

FREE!!
PLEASE TAKE ONE

YOUR CHIROPRACTOR



SEPTEMBER / OCTOBER 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

SITTING DOWN ON THE JOB

With the advance of modern technology we tend to be sitting a lot more that we used to. Everything we need is often at our finger tips – we change the TV channel by remote, pay our bills using a tablet and even buy the weekly groceries via our mobile phone. Add to that the sitting that a lot of us do during the day at work as well as during the commute there and back and you'll most likely be quite alarmed at the amount of time we all spend sitting down.

Poor sitting posture can often be the cause of back problems. When we don't seat ourselves correctly and safely, the spine is subjected to abnormal stresses that over time can lead to unnecessary wear and tear of spinal structures, reduced function and poor health.

HERE ARE SOME HEALTHY SITTING TIPS:

- Sit with your height distributed evenly through both seat bones (ischium) – pay particular attention to this when driving as it's easy to forget.
- Don't slouch! When you slouch, the weight distribution shifts from your strong seat bones to your tail bone (sacrum) which is not designed to withstand this amount of pressure.
- Remove your wallet from your back pocket before sitting as this creates an uneven surface to sit on and will cause your pelvis to tilt.

- Avoid crossing your legs or sitting with them curled up on the sofa. If you must do this then limit the length of time you spend in the one position and alternate sides.
- Use a foot stool or lumbar roll (or both) at your desk to help keep you in the correct posture while working and make sure you take regular breaks which include a short walk and gentle stretch.

Being aware of your posture during all of your daily activities is the best way to ensure you are using good body mechanics. It's easy to incorporate the tips mentioned above into your daily life and soon they will become second nature to you. Give them a try and see if you notice a difference.



INSIDE

- **DREAMING OF A GOOD NIGHT'S SLEEP?**
- **WINTER'S WOES**
- **CLEVER CROSSWORD**
- **YOUR SPINE... YOUR LIFELINE**
- **GOOD HEALTH ON THE MENU**
- **DON'T FORGET TO SMILE!**
- **A BREATH OF FRESH AIR**
- **LAUGHTER IS THE BEST MEDICINE**
- **READER COMPETITION**

DREAMING OF A GOOD NIGHT'S SLEEP?

Sleep plays an incredibly important role in good health and well-being throughout your life. Getting enough quality sleep can help protect both your mental and physical health, keep you safe as you go about your day, as well as enhance your general quality of life.

The way you feel while you're awake depends in part on what happens while you're asleep. How you sleep at night can have a large effect on how you function during the day. It is because of this that it is often asked which sleeping position is best to ensure quality sleep.

- **BACK SLEEPING** – Sleeping on your back is an ideal way to sleep because it allows for your internal organs to expand and relax. Sleeping on your back is not the most common, however, it is the healthiest sleep position. This position allows your spine to relax in its most natural alignment. Some find that lying flat on their back puts pressure on their hips. If this is the case, a simple solution is to place a pillow beneath your legs, leaving them slightly bent.
- **SIDE SLEEPING** – The most common sleeping position is on your side and this is generally quite comfortable for most people. The main issue is figuring out what to do with that bottom arm! It is important not to place it overhead as this can really crunch up the neck area. Another problem that can arise is twisting of the pelvis by having one leg flexed up

too high toward the chest. An option can be to place a pillow between your legs to relieve pressure on your knees and keep your hips from rotating.

- **STOMACH SLEEPING** – It is generally accepted that sleeping on your stomach is the least healthy way to sleep. When you sleep in this position your head is turned and your neck is twisted which is not good for your spine. Sleeping on your stomach flattens out your natural curves and may also leave your lower back achy in the morning. In addition, your organs may receive additional pressure and it can also limit your air intake.

No matter what position it is that you find most comfortable, the way your head is positioned can make a big difference in the quality of sleep you receive at night. Having your neck stretched or compacted can affect your breathing and cause

neck problems. Be sure that your neck is supported in a straight, forward-looking position. This is almost impossible while sleeping on your stomach! In spite of the above problems, many find comfort in sleeping on their stomach. If you find that you cannot sleep on your back or side try turning your pillow length-wise and lying against it. This can help transition you from sleeping fully on your front, to a more side-lying position.

Although many of us wake up in different positions than the one we fell asleep in, it is important to find a position that is both comfortable and not doing us harm. Talk to your Chiropractor about any problems you are having as a good night's sleep is vital for health and wellbeing.



