

FREE!!
PLEASE TAKE ONE

YOUR CHIROPRACTOR



JULY / AUGUST 2015

ANNANDALE CHIROPRACTIC & ALLIED HEALTH

189 Johnston Street, Annandale NSW 2038

P: (02) 9660 7688 **F:** (02) 9660 7699

Clinic Hours:

Monday to Friday 8.00am – 7.00pm
Saturday 8.00am – 12.00pm

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
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 – Thurs 8.00am – 7.00pm
Friday 8.00am – 6.00pm
Saturday 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)

Ellen Gant (B.Sc. Chiro, M.Chiro)

Sabina Leung (B.Sc. M.Chiro)

Tim Elchah (B.Sc. M.Chiro)

Yuleena Cheung (B.Sc. M.Chiro)

PSYCHOLOGISTS:

Helen Fitzhardinge (BA (Psych); Grad Dip Appl Psych; MA (CFT); MAPS. Registered Psychologist);

Zeina Boutros (B. Psych., M. Psych (Forensic) MAPS)

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

Gail Rice (BA, PGDipAppPsy, MSocHealth(Maq), Assoc MAPS)

Sara Beresford-Hillier (Accredited Mental Health Social Worker, Counsellor CMCAPA, PACFA Registered)

MASSAGE THERAPISTS:

Sharon Bryant (Dip Rem Massage)

Yvonne Croft (Dip Rem Massage)

Joanna Francis (Dip Rem Massage)

Erin Reece (Dip Rem Massage)

THERAPISTS:

Regina Lasaitis (MHS (Herbal Med) BAppSc (Biomedical Sc) Herbal & Naturopathic Medicine)

CLINIC STAFF:

Sam, Kathy, Meredith, Rebecca, Alison, Sarah, Emma, Esther, Stephanie, Katie, Mel

CHRIS KELLY, SUE KELLY, DEREK KOM, ELLEN GANT, SABINA LEUNG, TIM ELCHAH, YULEENA CHEUNG

THE BONEY BITS!

At birth the human body is composed of over 270 bones, but many of these fuse together during development, leaving a total of 206 separate bones in the adult body. The largest bone in the body is the thigh bone (femur) and the smallest (stapes) is in the middle ear. The area with the most bones is the hand, fingers and wrist where there are an incredible 54 bones!

With a complex internal and external structure, bones come in a variety of shapes and sizes. They are lightweight yet strong and hard, and serve multiple functions. Together the bones in the body form the skeleton. The skeleton provides the framework which supports the body and maintains its shape. It also provides an attachment point for skeletal muscles, tendons and ligaments. The joints between bones allow movement and these muscles, bones, and joints provide the principal mechanics for movement, all coordinated by the nervous system. Bones also have a special role in hearing. The ossicles are three small bones (the malleus, the incus and the stapes) in the middle ear which are involved in sound transduction.

Bones also act to protect internal organs, such as the ribs protecting the heart and lungs or the skull protecting the brain. The human spinal column consists of 33 bones called vertebrae. 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. Your spinal cord is the most important structure between your body and your brain so the protection provided by these bony vertebrae is extremely important.

Not only do bones provide support, allow movement and protect vital structures but they also produce red and white blood cells, store minerals like calcium and iron and even release a hormone which contributes to the regulation of blood sugar and fat deposition. Bone is constantly being created and replaced like skin, to the point where every seven years we essentially have a whole new bone!



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THE HANDBAG SHOULDER

Hello ladies! Calling all women who always carry their handbag over the same shoulder...yes, you know who you are! For many of you this has been a lifelong habit and perhaps one that you haven't given much thought to. While it may be a convenient place to carry such a valuable item, it is not a good choice. Given that a woman's handbag generally tends to be a fairly hefty accessory it can end up placing a significant amount of weight on the shoulder. Some women even notice an indentation on the top of their shoulder – that is not supposed to be there!

This may initially seem like no big deal but it can lead to a serious issue. As your handbag is only being carried on one side, it immediately creates a significant imbalance in your shoulders. The amount of imbalance obviously depends on how heavy it is but even a light bag can produce enough of a tilt in your shoulders to create a problem. As you carry your bag, one of your shoulders will be higher than the other in order to stop the bag from slipping off. This means that side of your shoulders, and in fact that side of your entire upper body, is being pushed upward and away from the opposite side. Over time, this imbalance can create a huge amount of distortion in your upper back, shoulders and neck as well as lead to stress and postural alterations throughout your spine.



