

**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

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*

**CHIROPRACTORS**

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

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

**Navneet Singh** *B.Sc.(Anat) M.Chiro*

**PSYCHOLOGISTS**

**Helen Fitzhardinge** *BA (Psych), Grad*

*Dip Appl Psych, MA (CFT), MAPS. Registered*

*Psychologist*

**Zeina Boutros** *BPpsych MPpsych(Forensic)*

*MAPS*

**Gail Rice** *BA, PGDipAppPsy,*

*MSocHealth(Maq), Assoc MAPS*

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

*PGDipSocHealth (Maq)*

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

*Mgt, GDipAppSportPsy, Accredited The Richards*

*Trauma Process (TRTP)(hypnotherapy)*

**SPEECH PATHOLOGIST**

**Miriam Gunnourie** *BAppSc(Speech*

*Pathology)*

**MASSAGE THERAPISTS**

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

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

**NATUROPATHIC THERAPIST**

**Regina Lasaitis** *(MHSc (Herbal Med)*

*BAppSc (Biomedical Sc) Herbal & Naturopathic*

*Medicine)*

**CLINIC STAFF**

Sam, Kathy, Meredith, Katie, Mel,  
Josie, Monica, Annabel, Tiffany, Lucy,  
Purdy, Carly and Marlo.

• CHRIS KELLY • SUE KELLY • DEREK KOM • SABINA LEUNG • NAVNEET SINGH •

# YOUR CHIROPRACTOR

FREE!!  
TAKE ME HOME



## NOVEMBER/DECEMBER 2017

### Our amazing liver

Do you have a water filter at home? A water filter helps pull toxins, bacteria and all sorts of nasties out of our drinking water. Imagine how amazing it would be if we had one built into our bodies. Guess what? We do!

Your liver filters all of the blood that circulates through your body, removing toxins and using complex processes to break down the nutrients we consume (like proteins and sugars) and turn them into chemicals the body needs. It stores these chemicals as vitamins, hormones, cholesterol and minerals until the body needs them, then it releases them into the bloodstream.

You only have one liver and you can't live without it, so it is extremely important that you help it stay healthy. If you overwork it, then it is more likely to become worn out and diseased. In order to be kind to your liver, it is essential to understand that what we put into our bodies can affect the liver's stress levels. Many people associate the liver with clearing alcohol from our system. And it is true that it clears alcohol; and that excess alcohol can lead to liver disease, but there are other substances that also need to be considered.

Did you know the liver also filters sugar, over-the-counter (OTC) and prescription medications, and even supplements? In today's society, these products are consumed so frequently that people often think of them as harmless.

Consider sugar, for example. Dr Robert Lustig, professor of Paediatric Endocrinology at the University of California, San Francisco (UCSF) explains that the liver only has the capacity to safely metabolise about 6 teaspoons (25g) of sugar per day. Australia is currently rated the fifth highest country in the world for sugar consumption, eating a whopping 23.9 teaspoons (95.6g) of sugar per person per day according to the Washington Post.

Another culprit to combine with sugar and alcohol consumption is frequent usage of common medications such as acetaminophen or paracetamol. Acetaminophen is found in hundreds of medicines commonly used to treat musculoskeletal pain, fever, allergies, coughing, colds, flu, and sleep. Shockingly, acetaminophen is actually the number one cause of acute liver failure in the United States and the United Kingdom, especially for those that regularly consume alcohol.

By choosing regular chiropractic care, you can help your liver out a lot by reducing or removing the need for over-the-counter pain medications and by receiving professional advice on the correct usage of supplements. Your chiropractor can also help advise you on how to reduce your sugar intake. The less substances you consume that make the liver work harder, the healthier your body will continue to be.

Take me home to complete our PUZZLE – check inside!

## Protect yourself and the coral reefs from sunscreen damage

In Australia and New Zealand, we grow up understanding sun protection is vital.

Slip, slop, slap is a powerful campaign that started in 1988, reminding us to slap on the sunscreen – but while we are getting protection from the sun, could we also be causing damage to ourselves and the environment?

Earlier this year, Hawaii passed a bill that will prohibit the use of sunscreens or cosmetics that contain oxybenzone while on a beach or in the ocean. This comes after scientists conducted studies showing this active ingredient in many commercial sunscreens contributes to the destruction of coral reefs and thus escalating climate change.

Oxybenzone is not only harmful to the environment, it has also shown to be detrimental to our body's hormonal system. As Dr Karl Kruszelnicki explained to the ABC in September 2016, oxybenzone easily crosses the skin since it is fat-soluble; and, once in the body, it acts as an endocrine disruptor in humans in the same way it does in the coral reef.

