

**ANNANDALE CHIROPRACTIC  
& ALLIED HEALTH**

Annandale NSW 2038

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By appointment only

**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 7:30am – 7:00pm

Wednesday Closed

Saturday 7:30am – 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**

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*

**CHIROPRACTORS**

**Derek Kom** *B.Sc. M.Chiro*

**Sabina Leung** *B.Sc. M.Chiro*

**Cheyenne Lay** *B.App.Sc.(Ex&Sp.Sci), M.Chiro*

**PSYCHOLOGISTS**

**Zeina Boutros** *BPsych MPsych(Forensic) MAPS*

**Anne Craven** *BA(HonsPsych) (UNSW),  
PGDipSocHealth (Maq)*

**Tony Monaghan** *BA(Psych,Soc), GDipHR Mgt,  
GDipAppSportPsy, Accredited The Richards  
Trauma Process (TRTP)(hypnotherapy)*

**MASSAGE THERAPISTS**

**Yvonne Croft** *(Dip Rem Massage)*

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

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

**NATUROPATH**

**Regina Lasaitis** *MHSc (Herbal Med),  
BApPSc (Biomedical Sc), AdvDipNat*

**ACUPUNCTURIST**

**I-Li Ho** *BHealthSci(TCM) DipHolisticCounselling*

**CLINIC STAFF**

Kathy, Meredith, Katie, Mel, Josie,  
Tiffany and Carly

• CHEYENNE LAY • SABINA LEUNG • DEREK KOM • SUE KELLY • CHRIS KELLY •

# YOUR CHIROPRACTOR

FREE!!  
TAKE ME HOME

**JULY/AUGUST 2019**

## Sciatica relief: are you on the right path?

**There is a lot of misinformation in the general public surrounding sciatica. Do you know what it is, and whether you're treating it properly?**

Many people think sciatica is a medical condition that describes back and leg pain. There are misconceptions around the causes and how to treat it; with many believing there's a "one size fits all" approach to alleviating it.

Contrary to popular belief, sciatica is not a medical condition. Instead, it's a collection of symptoms, with the cause differing for every patient. Sciatica relates to the compression of your sciatic nerve by other parts of your spine. Everyone has two sciatic nerves, which run from each side of the lower spine through the buttocks, into the back of the thighs, and down to the feet.

"The purpose of chiropractic treatment is to help the body to heal itself without surgery or drugs"

This is why some people feel it in their lower back and buttocks, while others notice it in the back of their legs, feet, and toes. It can be a minor irritation with tingling and burning; or severe, with sharp and searing pain. It usually affects one side and feels better when you lie down or walk, but worsens when standing or sitting. Depending on where the nerve compression occurs, the location of sciatic pain can differ.

Therefore, the treatment focus for sciatica is not on the pain area, but on what is causing that nerve compression in the first place. Common causes include

herniated or bulging lumbar discs (slipped discs), pregnancy and childbirth, lumbar degenerative disc disease, spinal stenosis, and spinal tumours, among other conditions.

Treatment options are as varied as the causes and discomfort levels, which is why it's crucial to see a medical professional, such as a chiropractor. You will need an individual treatment plan that caters to your unique situation, not sciatica symptoms as a whole. The purpose of chiropractic treatment is to help the body to heal itself without surgery or drugs.

Some people may find that chiropractic treatments such as ultrasound, transcutaneous electrical nerve stimulation (TENS), and adjustments work best to reduce inflammation, muscle spasm, and pain. Other people see the benefit in heat and ice therapy, and other non-surgical options such as gentle physical exercise and stretching. Your medical professional will determine the best course of action.

The pain can disappear in a few weeks with a treatment plan, but that's not always going to be the case. Some people suffer from sciatic symptoms for weeks, if not months. In that situation, you may need to try several different treatment options.

What works for someone else may not be suitable for you, as everyone's sciatic pain cause can be different. See a chiropractor before you self-diagnose and self-treat. Their expertise can see you on the road to recovery, while also picking up any potentially serious problems that could see you out of action in the future.

