

What is the nervous system?

Your nervous system has two main parts: the central nervous system (CNS) and the peripheral nervous system (PNS). The CNS includes your brain and spinal cord and the PNS consists of nerves branching from your spinal cord to the rest of your body. Think of it as a big communication network sending messages back and forth between your brain and body.

The PNS has two main parts: the autonomic nervous system and the somatic nervous system.

The somatic nervous system (SNS)

The SNS is in charge of movements you control, like waving or scratching your head. It sends sensory information from your skin, eyes, and ears to your brain, helping you interact with your surroundings, letting you feel textures, see colours, and hear sounds.

The autonomic nervous system (ANS)

The ANS functions automatically - without conscious thought. It takes care of things you don't have to think about, like breathing, digestion, gland activity and heart rate. The ANS has two branches:

The **sympathetic nervous system** kicks in when you need to react fast. It's known as the "fight or flight" system. When you're stressed or in danger it prepares your body for action by speeding up your heart rate, tensing muscles, and slowing digestion.

The **parasympathetic nervous system** does the opposite. It's often called the "rest and digest" system, helping your body relax, recover, and perform vital functions like digestion and tissue repair.

Chronic stress and the nervous system

Ongoing stress can keep your body in the "fight or flight" mode. Over time, this prolonged activation can affect many areas of your health, including: recovery, digestion, sleep, posture, movement patterns, and mental well-being.

Managing stress through relaxation techniques, movement, and proper spinal care may help restore balance between the sympathetic and parasympathetic nervous systems, supporting better function and your overall health.

Chiropractic care and the nervous system

Your spine and nervous system work together to ensure clear communication between your brain and body. If your spine isn't functioning well, it can disrupt this connection, potentially leading to changes in movement and coordination that affect how your body operates.

Chiropractors assess areas in the spine that may not be functioning optimally. They may use specific manual techniques, called adjustments, to help improve joint movement and ease muscle tension. Spinal adjustments may influence nerve-to-muscle communication, posture, and movement patterns, helping support physical function.

By understanding how your nervous system works, you can help your body function efficiently. Simple practices, such as staying active, maintaining good posture, and appropriate care, can support long-term spinal and nervous system health.

Chiropractic care focuses on spinal health, which plays a vital role in movement and daily function.

Our newsletter is free - please take a copy with you

Heads up! Smart posture for the digital age

Do you suffer from “text neck” or other posture-related problems? Smartphones and digital devices are essential in modern life, but their impact on spinal health is an ongoing concern.



- Use phone or tablet holders to avoid bending your neck.
- Use voice commands instead of looking down to type.
- Limit screen time, take regular breaks and move often.
- Regularly check and adjust your posture and muscle tension.

What is text neck?

Text neck occurs with prolonged forward head posture, such as staring down at phone and tablet screens. The relative weight of a head increases as it's tilted forward and down, placing extra strain on the cervical spine (the neck and upper spine). Over time, this position can lead to pain, stiffness, headaches, and even balance and sleep problems.

More than just neck pain

But it doesn't just affect the cervical spine, think of your spine as a row of dominos – what impacts one area affects others, including the middle and lower back. Hunching over devices shifts the natural curve of the backbone. Poor long-term posture may weaken supporting muscles, leading to joint dysfunction, pain, and reduced mobility.

Worryingly, these issues are not confined to adults. Children and teenagers, with their growing spines, are particularly vulnerable to the effects of “text neck”.

What can you do?

Chiropractors are trained to support musculoskeletal health and address issues associated with poor posture, as part of a holistic approach to care. Chiropractic adjustments may assist in improving joint mobility, relieving pain, and supporting overall function.

Posture correction and good ergonomic practices are also important. For example:

- Adjust your screen height to eye level.
- Choose a supportive chair with good lumbar support.

Strengthen and stretch

Targeted exercises can strengthen and stretch important muscles such as those in your neck, upper back, and shoulders, to support better posture. The front of the neck and chest often become stiff and sore from hunching, so it's important to pay extra attention to these areas.

Take proactive steps

Chiropractic care, along with positive lifestyle habits, may help manage posture-related discomfort and support spinal health. Contact us for more information, advice, and treatment options tailored to your needs.

**In a world increasingly
reliant on digital devices,
taking steps to protect
your spine is important.**

WORD SEARCH

- HIPS
- HOLISTIC
- QUINOA
- ADJUSTMENTS
- ANAEMIA
- ARTHRITIS
- BRAIN
- CERVICAL
- DIGESTION
- EXERCISE
- FIBRE
- FLEXIBILITY
- FUNCTION
- IRON
- MUSCLES
- MUSCULOSKELET
- NUTRITION
- PAIN
- POSTURE
- SOMATIC
- SPINE
- STRESS
- VITAMINS
- WEIGHT

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S	T	N	E	M	T	S	U	J	D	A	S	C	R	Y
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Quinoa: the tiny seed with big health benefits

Quinoa (pronounced keen-wah) has become very popular in recent years. It's often referred to as a "superfood" because of its impressive nutritional profile.

