

## 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

P: (02) 9600 9602 F: (02) 9600 9940

### CLINIC HOURS

Mon – Fri 8:00am – 7:00pm  
Saturday 8:00am – 12:00pm

Please visit our website:

[www.backpainfree.com.au](http://www.backpainfree.com.au)

## CHIROPRACTORS & OSTEOPATHS

**Susanne L Kelly** *B.App.Sc.,Chiro*

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

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### PSYCHOLOGIST

**Tony Monaghan** *BA(Psych,Soc),*

*GDipHR Mgt, GDipAppSportPsy, Accredited The  
Richards Trauma Process (TRTP)(hypnotherapy)*

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**Rachel Godwin** *(Dip Rem Massage)*

**Genevieve Ribbons** *(Dip Rem Massage)*

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### CLINIC STAFF

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# YOUR CHIROPRACTOR

NOVEMBER/DECEMBER 2021



DAY HIKING FOR  
BEGINNERS



DO FAD DIETS  
ACTUALLY WORK?



STICKING TO  
THE PLAN



STRETCHES FOR  
HOME & OFFICE

## Feeling a pinch in your back?

Do you have a pinched nerve, or wonder if you might? This condition can be incredibly painful; disabling even. So, it's important to understand what it is, why it happens and how to find relief. Also, what steps may prevent a pinched nerve in the first place.

### WHAT IS A PINCHED NERVE?

The term "pinched nerve" suggests a nerve becomes squashed. While this can be true, a nerve can also be constricted or stretched. Because nerve tissue is soft, it's vulnerable to injury. Bone, shortened muscles, fascia, ligaments, and the discs between the vertebrae can each push on a nerve. This alters how the nerve functions.

A nerve's job is to enable communication; to "talk" between one part of the body and another. If pinched, the messages become fuzzy. If a damaged nerve communicates sensation; pins and needles, numbness, sensitive skin, a burning sensation, or pain may be felt. If the information is about motor function; you might experience weakness, cramps, twitching, and impaired reflexes.

### BUT WHY DOES IT HAPPEN?

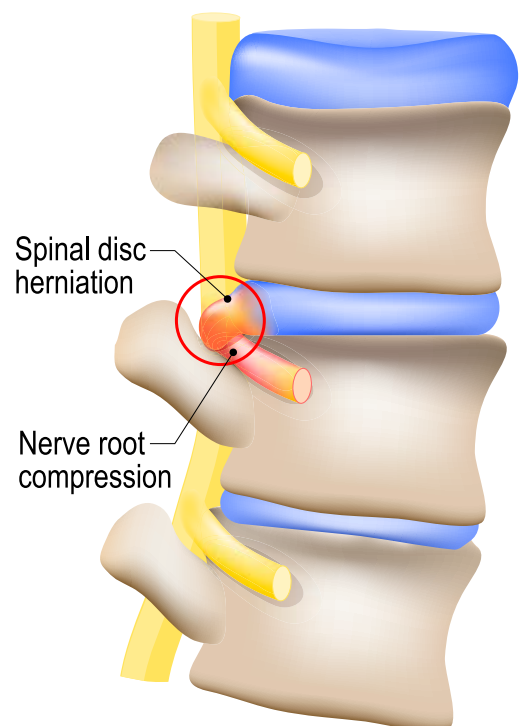
Imagine a nerve like a pool noodle. It's flexible and strong. But, if you ran over it in your car, bound it tightly in rope, or stretched it out of place, it would lose its form and function. This is similar to what happens with a nerve – except a nerve is irreplaceable. Some parts of your body are more prone to pinched nerves, such as your spine.

Your spinal column is built from perfectly positioned bones stacked one atop the other. At the back, most snap together like click-lock flooring. In between sit strong, rubbery discs. Your spinal cord travels down your spinal canal from your brain to your lower back. A nerve leaves your spinal column and traverses a hole called the IVF, which lies close to the disc. If a disc herniates – if part of it bursts from its normal limits – then it can push against the nearby nerve causing it to pinch.

### PREVENTION AND TREATMENT

Your spine is designed to move and protect your spinal cord and nerves, so maintaining spinal health is important to prevent pinched nerves. Staying flexible and fit and having a strong core helps achieve this goal. Practice correct lifting techniques. In addition, look after yourself. Don't smoke. Eat well and maintain an ideal body weight; in particular, a healthy waist circumference – big bellies are a risk factor.

If you're suffering from a pinched nerve, there is hope. We can help to ease your pain if you're already suffering, and help reduce your risk of a pinched nerve. Optimal care and advice matter, and we look forward to working with you.



