

FREE!!
PLEASE TAKE ONE



JULY / AUGUST 2014

GM SPINAL CLINIC

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CLINIC HOURS:
Monday to Friday 8.00am–7.00pm
Saturday By appointment

Your health is our concern but your responsibility. If you are unable to keep your appointment, please let the clinic know as soon as possible, and be sure to make up your missed appointment.



Members:
**Chiropractor's
Association of
Australia**

FINDING HAPPY

Happiness...What actually is happiness? And how do we get it? Happiness can be experiences that are achieved through a self-gratification approach, or associated with experiences related to a deeper sense of purpose and personal growth.

In a 2007 study that followed more than 6,000 people found that happiness and emotional validity – a sense of enthusiasm, of hopefulness, of engagement in life, and the ability to face life's stresses with emotional balance, appears to reduce the risk of coronary heart disease. The protective effect was distinct and measurable, even when taking into account such wholesome behaviours as not smoking and regular exercise.

So, what can you do to increase your feelings of happiness?

- **Be thankful** – Acknowledge and appreciate the good things in your life. Start a gratitude diary: At the end of each day, write down three things you are grateful for. This can be really beneficial, particularly when your day hasn't been so good.
- **Keep moving** – Exercise causes your body to release endorphins which are your

natural “feel happy” hormone. Being fit and healthy also helps you to do what you want and enjoy the process of doing it.

- **Give** – Sharing makes us four times happier than being selfish and it doesn't have to be a lot! Baking someone a cake, helping a friend out with a home project, buying your Mum some flowers...even just letting someone in front of you at the supermarket check-out!
- **Connect** – Close friends and family will help you enjoy the good times and get through the bad. Make sure you make the time to catch up with those close to you, even if it's only a quick coffee or just a phone-call to say hi.
- **Keep Learning** – Develop new skills and stimulate your brain. Your brain loves to learn and your mood will benefit greatly from acquiring new knowledge about something you feel passionate about.

And always remember to smile! A large amount of evidence points toward the simple act of smiling as a cause of happy feelings. Even if it's just a grimaced smile during peak hour with the person in the car next to you!



INSIDE

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WHY CHIROPRACTIC IS VITAL FOR KIDS!

It is said that as much as 65% of our neurological development occurs within the first 3 years of life. In children, much of this development is stimulated from our environment, i.e.; play, movement, touch, interactions with others, sickness (colds etc.) and emotional events.

As more and more research is conducted in the field of human wellness regarding what is required for us, as the human species, to express health, evidence is showing that movement really is one of the major keys ensuring the proper development of your child, not only physically but also for learning and emotional development. Most children will innately move, just watch a baby for 5 minutes – they are never still! As a child gets older proper movement comes from activities such as climbing, running, wrestling with you and their siblings, riding a bike, playing hide and seek and all the natural things that kids do...or used to do. Unfortunately we are seeing children move less and less and this is a primary factor in so many of the challenges our children face growing up in our modern world. Using the body naturally moves all the joints of the body and most importantly the joints of the spine.

Through various neurological pathways it is said that up to 50% of the information your brain receives comes from the movement of the joints of your spinal column – this movement information stimulates the proper processing of all the other information. So, proper development really does rely on adequate and proper transmission of this information around your body.

Chiropractors can help with the normal development of your child as they are experts

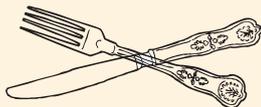
in assessing and correcting areas of the spinal column and nervous system that may be stimulating negative feedback to the brain, impacting your child's development and on-going health. Chiropractors use very gentle and effective techniques to ensure that your child is able to move properly from top to toe. Adjustments are incredibly safe and gentle – often only fingertip pressure is required!

When our spine stops moving correctly it sets up a negative feedback system which can affect the function of the motor (muscles) – cerebellar (brain that controls movement) – vestibular (balance) system. This can impact:

- the way we move (co-ordination/posture)
- our memory
- learning ability
- concentration
- emotional rationality
- organ/immune function

So the effects of abnormal spinal movement can be vast and varied and often end up as problems that seem far removed from the original cause. Combine this with an increase in the toxicity and deficiency in our foods and environment it is little wonder that more and more children are experiencing conditions such as allergies, ADHD, poor immunity, digestive feeding disturbances, sleeplessness, colic and emotional irrationality.

What should you do if you suspect your child has improper spinal motion? Get them checked by a Chiropractor! It is becoming more common for children to be checked soon after birth, the sooner your child is checked and any abnormal motion corrected the less impact on their health and development. Best of all, kids innately realise that Chiropractic is helping them to feel good and function better so they tend to love having their spine checked!