What about the alternative sunscreens using zinc oxide, titanium oxide, and even essential oils? The latest research by the Therapeutic Goods Administration (TGA) suggests these do not reach body cells to cause damage; and when our 'macrophages' cells were exposed to the nanoparticles of these sunscreens in a lab, they were able to absorb and break them down normally. With regards to marine life, according to international organisation Marine Safe, research suggests these types of sunscreens may also cause harm. However, Dr. Kruszelnicki explains that zinc oxide and titanium oxide based sunscreens are less harmful to coral reefs than oxybenzone.

So, what should you do if you are trying to be sun protection savvy and also eco friendly? Some advice given by the Cancer Council is firstly to use UV protectant clothing, umbrellas, hats, and sunglasses as often as possible; reducing the amount of skin needing sunscreen. Avoiding the sun during the strongest part of the day and sitting in the shade are also beneficial.

## Following a treatment schedule is important

Following a treatment plan for a structural injury can be viewed in the same way as a fitness programme. The more closely you follow your prescribed treatment schedule, the more likely you are to get positive and longer lasting results.

If you decide to do a fitness programme, it is essential to go frequently and consistently until you reach your desired level of fitness; and then it is important to maintain that level of fitness with an altered programme. If you only follow your fitness programme now and again, you wouldn't expect much to change.

In the same way, if you are inconsistent with attending treatment appointments, it can hinder your improvement and make progress slower. This is because we are dealing with the same musculoskeletal structures that are exercised during fitness.

Consider joint problems caused by ligament injury, for example. Ligament injuries such as an acute ankle sprain, according to the Journal of Athletic Training (JAT), improve slowly over a period of six weeks to three months and even up to a year. JAT stresses complete healing is essential to prevent re-injury. The long-term consequence

of non-healed ligament injury is chronic pain, diminished function, as well as wear and tear known as osteoarthritis (OA). Joint problems caused by ligament injury progress through three stages of healing: the acute inflammatory phase; the proliferative or regenerative phase; and the tissue-remodeling phase.

Your chiropractor understands the way the body heals and progresses. For this reason, the chiropractor sets out a specific plan for you to reach a certain level of comfort, movement and stability. During this time, keeping your appointments is VERY important. Once a level of joint and nerve healing as well as structural stability is reached, your plan will slowly reduce to consistent but less frequent check-ups intended to help you continue improving during all stages of healing.

We all have busy lives, but remember if your body is working well, then you will also be better able to maintain that busy lifestyle. Take the time for your body and health; it's a worthwhile investment! If you have any questions about your care plan strategy, be sure to talk to your chiropractor.

## WORD SEARCH

I H T C E B I P Z S E N O T S Y E N D I K U W M V S H B A  
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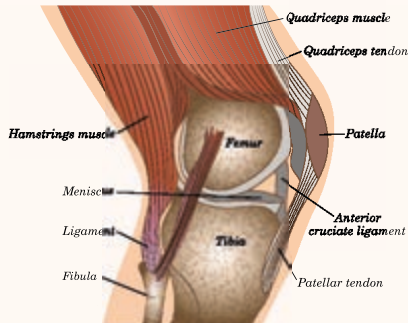
LIVER  
 METABOLISM  
 MUSCULOSKELETAL  
 NANOPARTICLES  
 NATURE  
 OSTEOARTHRITIS  
 OUTDOORS  
 OXYBENZONE

PROLIFERATIVE  
 SLIPSLAPSLOP  
 TENDON  
 TOXINS  
 WATER  
 ZINCOXIDE

# Understanding your knee

The knee is a very complex joint, but this article attempts to break it down in a simple way for you to understand your knee pain or how to prevent it.

The knee is comprised of 2 joints, 4 bones, shock absorbing cartilage and menisci, not to mention the ligaments, muscles and tendons that all help to support stabilisation and movement of the knee.



The simplest way to think of your knee, however, is like a hinge of a door. If a door and the wall are aligned properly to one another, then the hinge can move freely and function well for a long period of time. However, if the door and wall are not evenly aligned, then it puts extra pressure on the hinge. In this case, the hinge is likely to become stiff, bent and worn out much quicker; and require replacing.

The knee is actually considered a pivotal hinge joint between the upper and lower leg. It is pivotal because in addition to its main movement to bend like a hinge, there is also slight room for twisting and turning.