Quinoa is technically a seed but is commonly treated like a grain in cooking. The seed has a natural coating that contains saponins, a bitter, inedible compound which is usually removed for consumer use. It's available in white, red, and black varieties and has a slightly nutty flavour.

Nutritional powerhouse

Quinoa is packed with nutrients. It's a complete protein, which means it contains all nine essential amino acids that your body needs. This makes it an excellent plant-based protein source for vegetarians and vegans.

Quinoa is also rich in fibre, B vitamins and important minerals like magnesium, iron, and zinc. Plus, it's gluten-free, so it's great for people with gluten sensitivities or celiac disease.

Health benefits

The health benefits of quinoa are impressive. Its high protein and fibre content can help you feel full longer, making it helpful for weight management. The fibre also promotes a healthy gut and may lower the risk of heart disease by reducing cholesterol levels.

Magnesium helps muscle and nerve function, while iron keeps your blood healthy, moving oxygen throughout your body and preventing

anaemia. Quinoa is also rich in antioxidants, that help protect your body from free radicals which can contribute to aging and disease.

B vitamins are essential for brain function and overall health. Quinoa is particularly high in folate (vitamin B9) which plays a critical role in cell growth and DNA synthesis, making it important during pregnancy.

Adding quinoa to your meals is easy - use it in salads, soups, or as a breakfast option instead of oatmeal. With its versatility and health benefits, quinoa is a smart choice for anyone looking to eat healthily.

Try out our simple and healthy capsicum and quinoa recipe in this issue.



Gut-friendly quinoa stuffed capsicums

This recipe is rich in protein, iron, vitamins, and fibre to boost energy, reduce inflammation, and support gut health. Enjoy a mix of colours for added nutritional benefits.

Ingredients

- 4 large capsicums (red, yellow, green)
- 1 cup cooked quinoa
- ½ cup grated carrot
- ½ cup chopped spinach
- ½ cup diced tomatoes (canned, no added sugar)
- ½ cup grated cheese (e.g., cheddar or mozzarella)
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- Salt and pepper (optional to taste)

Instructions

1. Preheat your oven to 180°C.
2. Cut the tops off the capsicums and remove the seeds and membranes.
3. In a bowl, mix the cooked quinoa, carrots, spinach, tomatoes, and cheese.
4. Drizzle the olive oil over the mixture and add the dried oregano, salt, and pepper. Stir to combine.
5. Stuff each capsicum with the quinoa mixture, pressing down gently to pack it in.
6. Place the stuffed capsicums upright in a baking dish, cover with aluminium foil and bake for 25-30 minutes, or until they are tender.
7. Remove the foil and bake for an additional 5 minutes to lightly brown the tops.

Enjoy your delicious, digestion-friendly meal!

Chiropractic care: supporting your body's natural function

A holistic approach to health considers multiple aspects such as physical, mental, and lifestyle factors to promote overall well-being.

Chiropractors aim to support the musculoskeletal system and nervous system function by assessing movement patterns, posture, and joint function, to identify imbalances that may contribute to discomfort or limit mobility.

Tailored chiropractic care aims to enhance joint health and movement, while recognising the role of other wellness practices like nutrition, exercise, and mindfulness.

Chiropractic care aligns with the principle that the body has an innate ability to function well, heal and adapt when the spine and musculoskeletal system are well-supported.

Nutrition: fuel for a healthy body

"You are what you eat." This is quite true, as your daily food choices influence your overall health. Your body needs whole, nutrient-rich foods like fruits, vegetables, lean proteins, and healthy fats to function at its best.

Chiropractors may offer general guidance on dietary choices to complement their care. For example, reducing processed sugars and adding anti-inflammatory foods can help manage inflammation and aid recovery.

Exercise: moving to better health

Regular movement is essential for maintaining joint health, muscle balance, and overall vitality. It also supports mental well-being by reducing stress and improving mood. Low-impact activities like swimming, walking, or yoga can improve mobility, flexibility, and strength without excessive strain.

Chiropractors may provide guidance on exercises and activities tailored to individual needs.

Maintaining good posture throughout daily activities can also help reduce unnecessary strain on your spine and joints, promoting long-term mobility and comfort.

Mindfulness: relaxation and well-being

Chronic stress can affect overall health, often leading to muscle tension and pain. Practices such as mindfulness, meditation, and deep breathing help decrease stress and promote physical and mental well-being.