Good Health on the Menu

STICKY DATE PUDDING (WITH BUTTERSCOTCH SAUCE)

Congratulations – Rhonda Vickery; on your winning recipe

PUDDING

- 2 ½ cups pitted dates
- 1 heaped teaspoon bicarbonate of soda
- 1 ½ cups firmly packed brown sugar
- 2 cups self raising flour
- 2 ½ cups boiling water
- 120g butter (chopped)
- 3 eggs

Combine dates and water in pan – bring to boil and then immediately remove from heat. Stir in the 'carb soda – allow to stand 5 minutes. Blend or process the date mixture with butter and sugar until almost smooth – add eggs and flour – blend or process until combined. Bake in moderate oven for approx 50 mins.

BUTTERSCOTCH SAUCE

- 1 cup firmly packed brown sugar
- 200g butter
- 300ml cream

Combine all ingredients into saucepan and bring to boil slowly until all melted.



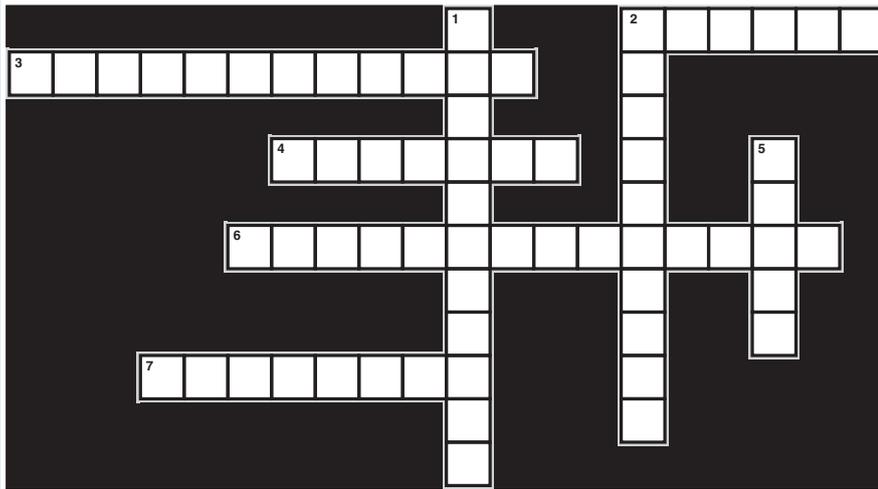
Clever CROSSWORD

Across:

2. What affects our moods?
3. _____ can be caused by numerous things including physical trauma...
4. What makes us four times happier than being selfish?
6. It is good to get a mixture of _____ training for the heart and lungs.
7. What causes your body to release endorphins?

Down:

1. In children, what is a large amount of development stimulated by?
2. What can be used to release tension built up in the muscles?
5. Which part of your body is the master control system for the entire body?



WATER IN WINTER

We all know we need to drink more water, but that becomes especially hard as we move in to the winter months and the temperature starts to drop. The last thing we feel like is a glass of water when we can have a steaming cup of coffee or delicious mug of hot chocolate instead!

However, water is our body's principal chemical component and makes up about 60% of our body weight. Every system in our body depends on water and good hydration has many health benefits including enhanced skin complexion, boosted immunity, weight loss, flushing out of toxins, improved digestion, more regular bowel movements and increased energy.

We all know that we should be drinking more water in order to remain hydrated, but how much is enough? For the average person 2-2.5 litres is generally enough, unless they are doing significant physical exercise which would then increase their hydration needs.

If you need a push to drink more water in winter, try a hot water with a squeeze of lemon first thing in the morning for an extra boost and liver detox. Or, try a herbal tea instead of your normal English breakfast. That way you are getting the hydration your body desperately needs but also warming up your insides before heading out in to the winter weather.

SLOW DOWN...

There is an extremely high level of pressure in modern society causing us to always be on the run. No matter how busy we are or how hard we work there never seems to be enough hours in the day. The to-do list keep growing and our stress levels keeping rising! We know that stress not only affects our moods but also can lead to serious and potentially dangerous health problems. It can also slow recovery from physical injuries to the body.

Slowing down helps to reduce our stress levels, focus more clearly and consequently we are then more effective and perform tasks better. Long term this 'in control' feeling leads to both a better quality of life and improved general health. So, it's important everybody takes at least 20 minutes a day to slow down. Sometimes that can seem impossible but the difference it can make to your day is invaluable!

There are many ways to help your body to unwind:

- **Listen to your favourite music** – Music is a great way of helping relieve stress and any anxieties you may have. It also helps you function mentally and physically, which is why music is a great therapy.
- **Stretch** – Stretching exercises can be used to release tension built up in the muscles and improve flexibility.