Our newsletter is free - please take a copy with you

# Day hiking: advice for beginners

Warm weather is enticing. Allow it to coax you from your gym, your home, and your stagnant routines. Instead of a dedication to the exercise machines, try a new approach. Get outdoors!

Hiking enables you to enjoy the vast blue skies, clean air, and the earth beneath your feet. You might like to embrace what the Japanese call shinrin-yoku, or forest bathing. This practice involves mindfully immersing yourself in nature – the advantages are wide-ranging and may surprise you. You may experience lowered pain, reduced blood pressure, less stress, and a happier mood. Of course, hiking is also a great way to keep fit, improve and maintain your physical stamina.

Like any physical activity, it helps to plan and prepare. Consider your current fitness level and start with a sensible distance; a route that's shorter than you would normally walk. Investigate the terrain. If your fitness is low, choose a flatter landscape and build up over time. Check on the weather and opt for a clear day. Tell someone where you're going and when you expect to return; and take ways to get help if necessary.

Make sure you have appropriate first aid, footwear, clothing (plus warm, weatherproof extra layers), and sustenance. Staying hydrated is essential; as a guide, allow 250ml of water per half hour. Take more if the day is warm or the trail is difficult.

Over time, you'll learn what you need. If your hike will be several hours, take a healthy lunch and snacks: nuts, seeds, and fruit are good options to munch on as you walk.

The best way to transport your supplies is in a day backpack. You shouldn't need anything larger than 30 litres. Find a pack that suits the length of your torso and sits comfortably. To wear it correctly, use both shoulder and waist straps, and chest straps if available. Keep the back panel close to your spine. Pack as lightly as possible while staying prepared.

Before you set out, limber up your body. Stretch your calves, hamstrings, quads, back, shoulders, arms, and neck. Ask us for advice if you're unsure how to stretch correctly, or how to pack and wear your backpack. Then, enjoy!

Enjoy a greater sense of wellbeing by taking time to become aware of your senses and immerse yourself in your surroundings

## Is it important to follow a treatment schedule?

Why do we set a treatment schedule? It's a little asked question that we think is important, as the answer matters greatly. While one session may, at times, bring pain relief, it cannot create permanent change. It would be lovely if the body was that simple. Instead, healing takes time and effort.

Think about starting a gym program. Would you expect to reach peak fitness after a single session? No, it's not possible. We know that changing the body, increasing fitness and strength takes time and the right kind of regular repetition (weights, for example). We understand this as an ongoing process, with each session building upon the one before. We don't notice much change from one day to the next but, after some time, the differences can be profound; even life changing.

The same is true of a chiropractic healing approach. Adjustments build from one session to the next. In between, the body continues to grow and heal. Just like at the gym.

In addition, by the time many patients come to see us, they've had spinal problems for some time. Often, though, these are not felt as pain and the problem has been present much longer than symptoms might indicate. Focusing on the underlying cause can take time, but will lead to positive and longer lasting results.

That's why we encourage you to remain on your treatment schedule. A personalised plan of chiropractic care can help to stabilise your spinal conditions and reduce pain – it has been created specifically for you, to give you the best outcomes.

## Smoked salmon appetisers

*These bite-sized appetisers are so easy to make, and look stylish for any occasion.*

### INGREDIENTS

- 100-150 grams smoked salmon
- Dense dark rye bread or pumpernickel (about 6 slices)
- 200 grams reduced fat cream cheese
- 1 medium avocado
- Zest of 1 lemon
- 1 Tbsp lemon juice
- 1 bunch of dill, to garnish

### DIRECTIONS

1. Using a small round biscuit cutter, cut out 20-24 circles from the rye bread.
2. Beat the cream cheese, avocado, lemon juice and half the zest together.
3. Spread the cream cheese filling on top of each of the rye bread circles.
4. Top with a piece of smoked salmon.
5. Garnish with a sprig of fresh dill and sprinkle over the rest of the zest.

### Optional garnishes

Thin slivers of radish or lemon, capers, strips of red pepper, ground black pepper.



# Deskercise! Easy exercises you can do at your desk

Have you ever considered how much time you sit at work? Almost half of the Australian workforce spends most work days firmly planted in their seats. Those in admin and clerical work, machine operators, managers, and drivers top the sedentary list. Yet, remaining seated brings potential problems with: weight, exhaustion, high blood pressure, high blood sugar; and neck, shoulder, lower back, knee, and thigh complaints. That's why sitting has been labelled the new smoking!