The knee is in the middle of what is called a kinetic chain – meaning forces that come from below at the foot and ankle joints or above from the hip and pelvis joints get

passed into the knee. For this reason, pain in the knee can often be a consequence of a dysfunctional hip and pelvis or poor ankle and foot function. Over time, the extra stress on the knee leads to wear and tear called osteoarthritis (OA). When a patient presents to a chiropractic clinic with the main complaint of knee pain, it is essential that the chiropractor examines not only the knee, but also the movement and stability at the foot, ankle, hip and pelvis. The chiropractor may even recommend orthotics if the foot needs extra support to remove twisting of the knee.

Likewise, it is important that the chiropractor examines the spine, particularly the lower spine; as the nerves which exit that area of the spine directly control the muscles which move and stabilise the knee. Some examples of the muscles and tendons that connect to the knee are the hamstring, quadriceps, and calf muscles. If nerve function to these areas causes over or under-active muscle function, it can cause torquing at the knee – creating pressure and pain. Correcting dysfunction of the spine, pelvis, foot and ankle – along with correction techniques at the knee itself – is a thorough approach to taking pressure off the knee, allowing the knee to heal and prevent further wear and tear damage.

From a preventative point of view, regular chiropractic checkups may also help prevent knee pain from starting; as the threat of wear and tear may be reduced by ensuring the different areas of your body are functioning properly, reducing excess stress on the knee. Talk to your chiropractor if you are wondering how chiropractic can help your knees to function at their best.

## Choose water

Water is commonly known to be essential for life, yet a recent study at the University of Sydney found that 82% of the Australian population failed to meet their recommended water intake.

Although the daily amount of water necessary for hydration is currently debated, the Australian National Health and Medical Research Council (NHMRC) has set the recommended intake for Australia and New Zealand at 2.6 litres for adult males, 2.1 litres for adult females and 1.0–1.9 litres for children/adolescents.

Water is necessary for most of the body's functions such as blood circulation, metabolism, regulation of body temperature and waste removal. Also, considering water makes up a massive 50-80% of body weight (depending on lean body mass), it is essential to be aware of your water



consumption. NHMRC advises that as little as 2% dehydration can result in impaired physiological response, mood, cognitive ability and performance.

A 2012 study of university students in London found that those who brought drinks, especially water, along to classes performed up to 10 percent better than those who did not. Another study published in The Journal of Physiology & Behavior found that dehydrated drivers made twice the amount of errors during a two-hour drive compared to hydrated drivers.

Your heart will also thank you for drinking water. The American Journal of Physiology found that drinking five or more glasses (1,185ml) of water per day reduced the risk of fatal coronary heart disease by 41% in women and 54% in men! In this study, the health benefits were limited to water because drinking “fluids other than water” (coffee, tea, juices, soft drinks) actually appeared to increase the risk of fatal coronary heart disease.

Hydration is beneficial in disease prevention as well. The risk of many cancers, including



## MOROCCAN CHICKEN SALAD

### Spice rub

- 1 tsp ground ginger
- 1 tsp cumin
- ½ tsp ground pepper
- ½ tsp salt
- ½ tsp cinnamon
- ½ tsp cayenne or paprika
- ½ tsp allspice

### Dressing

- ¼ C orange juice
- Zest of half an orange
- 2 T cider vinegar
- ¼ C olive oil
- 1 tsp sugar
- 2 chicken breast fillets
- 1 C Israeli couscous
- 1 can Chickpeas, drained
- 1 bag fresh baby spinach (or other green leaves)
- 1 C almonds, toasted
- 1 cup dried apricots, chopped

### Method

Combine spice rub ingredients. Massage into chicken and leave to rest while preheating the oven to 180°C. Place on baking paper and cook for 25 minutes or until cooked through. Remove from oven and allow to rest for 10 minutes before slicing.

While the chicken is in the oven, prepare the couscous as per packet instructions. Drain and rinse in cold water.

Shake all the dressing ingredients together. Gently toss all the ingredients in a bowl. Serve and enjoy!

colorectal and urinary tract cancers, has been shown to reduce with proper hydration. Bladder cancer, for example, was shown to decrease by 7% for every 240ml of fluid drunk per day; and was shown to significantly reduce for men who drank at least 1,440ml of fluid per day. Dehydration is also the number one cause of kidney stones.

Without water, our bodies can't function, so it is always a smart idea to make sure you are properly hydrated. Although there is some debate on using the colour of your urine as an indicator for hydration, general advice suggests the darker your urine, the more likely you are to be dehydrated.

For more information on the benefits and recommendations for drinking water, go to: [www.nrv.gov.au/nutrients/water](http://www.nrv.gov.au/nutrients/water).

# 30 Days Wild Challenge

Are you or your family suffering from Nature Deficiency Disorder? The solution may be the 30 Days Wild Challenge!