If you are experiencing discomfort in your neck or shoulders then make sure that you don't use your shoulder to carry your handbag. Even if you are currently symptom free, if you do carry your handbag here, make the change now before you create future imbalance in your body. Whenever possible, carry your handbag in your hand and exchange sides regularly. If there are times when you must use your shoulder at least help lessen the degree of imbalance by alternating sides. Another great tip is to lighten the load a bit by emptying out all non-essential items. Sometimes it can be months before you realise that you are carrying around half your house in your bag!

It may seem like such a little thing but correcting this habit can help protect your spine and body from unnecessary stress which in turn helps you stay healthy. Many women notice a significant improvement to their posture and comfort levels when they make a specific effort to modify their handbag carrying behaviour. So, take the challenge and try to note over the next few days how you carry your handbag. You may be surprised! Begin to start avoiding the habitual go-to shoulder – this can be tricky at first but it won't take long before you have re-trained your brain to avoid it. Before too long you will have broken the habit and will be well used to carrying your bag in a more ergonomic and healthy way. Your body will thank you for it!

WINTER HEALTH TIPS

Winter is that time of the year when many are affected by cold or flu bugs so it's important to ensure your immune system is working at its best. There are many things that you can do to give your immune system a boost which will give you greater resistance against any bugs.

Eat a well-balanced diet – The cold weather can make you crave comfort food which may be high in fat or sugar and provide minimal nutrition so it can be hard to stick to a healthy diet. Try bulking up soups, pastas and casseroles with veges and don't forget the joy of a good stir fry.

Do regular exercise – The motivation to exercise can sometimes wane during the colder months but it's more important than ever to stay active! Studies have shown that engaging in regular exercise boosts your immune system.

Get adequate sleep – Sleep loss not only plays a role in whether you get sick but it also influences how you fight illnesses and therefore how fast you recover.

Visit your Chiropractor – To ensure that every system is functioning correctly, your brain needs to be able to co-ordinate and regulate every cell in your body. By having regular spinal checks you are making sure that your brain and body are properly connected so that everything is working at its most optimal level.

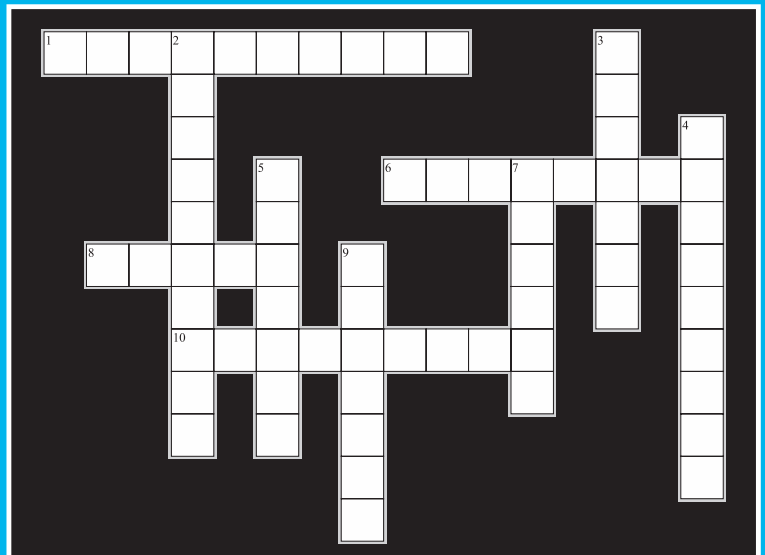
Clever CROSSWORD

Across:

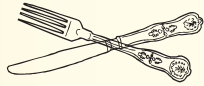
- _____ is a practice in which an individual trains the mind or induces a mode of consciousness.
- Grounds for belief.
- Word with wash or storm.
- Tension is generated by the _____ of power.

Down:

- The state of feeling annoyed, impatient, or slightly angry.
- Physical _____ is a general state of health and well-being.
- The small bones forming the backbone
- An object used by a woman to carry everyday personal items.
- A Temperature unit.
- A Mineral in milk.