Small, consistent lifestyle adjustments can have a lasting impact on your health. By following an integrated approach you can take meaningful steps towards a balanced and active life.



Hip pain: causes, treatments, and prevention

Hips are remarkable structures, but they can be susceptible to pain and injury. Understanding the causes and types of hip pain can help with diagnosis and treatment.



Each hip is a ball-and-socket joint that connects the thigh bones to the pelvis. These joints bear your body's weight and allow a wide range of movements, such as walking, sitting, balancing, and pivoting. The joint is stabilised by surrounding muscles, ligaments, and cartilage.

Common causes of hip pain

Hip pain can result from various factors, including overuse, injuries, poor posture, and arthritis. Repetitive activities, sports injuries, or falls can strain muscles or damage cartilage.

Osteoarthritis is a common cause of hip discomfort and reduced mobility, particularly with age. Symptoms often include stiffness, and pain in the groin or lower back.

The location of hip pain can provide insights into its origin:

- **Groin pain** – may indicate joint or ligament issues.
- **Outer hip or buttock pain** – could suggest muscle or tendon problems.
- **Radiating pain** – pain spreading down your thigh or knee may point to nerve involvement.
- **Referred pain** – when pain is felt in the hip but originates from another area, such as the lower back or knees.

Chronic pain versus acute pain

People sometimes describe pain as 'chronic' when they mean severe. However, chronic pain refers to pain lasting for months or years. It's often linked to conditions like

arthritis or untreated injuries, and may involve ongoing stiffness and aching.

In contrast, acute pain develops suddenly, typically from injury or inflammation. It can feel sharp and may need immediate attention.

Preventing hip pain

Gentle activities, like swimming, walking, yoga, and Tai Chi, help hips stay mobile and strong without straining the joints. Regular stretching and strengthening exercises can further support hip function (see examples below).

Maintaining a healthy weight and good posture helps reduce strain on hips, and using supportive footwear can improve alignment. Adjusting workspaces to improve posture and regular breaks from sitting can also help prevent hip issues.

Chiropractic care for hip pain

Chiropractors are trained to assess musculoskeletal conditions, including ones that may contribute to hip discomfort. They may recommend exercises, and provide treatment aimed at supporting joint mobility and posture. Chiropractors may also work with other healthcare providers to ensure a comprehensive approach to care.

Example stretch:

- Sit upright on a firm chair.
- Cross one ankle over the opposite knee.
- Keeping your back straight, lean forward from your hips.
- Hold the stretch gently for 20 seconds, then repeat on the other side.

Strengthening exercise:

- Stand with your side to a wall or chair for support.
- Lift your outer leg straight out to the side without leaning or twisting.
- Hold briefly, then return to the starting position.
- Complete 10 repetitions.
- Rest, then switch sides and repeat.

WELCOME

Meet Semira (Acupuncture and TCM)

Semira is a skilled practitioner in Traditional Chinese Medicine (TCM), Acupuncture, and Chinese Herbalism.

Her mission is to help reduce suffering and enhance your quality of life through holistic care.

She has studied across continents and completed her training at the renowned Nanjing Hospital of Traditional Chinese Medicine in China.

Conditions Semira Can Help With:

- Pain Management: Chronic and acute pain (knee, back, neck, shoulder)
- Sciatica
- Headaches and Migraines
- Chronic Sinus Issues
- Tinnitus (Ringing in the Ears)
- Emotional Wellbeing: Stress, irritability, anxiety
- Smoking Cessation
- Stroke Recovery
- Insomnia
- Trigeminal Neuralgia

Techniques Used:

- Acupuncture: Using fine, sterilized needles to stimulate specific points on the body.
- Electroacupuncture: Combining traditional acupuncture with electrical stimulation.
- Cupping: Using cups to create suction and promote healing.
- Gua Sha: A technique involving scraping the skin to improve circulation.
- Auricular Acupuncture: Focusing on points in the ear to address various conditions.
- Herbal Medicine: Custom herbal remedies to support your health.

What is Acupuncture?

Acupuncture involves the insertion of fine, sterilised needles into specific points on your body.

This technique activates your natural pain-relief mechanisms, improves circulation, stimulates the parasympathetic nervous system, and restores your body's energy flow. Rooted in centuries of wisdom and research, Traditional Chinese Medicine (TCM) offers a comprehensive approach to health, addressing how stress, lifestyle, and genetics affect your overall well-being.

Discover a holistic path to better health with Semira.

APPOINTMENT REMINDER

Your next appointment is on _____ at _____
Date Time

Disclaimer: The information in this newsletter is not intended to be a substitute for professional health advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your chiropractor first.

Our newsletter is free - please take a copy with you