Take me home to complete our **PUZZLE** – check inside!

# Is Pilates for you?

**What began as a set of exercises for injured dancers and athletes has turned into a beneficial form of exercise for almost everyone. Could it suit you?**

Physical trainer Joseph Pilates introduced Pilates into the United States in the 1920s. The purpose of this form of exercise was to help injured dancers and athletes return to their sport safely. However, the benefits and sheer variety of exercises available has made it popular with the general public too.

Pilates consists of hundreds of yoga, ballet, and calisthenic-inspired exercises that stretch and lengthen your major muscle groups in a balanced way. With regular sessions, you may see improvement in your muscular and postural strength, balance, flexibility, stress management, spine stabilisation, concentration, body awareness, and more.

Pilates is suitable for almost anyone – those who are new to it, anyone wanting to add to existing fitness routines, or those who need a safe method of rehabilitation. You can also perform the exercises with or without exercise equipment, depending on the class and instructor. Mat-based

Pilates uses your body weight and gravity for resistance, while equipment-based classes involve muscle resistance items such as dumbbells.

In Pilates, you are not worked to the point of exhaustion, sweating or straining, just intense concentration. The focus is on slow, precise, and rhythmical sets of movements, alongside breathing and abdominal control. If an exercise doesn't work for you, or isn't benefitting you, the instructor can re-evaluate it to find out what's more appropriate. The individual attention of Pilates can make it a desirable exercise option for many – from athletes through to those with limited mobility.

If you believe you could benefit from improved strength, stability, balance, and feelings of wellness, then it could be time to find out what Pilates classes are near you. Most classes are held in Pilates studios, gyms and community centres, and are

usually no longer than an hour and a half. Many can offer tailored exercises to suit your limitations and preferences.

Always attend classes with a qualified instructor and ensure you have medical clearance from your doctor. Seek medical advice if you are pregnant, have had surgery, are over 40, have pre-existing conditions or disorders, are overweight, or have not exercised in a while.

Once you start Pilates classes, it's important not to expect too much right away. Attend two or three times every week, and you may notice improvements after 10 to 20 sessions.



## WORD SEARCH

- PILATES
- MOUSE SHOULDER
- GAIT
- BUNIONS
- ERGONOMIC
- FOREARMS
- INCIDENTAL
- UNFIT
- ACTIVITY
- HIIPA
- INTENSITY
- GUSTO
- MOVEMENT
- AEROBIC
- PAIN
- ANTIOXIDANT
- TEMPERATURE
- HEART
- CRUCIFEROUS
- CAULIFLOWER
- PHYTOCHEMICALS
- FIBRE
- CANCER
- SCIATICA
- SYMPTOMS
- LUMBAR
- COMPRESSION
- SPINE
- INFLAMMATION
- PHYSICAL

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## Broccoli's underrated cousin

Every time your parents told you to eat your broccoli, they were neglecting its much-underrated cousin, cauliflower.

Broccoli is one of the healthiest vegetables you can include in your diet, but cauliflower, another cruciferous family member, is equal to its greener counterpart as a nutrition powerhouse.

Adding one cup of cooked cauliflower to your dinner plate can offer up to 77 percent of your daily intake of Vitamin C, 19 percent of your daily Vitamin K, and eight percent of your daily Manganese amount. It's also only 25 calories, making it a nutrient-rich vegetable that doesn't add a lot to your daily total.



Everyone knows that colourful vegetables tend to offer the most health benefits, but people are starting to understand that cauliflower is an exception to that rule. It might not be the prettiest vegetable, but it is rich in vitamins, folate, fibre, phytochemicals, and antioxidants. What's more, you can also buy it in orange, purple, and green – with orange cauliflower offering 25 times as

much vitamin A as white cauliflower. It's clear to see why it ranks within the 25 most nutrient-rich vegetables in existence.

Cauliflower has numerous health benefits. Its vitamins and minerals can fight free radicals to reduce the risk of cancer and heart disease, while the fibre content is beneficial for digestive health. Studies, such as a review in the *Advances in Experimental Medicine and Biology*, show an association between a high consumption of cruciferous vegetables and a reduced risk of cancer.