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



Good Health on the Menu

TOFU SANG CHOY BOW

A fresh and lightly cooked dish packed with flavour.

- 1 tbsp vegetable oil
- 1 tsp sesame oil
- 500g firm tofu, chopped finely
- 1cm piece ginger, sliced
- 4 spring onions, chopped
- 1 chilli, finely diced
- 2 tbsp diced bamboo shoots
- 2 tbsp diced water chestnuts
- 1 capsicum, finely diced
- 1 cup mushrooms, diced
- 1 cup bean sprouts
- 2 tbsp soy sauce
- 2 tbsp oyster sauce
- Toasted sesame seeds to serve
- ½ cup coriander leaves
- Iceberg lettuce cups

Method

1. To prepare the lettuce cups, carefully separate individual whole lettuce leaves and using clean kitchen scissors cut the top of the lettuce cups to make a desirable 'bowl' shape. Keep the lettuce cups in ice water until needed – this will ensure that they stay fresh and crunchy
2. Heat oils in pan and add tofu and ginger, cook for two minutes
3. Add remaining vegetables and sauces and sauté for five minutes
4. Spoon into lettuce cups and sprinkle with sesame seeds



Enjoy!

LAUGHTER
is the best medicine

“The most important thing to know about becoming a urologist is that you have to be able to go with the flow.”

“Never lie to an x-ray technician. They can see right through you.”

“My desire to be a dermatologist was only skin deep. I knew I was destined for osteology - I could feel it in my bones.”

“Lacking proper instruments, the surgeon had to resect a bowel using plumber's tools - it was a gut-wrenching experience.”

“After being treated by an optometrist, the bird seed.”

“The chiropractic author wrote a spinal column.”

“The paediatrician was a real kidder.”

THE ART OF RELAXATION

Do you find it hard to relax these days? There is an extremely high level of pressure in modern society to continually be on the go. No matter how busy you are or how hard you work there never seems to be enough hours in the day. Do you make time to relax or do you feel too guilty about your never ending to-do list? You know that relaxation is important for both your mental and physical health but are you allowing yourself to include it as part of your day?

Slowing down helps you to reduce your stress levels, focus more clearly and consequently you are then more effective and perform tasks better. Over time this 'in control' feeling leads to both a better quality of life and improved health and wellbeing. Therefore, it's important to take at least 20 minutes a day to relax and often this actually needs to be scheduled in to your day to ensure it happens. Some days this may

seem impossible but the difference it can make is invaluable!

THERE ARE MANY THINGS YOU CAN DO TO HELP YOU TO RELAX:

Stop and breathe – try some specific relaxation techniques or meditation. Calm yourself, relax your mind and try to think of little or nothing and just listen to your breathing.

Soak in a hot bath or spa pool – warm water loosens up muscles, so it's a great way to feel pampered without too much effort. It will also slow your breathing and help remove tension away from your neck and back.

Listen to some soothing music – music is a great way of helping relieve stress and any anxieties you may have. It also tends to lift your mood which is why music is a great therapy.

Go for a walk – getting out in the fresh air helps clear the mind and exercise improves your circulation and general fitness which will help you cope better when you are under pressure.

Engage in your favourite activity – hobbies are great ways to relax and separate our minds from the busy lives we lead and focus on something that we are passionate about.

Stretch – head to a yoga class or do some stretching exercises at home. Both can be used to release tension built up in the muscles and improve flexibility.

Read – settle down in a quiet, comfortable spot and pull out a great book. Reading is a fantastic way to relax and disengage from the busy world around us.

Catch up with a dear friend, spend time with your partner or cuddle your pet – loving interaction is incredibly vital and supports our state of mind by letting us know we are not alone.

In this modern world, life can be incredibly busy and hectic and our timetables can get out of control. Next time you look at your schedule for the day, make sure you book in some time to slow down, step back and relax.

“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.” – Etty Hillesum



A LAUGHING MATTER

With all the rush and stress that occurs throughout our lives it can sometimes feel quite difficult to just get through the day, let alone to do it with a smile! Bad traffic, poor service and workplace overload can leave us fighting with frustration and negativity and running low on energy. Numerous research articles have shown how negative emotions can lead to long term harm to the body. Chronic stress, fear, anger or anxiety can alter our biology and wear down the various systems in our body which may eventually lead to the development of illnesses such as

heart disease, stroke and diabetes. On-going negativity can also have a significant impact on an individual's immune system and our ability to cope with any additional stress.