- **Sit down in your favourite comfy spot and pull out a great book** – Reading is a fantastic way to slow down and disengage from the busy world around us.
- **Go for a walk or bike ride** – 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.
- **Try some guided relaxation or meditation** – Calm yourself, relax your mind and try to think of little or nothing. Utilise a specific relaxation guide if needed. Even if you can only manage 10 minutes you should feel the benefits for the rest of the day.
- **Call a close friend on the phone or schedule a catch up over coffee and cake** – Human interaction is incredibly vital and supports our state of mind by letting us know we are not alone.
- **Soak in a hot bath or spa pool** – Warm water loosens up muscles, so it's a great way to feel pampered without really doing a lot. It will also slow your breathing and take any tension away from your neck and back, pushing those stresses and pressure out of your system.
- **Engage in a craft** – Knitting, sewing, drawing, painting and even baking are all great ways to separate our minds from the busy lives we lead and focus on something creative that we are passionate about.

In this current age, life is incredibly busy and frantic and our timetables can get crazy. Next time you look at your schedule, make sure you book in some time to slow down, unwind and just 'be'.

"You should sit in meditation for twenty minutes every day – unless you're too busy. Then you should sit for an hour."

– Zen proverb



TIME TO HIT THE RESET BUTTON?

Chiropractic is a natural, noninvasive way of helping the body to function at its most optimal level. While many think of Chiropractic simply as a treatment for back pain, headaches or neck discomfort, the truth is it's so much more. Chiropractic ensures your brain and body connection is optimal to allow your brain to organise all the cells and processes in your body accurately. Without this organisation, your body will start to dysfunction and poor health will follow.

The brain is the master control system for the entire body. It sends and receives a complicated frequency of signals with the body that dictate overall function. When there is interference in this neurological loop, it alters the environment the brain perceives itself to be in; this consequently changes the adaptation process the brain creates throughout the body.

Vertebral subluxation is a term used to describe mechanical pressure and irritation to spinal joints and nerves. Subluxation scrambles the neurological feedback loop 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. Subluxations can be caused by numerous things including physical trauma, poor posture, increased chemical toxicity and mental / emotional stress.

Chiropractic adjustments have been shown to normalise spinal afferent/ efferent (send/receive) processes to their proper resting tone. This is like hitting the reset button on the computer when it is malfunctioning. The computer is allowed to pause and reprocess itself. 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 organize your body so that it can perform all its billions of daily processes more effectively.

Are you functioning at your best? Do you want your body to perform optimally? Maybe it's time to have your spine checked and hit the reset button!



KEEP MOVING!

The old saying, move it or lose it, holds true when it comes to the health of your body. Joints seize up when they're not regularly motioned, muscles break down when they're not activated and lungs hold less oxygen when they're not fully opened up. Your body was not designed to be sedentary, it loves to be active! It is absolutely vital for your body and your health that you regularly walk, bend and breathe deeply. Exercise doesn't have to be a formal activity, you just have to move!

What do you need to do to stay active and healthy? Get a mixture of cardiovascular

training for the heart and lungs, strength training for the muscles and bones and flexibility for the tendons and joints. This means you need to move enough to huff and puff for 20 minutes a day, lift something heavy enough that you can only do it 12-15 times (that something may in fact be you!) and afterwards s-t-r-e-t-c-h out all the muscles you used doing just used. This will keep your body young, minimise the risk of many lifestyle diseases, boost your self-esteem and pump you full of energy. So, what are you waiting for? Get moving!

LAUGHTER
is the best medicine

"THE FLORIST'S MISTAKE"

On opening his new store, a man received a bouquet of flowers. He became dismayed on reading the enclosed card, that it expressed "Deepest Sympathy". While puzzling over the message, his telephone rang. It was the florist, apologizing for having sent the wrong card. "Oh, it's alright," said the storekeeper. "I'm a businessman and I understand how these things can happen." "But," added the florist, "I accidentally sent your card to a funeral party." "Well, what did it say?" ask the storekeeper. "Congratulations on your new location." was the reply.

Down: 1. Environment; 2. Stretching; 5. Brain;
6. Cardiovascular; 7. Exercise.
Across: 2. Stress; 3. Subluxations; 4. Sharing;

ANSWERS TO CROSSWORD

PRACTICE UPDATE

ON ARRIVAL AT 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 specifically to obtain the best possible results. Please be sure to make up any missed appointments.

Should you wish to change an appointment, we would appreciate as much notice as possible so that other patients can be offered your time.

PHONE CALLS

Chiropractors in this practice may be contacted by phone during office hours. A message will be taken if the Chiropractor is with another patient and your call will be returned when the Chiropractor is available.

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.

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 your problem the time it deserves. Thank you for your consideration.

HEALTHY HINTS

EAT fish twice a week.

DRINK at least a litre of water a day.

WALK, swim or cycle for 20 minutes three times a week.

THEN.... you'll feel better!