If you need another reason to consume more cauliflower, it has great versatility. You can eat it raw, sautéed, boiled, roasted, or even in pizza dough or as a sauce base. Include it as part of your five cup minimum weekly recommendation for cruciferous vegetables, and get creative with how you serve it.

Although cauliflower is generally safe to eat, increased consumption may cause bloating and wind. If you are on blood-thinning medication, keep your vitamin K intake consistent every week.

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## Mouse management: stop pain in its tracks

Work-related arm, neck, and shoulder problems cost the workforce billions of dollars every year. Could your computer mouse be to blame?

If you work in a mouse-heavy industry, such as graphic design or architecture, then it's not uncommon to experience fatigue and pain. Weeks of mouse use without support can lead to repetitive strain injury and irritation – particularly around your shoulder region. Such pain is often a sign of a condition called "mouse shoulder".

Mouse shoulder is caused by the repetitive, slight movements of your hands and fingers as you use your computer mouse. These small muscles become fatigued, causing larger muscles groups to compensate, resulting in more widespread discomfort. Before you know it, you're in that much pain that you struggle with everyday tasks.

If you notice any tension or aches after frequent computer use, there are several things you can do. See a medical professional such as a chiropractor for treatment, and invest time in setting up an ergonomic workstation.

Pay attention to your mouse, monitor, seating, and comfort. Your elbows should



be relaxed at your sides, your screen and mouse centred in front of you, and your chair adjusted with armrests to support your forearms.

You may even find it useful to invest in support pads for your wrists, an ergonomic mouse that fits your hand size, and a special keyboard that promotes natural movement. Taking 15-second breaks every hour to give your arms and hands a break, is also crucial.

If you see your chiropractor for assistance, they may recommend a manual or instrument-assisted treatment method to alleviate mouse shoulder and associated pain. Every treatment plan is unique to you and the symptoms you present with. If you have any questions, or need help with your discomfort, consult your chiropractor.

## Getting fit the easy way – can it work?

Running on a treadmill to the point of exhaustion is not everyone's idea of a good time. But could there be a more natural way of achieving your health and fitness goals?

Your daily tasks, the things you do every day, can be a source of fitness. Research published in the *British Journal of Sports Medicine*, stated that high-intensity incidental physical activity (HIIPA), could be pivotal in helping overweight or unfit people improve their health. The best part is you do nothing out of the ordinary.

You can mow your lawns, play with the kids, do some gardening, or wash your car, and you're contributing to your health and wellbeing. You don't need to make extra time, buy equipment, or have a particular set of skills.

According to the World Health Organisation, an average person needs 150 minutes of moderate aerobic exercise, or 75 minutes of vigorous activity every week. Anything you do to get your heart rate up, increase your body temperature, or work out your muscles, contributes to that time. At least two sessions of strength training per week are also a recommendation.

Incidental fitness works hand in hand with functional fitness, which is structured exercise that helps you carry out your daily tasks. For example, let's say you do a lot of heavy lifting; strengthening the group of muscles involved can make this easier, and help reduce the risk of injury.

Around 60 percent of Australian women are overweight or unfit, with many saying they struggle to find time for structured exercise. Most people find it easier to be active in lots of little ways through their day. According to research, three to five brief HIIPA sessions daily, totalling only five to 10 minutes, can benefit health and fitness levels.

In essence, to benefit from incidental physical activity, you add intensity to everything you do. Put a little more gusto into hanging out your washing, and run at a faster pace when you're chasing the kids. Park further away from the office, walk fast, take the stairs, and do a little dance while you're washing the dishes.

Remember to think of movement as an opportunity, not a nuisance, and pick up the pace next time you hit the supermarket.

## Cauliflower 'Rice'

Try this very easy, delicious and healthy recipe. Serve as a side or salad.