The good news is that simple exercises help reduce these risks. Sprinkled throughout your work day, they can protect your health in important ways. Remember, it's best to regularly stand up and move around – a light two-minute jaunt every 20 minutes is ideal. However, if it's tough to leave your desk, these three exercises will help.

## CHEST STRETCHES

Long-term sitting can round the shoulders and bring your head forward, strain the spinal curves and tighten the muscles in the chest. Stretching your chest muscles helps to reverse this posture.

Sit comfortably on your chair with your feet flat on the floor. Lengthen your spine. Turn your arms outward so your elbows are straight and your palms face forward. Then raise your arms to a 45-degree angle. Pull your shoulders and arms back and downward. Once you feel a stretch across your chest, hold for 20 - 30 seconds.

Repeat three times.

## BACK EXTENSIONS



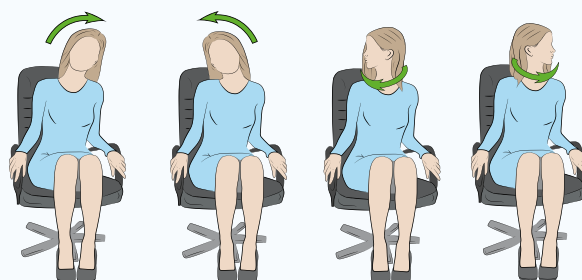
Sitting tends to curve your back forward, so an exercise to reverse this posture is helpful.

Stand with your feet shoulder-width apart. Place your hands on the small of your back for support. Slowly lean backwards until you feel a mild stretch in your lower back and/or the front of your hips. As always, don't bend to the point of feeling pain. Hold for 10 seconds and repeat.

## NECK STRETCHES

Most people who sit at a desk know what it's like to have a sore neck, aches, stiffness, and even neck-related headaches. Regular motion may reduce this problem.

Sit with your neck tall and your head facing forward. First, turn your head to the left as far as is comfortable. Hold for 10 seconds. Then turn your head to the right, hold for 10 seconds. Next, bend your left ear toward your left shoulder. Hold for 10 seconds. Then repeat to the right. Now, look up to the ceiling, then down to the ground. Again, hold each movement for 10 seconds.



These exercises can be performed regularly throughout the day. But all movement matters. If you can deliver a message in person instead of by email, do it. If you can do stretches more often, great! If you can use a sit-stand desk – even better. And if you have questions about moving well at work, ask us. This is the best way to receive tailored advice to suit your needs.

## CROSSWORD

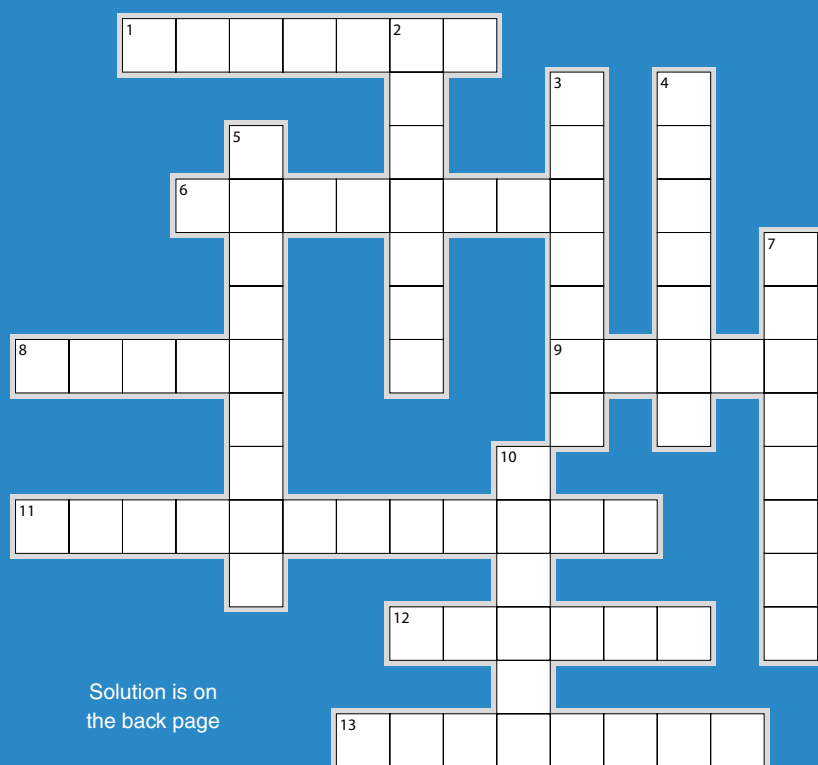
Answers can be found in this edition of Your Chiropractor

### ACROSS

1. A hormone that regulates the level of glucose in your blood.
6. Reactions occurring automatically in your body.
8. Somebody who doesn't eat meat, fish, dairy products, or eggs.
9. A fibre in your body that can get pinched.
11. Japanese word for forest bathing.
12. Related to the spine.
13. To rupture or burst out.