WINTER'S WOES

Winter is that time of the year when many of us are affected by colds and flus. From sniffles and sore throats, to hacking coughs and fevers... it's all enough to make you feel rather miserable and stop you from doing the stuff you love to do! To help you ward off any nasty winter illnesses you need 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 the bugs that are lurking.

EAT A WELL – BALANCED DIET

It's often hard in the colder months to stick to a healthy diet. The cold weather makes us crave comfort food which may be high in fat or sugar, and provide minimal nutrition. So, it's time to get creative!! Hearty soups, pastas and casseroles can be bulked out with vegetables, spaghetti bolognese can have grated carrot or spinach leaves added to the mix, and chicken hot pot pies are fantastic with a cauliflower mash topping. There are loads of ways to ensure you and your family are eating plenty of vegetables without having to feel like a rabbit!

ENSURE YOU GET ADEQUATE SLEEP

Sleep loss not only plays a role in whether we come down with a cold or flu. Studies show that people who don't get enough

quality sleep are more likely to get sick after being exposed to a virus, such as the common cold. Sleep also influences how we fight illnesses and therefore can affect how fast you recover if you do get sick. During sleep, your immune system releases infection-fighting antibodies which need to increase when you have an infection or inflammation, or when you're under stress. For most adults, seven to eight hours of good sleep is required each night.

ENGAGE IN REGULAR EXERCISE

Studies have shown that engaging in regular exercise boosts our immune system. We still don't understand exactly why this is but current theories are that it helps flush bacteria and viruses out of our systems as well as slowing the growth rate through the increase in body temperature. Our motivation to exercise can sometimes wane during the colder months but it's more important than ever to stay active! Regular exercise also increases our feelings of happiness and positivity which is another plus if we're experiencing the winter blues.

SEE YOUR CHIROPRACTOR

To ensure that every system (including your immune system) is functioning correctly, your brain needs to be able to co-ordinate and regulate the function of every cell in your

body. Interference to your nerve system can compromise this vital communication, leaving your body functioning at less than its best. By having regular spinal checks you are making sure that your body is working at its most optimal level which will assist you in warding off and fighting any bugs.

Keep these tips in mind to help protect you and your family as you battle through the rest of winter. And remember, of course, that summer is on its way!!



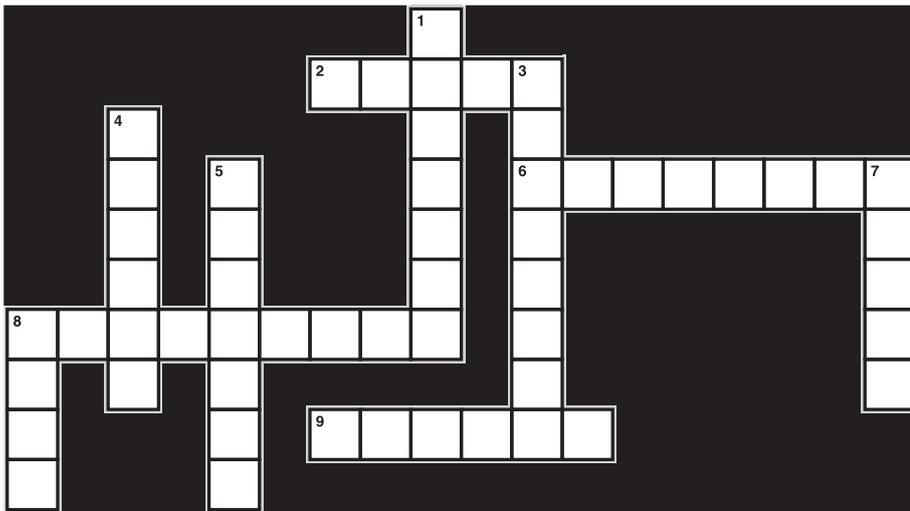
Clever CROSSWORD

Across:

2. What provides balance to the skeletal frame?
6. If these are negative it can harm the body.
8. What is the most important of all the bodily functions?
9. When are many of us are affected by colds and flus?

Down:

1. What do we do a lot more of with the advance of modern technology?
3. Regular _____ also increases our feelings of happiness...
4. What do our bodies cells require?
5. Poor sitting _____ can often be the cause of back problems.
7. What influences how we fight illnesses?
8. Which sleeping position is the healthiest?