30 Days Wild was an initiative started by the Wildlife Trust, UK in 2015. They started the campaign in order to study the effect on people of an increased connection to nature. The campaign challenged people to commit to engaging with nature every day for 30 days. The results of the 30 Days Wild experiment showed that connection to nature had a significant impact on health, happiness, and conservation behaviours.

In Australia and New Zealand, we have a climate significantly more conducive to outdoor life than the UK, yet it may be surprising to learn that statistics show both Australia and New Zealand are comparable to other developed countries when it comes to time spent outdoors, with about 90% of our time spent indoors!

Richard Louv, the Audubon Medal winning author for his book, *Child Lost in the Woods*, has coined the phrase “nature deficiency disorder,” which he suggests is a major contributor to some of the most disturbing childhood trends, such as rises in obesity, attention disorders and depression. His observations need not be limited to children, as the same epidemics affecting our children are challenging many adults today as well.

The importance of being around nature is not a particularly new concept; concerns about detachment from nature have been

raised for hundreds of years as our societies have moved toward city living. In fact, when parks were first designed in the nineteenth century, it was done with the strong belief that open natural spaces provided possible health advantages. Despite this, our society continues to detach itself even further from nature, as time outdoors is swapped for time spent indoors interacting on device screens and the internet.

According to a 2016 census, 87% of Australians access the internet every day; and over 50% of those are on the internet for three hours or more. Nature Play SA reports Australian children are spending less time outside than ever before – with less than 2 hours per day spent outdoors compared to 4.5 hours per day in front of a screen.

The good news is, more groups are being established to reconnect children and adults with nature. Groups such as the Australian based **Nature Play** ([www.natureplay.org.au](http://www.natureplay.org.au)) and **Conscious Kids** in Auckland, New Zealand ([www.consciouskids.co.nz](http://www.consciouskids.co.nz)) are committed to giving kids the experience of good old-fashioned fun outdoors. The 30 Days Wild challenge is another opportunity open to anyone internationally. Why not try it with your family? If you are feeling really confident, there is also a 365-day challenge.

For more information visit

[www.mywildlife.org.uk/30dayswild](http://www.mywildlife.org.uk/30dayswild) or

[www.wildlifetrusts.org/StayWild](http://www.wildlifetrusts.org/StayWild)



## GET TO KNOW ...

**TONY MONAGHAN**

(Psychologist, Seven Hills)

### 1. What is your idea of perfect happiness?

*Happiness is positive emotion. I get this from my family and my work, my friends and my leisure. I try to practice the positive way, especially during the good times.*

### 2. What is your greatest extravagance?

*Probably red wine. It's a bit of a cliché isn't it – Dads and red wine? Where's my pipe and slippers?*

### 3. What do you consider the most overrated virtue?

*Selflessness. Not things like charity and giving, which are both healthy. Not getting personal needs met – like respect from self or others, love of self or from others can fester into martyrdom, feeling used, and anger.*

### 4. Which words or phrases do you most overuse?

*You know...*

### 5. When are you happiest?

*When the Western Sydney Wanderers score a goal. When Tony Robbins says, "Go crazy." When cuddling my wife, embracing my kids, reflecting on what is good and how lucky you are, with a nice red wine.*

### 6. If you could change one thing about yourself, what would it be?

*Giving in to myself on important things – missing out on reward for effort because I choose a path of least resistance at 'wrong' times.*

### 7. What do you consider your greatest achievement?

*My evolving work life – I've had my knocks but I keep bouncing back.*

### 8. Where would you most like to live?

*Shanghai was my goal for a while. And Paris. Then there is 'on any beach'. Then there is near to my kids in order to be the grandparent – except they've scattered to the winds.*

### 9. What is your most treasured possession?

*Apart from home – not sure I put that high a price on any individual thing... we're a wealthy Sydney society – anything can be replaced. People cannot be replaced.*

### 10. What is your favourite occupation?

*Psychologist – it's taken me my whole life to get here ...*

### 11. What is your most marked characteristic?

*Persistence.*

### 12. What do you most value in your friends?

*The history of the years – you can't buy it, or get it when you need it – you have to earn it, accumulate it.*

### 13. Who are your favourite writers?

*John le Carré, Ian McEwan, Tina Fey.*

### 14. Who are your heroes in real life?

*At the moment, it's Tony Robbins. At the Wanderers – Tony Popovic – anyone called Tony, really.*

### 15. What is it that you most dislike?

*The 'Comments' sections of any blog or newspaper article – the ugly truth of one side of the human heart.*

### 16. What is your greatest regret?

*Probably not getting more of Mum's history from her own mouth before she died.*

### 17. What is your motto?

*I'll find a way.*

Take me home and give our healthy **RECIPE** a try!