One of the easiest things we can do to compensate for this and enjoy life more is to laugh. Not only does it feel good to laugh, but there is evidence to support that it is good for our health. Humor and laughter strengthen our immune systems, boost our energy levels, diminish pain and help protect us from the damaging effects of stress. Best

of all, this priceless therapy is fun, free and easy to use.

So, the next time you're having a bad day, first take a deep breath to help you relax, and then try to schedule in something that is going to make you laugh. This could include playing with your kids, reminiscing over a past event with a loved one, reading a funny story, or watching a comedy show. Whatever it is, make sure you make it a priority so that you quickly inject some positivity into your day. It's amazing just how quickly a good laugh can lift your mood whilst also having a positive impact on your health at the same time.



PLEASE WELCOME TO

THE MOOREBANK CLINIC,

ZEINA BOUTROS (PSYCHOLOGIST)

Zeina has over 16 years of experience in the mental health and wellbeing sectors. Zeina's diverse expertise have provided her with a wealth of experience working with a variety of clientele ranging from drug and alcohol, domestic violence, mental health, abuse, psychosis, refugees, forensic backgrounds, behavioural, intellectual disability to family breakdown and much more. Zeina has worked with clients across the lifespan from children to adolescents and adults.

Zeina began her studies in a Bachelor of Psychology at the University of Western Sydney and working with the Department of Family & Community Services. During that time Zeina also completed her Lifeline / Youthline training and began working as a telephone counsellor. Upon completion of her degree she was accepted into the Masters programme and completed her Master of Psychology (Forensic) and commenced working as a Centrelink Psychologist.

Zeina teaches psychology within the University of Western Sydney. Zeina has been volunteering her psychology services to a school where parents / carers are unable to afford the cost of assessment and treatment of their children. This is her desire to ensure that there exists equity in access to wellbeing services for these families.

AT OUR ANNANDALE CLINIC,

CHIROPRACTOR YULEENA CHEUNG

Yuleena began her studies at the University of Sydney completing a Bachelor of Science majoring in human physiology where she found an interest in how the human body functions, adapts and heals itself. With her key interest in the neuromusculoskeletal system and anatomy, she furthered her studies and graduated with a Master of Chiropractic at Macquarie University.

Yuleena aims to restore function to any faulty biomechanics and compensatory muscular patterns postinjury, and to maintain and prevent further injuries with rehabilitation exercises. She believes exercise is an important part of restoring health and spinal function. Yuleena is conscientious with neuromusculoskeletal diagnosis, the latest rehabilitation exercises and chiropractic techniques.

Yuleena's a volunteer Medical First Responder with St John Ambulance NSW, as well as a qualified sports trainer. She is a member of the Chiropractic Association Australia and is registered with WorkCover Australia.

THE CHIROPRACTIC CONNECTION

Chiropractic care is a natural, non-invasive way of helping the body to function at its most optimal level. While many think of chiropractic simply as a treatment for neck pain, headaches or low back discomfort, the truth is it's so much more. Chiropractic care ensures your brain and body connection is optimal to allow your brain to organise all the cells and processes in your body accurately.

The brain is the master control system for the entire body. It sends and receives billions of signals that dictate overall function. Vertebral subluxation is a term used to describe dysfunction of the spinal joints and irritation to the nervous system. This irritation scrambles neurological information by causing altered rhythms of neurological flow. The information your brain is now sending and receiving does not make sense and in turn, your body struggles to perform as it should.

Chiropractic adjustments have been shown to normalise spinal afferent/efferent (send/receive) processes to their proper resting tone. Chiropractic adjustments stop the body's stress response which allows the body to reset itself and begin healing. Now that all the information is being sent and received accurately, your brain is better able to organise your body so that it can function more effectively. The end result is a healthier and happier you!



Down: 2. Irritation; 3. Fitness; 4. Vertebrae; 5. Handbag; 7. Degree; 9. Calcium

Across: 1. Meditation; 6. Evidence; 8. Brain; 10. Imbalance

ANSWERS TO CROSSWORD