### DOWN

2. Become completely occupied with something.
3. Going without food for periods of time.
4. The way in which you hold your body, especially when standing.
5. Sitting a lot and being inactive.
7. Relating to office work, especially of a routine kind.
10. Movement.



Solution is on the back page

## APPOINTMENT REMINDER

Your next appointment is on \_\_\_\_\_ at \_\_\_\_\_  
Date Time

## Do fad diets actually work?

It seems like every day there's a new diet claiming to be the answer to weight loss, health and happiness. We're bombarded with media images telling us how we should look and how to get the perfect body. It's only natural that we can become a little fixated on our diets, and perhaps even try some convincing new diet plans.

So what about those fad diets that claim to be the magic cure? Here's a few of the most popular diets:

### INTERMITTENT FASTING

People have been fasting for hundreds of years for weight loss, health, or religious reasons. There are thought to be benefits relating to insulin production and overall kilojoule intake, and as a diet based on one rule rather than complex food restrictions, some people find it easy to stick to. Eating fewer kilojoules than you use can certainly aid weight loss, but if those kilojoules all come from unhealthy foods then it's not nutritious.

### VEGAN DIETS

Vegans usually follow a diet high in fruit and vegetables, so it can be very healthy, with a little planning to include a balance of nutrients. It's not automatically healthy, however – you can be vegan and just eat chips. Also the more widespread veganism has become, the more plant-based junk foods and highly processed foods are available – not so good for those trying to follow a nutritious diet.

### LOW-CARB OR KETO DIETS

Certainly, eating lots of highly processed simple carbohydrates and sugars is not good for you, so yes, cut back on cake! However, complex carbohydrates are essential for a balanced diet. Choosing the right kind, such as whole grains and vegetables, is better than cutting them out altogether – the less processed the better.

The short answer is that you probably know what you should be eating, and that's about all there is to it. People generally know that a diet high in fruit, vegetables, fibre, healthy oils and protein is good, and eating lots of sugar, salt, and saturated fats is bad.



**“Being healthy isn't about the weight you lose, but the life you gain”**

Try and keep to the foods that you know are healthy, and get advice if you're not sure about some aspects of your nutrition. Don't worry about strictly following a diet plan that you find difficult, as you'll almost certainly find it impossible to stick to.

Think about improving your health rather than how you look, and stop worrying – a bit of common sense is the best diet.

## CROSSWORD SOLUTION

ACROSS: 1. INSULIN 6. REFLEXES 8. VEGAN 9. NERVE  
11. SHINRIN-YOKU 12. SPINAL 13. HERNIATE  
DOWN: 2. IMMERSE 3. FASTING 4. POSTURE  
5. SEDENTARY 7. CLEFTICAL 10. MOTION

**Disclaimer:** The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

## YOUR FIRST VISIT

Your first visit is all about you!

We are going to talk in-depth about you and any health concerns or challenges you may have. We will also talk about your health goals and your reasons for seeking health care. We want to know exactly what is going on with you, so that we can determine the best treatment for you.

## ON ARRIVAL AT THE CLINIC

Please see the receptionist upon arrival. This eliminates the possibility of you being overlooked and enables us to have your information ready.

## APPOINTMENTS

Your appointment schedule is designed to obtain the best possible results specifically for you. Please be sure to make up any missed appointments.

If you need to change your appointment, we would appreciate as much notice as possible so that other patients may be offered that time.

## WAITING TIMES

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention. Be assured that when it comes your turn the chiropractor will not rush to catch up but will give you the time you require. Thank you for your patience.

## OUR COMMITMENT

This practice is committed to providing the best possible care to all patients. Our practitioners do their utmost to stay current with the latest developments in health care and are active members of their respective associations.

## FEEDBACK

We are here to serve you. Please speak to your chiropractor or the staff about any concerns you may have. We see your constructive comments as helping us to help you and others.

## THANK YOU FOR YOUR REFERRALS

We can't say thank you enough for your referrals to our clinic. Our reason for being here is to make our community as healthy as possible. We can only do that with your referrals and we appreciate every one.

*Our newsletter is free - please take a copy with you*