### Ingredients

1 head cauliflower, roughly chopped  
½ cup almonds, roughly chopped  
1 Tbsp oil for cooking  
2 cloves garlic, crushed  
1 small chilli, finely chopped  
1 lemon, juice and zest  
1 handful green herbs, chopped  
eg. parsley, mint  
Salt and pepper, to taste

### Method

Blitz cauliflower in a food processor for only a few seconds, until the mixture resembles rice or couscous. Pile into a tea towel and squeeze excess liquid out. Removing the liquid at the beginning avoids too much steaming during cooking.

Toast the almonds in a dry pan over a medium heat for 3-5 minutes. Stir continuously to avoid burning. Set aside.



Heat oil in a pan and cook garlic and chilli on medium heat for a couple of minutes. Add cauliflower and cook for about 5 minutes. Stir in lemon, parsley, almonds and salt and pepper. Heat for 1 minute, and then serve.

*Enjoy!*

## The **benefits** of going bare

As soon as you learn to walk, you put on a pair of shoes and never look back. Is it time to stand on your own two feet?

Humans are not born to wear shoes, but they are a form of protection as you go about your daily business. They protect your feet from bacteria, infections, harmful surfaces and materials like glass, and uncomfortable temperatures.

However, experts say that walking barefoot can restore your natural gait, and work certain muscle groups to strengthen your body. It can offer better foot mechanics and positioning as you walk, and stronger legs to support your lower back. If your feet work better, then your core, knees, and hips can as well. You may also notice improvements in your balance.

Shoes that don't fit properly can cause bunions, blisters and deformities, so you could say goodbye to those too. As you can see, there is plenty to love about bare feet, but that doesn't mean you should suddenly stop wearing shoes.

You need to start slow to strengthen your feet over time. Begin with short sessions, letting your ankles and feet adjust to using different

muscle groups. Participate in barefoot activities such as yoga, and go barefoot around the house. Balance exercises should also form part of your "going bare" plan.

When you decide to leave the house with no shoes, be wary of all hazards. Start on safe surfaces such as sand or grass, and ease up if you feel any pain or discomfort. If you are prone to infections or wounds, then choosing light, minimalist footwear may be a better option for you.

There are many benefits of walking without shoes, but you must take all safety precautions. Consult your chiropractor for advice, or if you plan on completing any vigorous exercises without footwear.



**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.

## WE WELCOME CHEYENNE LAY TO OUR MOOREBANK CLINIC

Cheyenne completed her Bachelor degree in applied science, majoring in exercise and sports science. She then went on to attain a Masters degree in chiropractic at Macquarie University.

After her chiropractic studies, Cheyenne joined 'Hands On India', a non-for-profit organisation, where she provided chiropractic and basic medical care to hundreds of men, women, and children in the poorer parts of India.

After private practice in Sydney, Cheyenne worked in Singapore as an associate in a busy practice

Cheyenne utilises many Chiropractic techniques including diversified, gonstead, drop piece, activator, myofascial trigger points, activator, postural and functional rehabilitation.

Cheyenne loves playing basketball, and plays weekly in a mixed competition. She loves being active, and knows and encourages the benefits of physical activity for herself and her patients.

Cheyenne also has a strong interest in music. She's been playing the piano since she was four years old, and previously taught kids and adults in her spare time.

Cheyenne has two passions: Health and Education.

She is currently studying teaching part time, while continuing her passion in health through chiropractic care. She believes patient education is key in improving and maintaining her patients' health.

Cheyenne holds a current AHPRA registration, and rebates are available for those who are covered under private health insurance, DVA and approved Medicare EPC referral.

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## WE WELCOME GENEVIE RIBBONS TO SEVEN HILLS CHIROPRACTIC AND ALLIED HEALTH

Genevie is a fully qualified licensed massage therapist. She graduated with a Diploma of Remedial Massage at TAFE NSW Blue Mountains and Nepean Kingswood. She is also a member of Association of Massage Therapists. Genevie specialties include Swedish relaxation massage, Remedial massage and Pregnancy massage. She is available Tuesday and Thursday afternoons at the Seven Hills clinic, from 2:00pm to 7:00pm.

To try the latest **RECIPE** take me home...