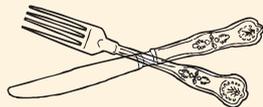
EACH OF THE WORDS CAN BE FOUND IN THIS ISSUE OF "YOUR CHIROPRACTOR". ANSWERS ARE SHOWN ON BOTTOM OF THE BACK PAGE.

YOUR SPINE... YOUR LIFELINE

The spine is the major contributor to all movements of the body. It provides balance to the skeletal frame, absorbs jolts, allows the body to move while at the same time protecting the spinal cord and spinal nerves. The brain and spinal cord are the only organs in the body completely encased in bone – this is how important they are! The importance of the spine and its relationship with health has been recognised for many centuries. Hippocrates, the famous Greek doctor after whom the Hippocratic Oath is named spoke of this relationship: "Get knowledge of the spine, for this is the requisite for many diseases"

Chiropractors look for areas in the spine that aren't functioning correctly and are causing interference to the nerve system. This interference affects the communication between the brain and the rest of the body which creates less than optimal function and can lead to poor health.

Chiropractic goes much deeper than the aches and pains that sometimes cause concern. The key to maintaining optimal health is to keep the nerve system functioning at 100% by being free of interference. When everything is in synch and working at full power, the body can't help but be healthy!



Good Health on the Menu

MEDITERRANEAN SALMON

Try this for an easy and delicious dinner with a Mediterranean twist.

INGREDIENTS:

- 4 salmon fillets
- 2 cups diced tomatoes
- 1 cup diced zucchini
- 2 tablespoons capers
- 1 jar pitted black olives
- 1 tablespoon olive oil
- Salt and pepper to taste

METHOD

1. Preheat oven to 180 degrees
2. Line a baking dish with non stick baking paper
3. Season salmon with salt and pepper on both sides
4. Put salmon in baking dish and place in oven
5. While salmon is cooking combine tomatoes, zucchini, capers, olives and olive oil in a bowl
6. Bake in oven for 25 minutes or until cooked through
7. Remove from oven and season with mixture



DON'T FORGET TO SMILE!

With all the rush, stress and loss that occurs throughout our lives it can sometimes feel quite difficult to just get through the day. Road rage, long queues and bad customer service can leave us fizzing with frustration and negativity. Not to mention the big things in life such as the loss of a loved one or some other personal tragedy. It can suddenly become overwhelming and we then find ourselves dragging our feet and struggling to shake the somewhat blah feeling we are experiencing.

Numerous research articles have shown how negative emotions can harm the body. Sustained 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 has a significant impact on an individual's immune system and our ability to

cope with any additional stress. The mind-body connection is incredibly strong and what you think may often become your reality.

So, next time you're having a bad day, first grit your teeth, and then try to schedule in something that is going to bring a smile to your face. This might be a walk on the beach, a tasty cup of coffee, reading a funny story, or a cuddle from a good friend or furry companion. Whatever it is, make it a priority so that you actively pump some positivity into your day. It's amazing just how quickly it can lift your mood.

And always remember to pass it on. Someone else out there may be feeling low as well... so give them a smile! We don't always know what road someone is travelling along and how much they need a little bit of a lift. A smile goes a long way and can really brighten someone's day – including yours!

A BREATH OF FRESH AIR

Most of us do not think twice about how we breathe. It's just automatic, isn't it? While we unconsciously continue to breathe due to our autonomic nervous system, are we breathing correctly to give ourselves what our bodies need for optimum health?

Some consider breathing to be the most important of all the bodily functions because all other functions depend upon it. Life is dependent upon breathing. It is the only means to supply our bodies and its various organs with the supply of oxygen which is vital for our survival. Cells require oxygen to transform nutrients into fresh energy. Breathing is also one of the ways we get rid of waste products and toxins from the body.

How do we know if we're breathing correctly? Your breath should be slow

and deep and when you breathe in your stomach area should push out, not your chest. If you're not sure what this means just watch a baby breathing and it will become very apparent. A good way to practice deep breathing is on your back with one hand on your abdomen, just below your rib cage where your diaphragm is. When you breathe in your abdomen should push your hand away. Breathing through your nose is best as it naturally encourages deeper breathing.

Fresh air is charged with life and energy and breathing is one of the easiest and most natural ways of attaining this energy. Conscious, full breathing raises the metabolic and vibratory rates of our bodies. Breath is life...so breathe it in!

LAUGHTER is the best medicine

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day they were playing cards when one looked at the other and said, "Now don't get mad at me... I know we've been friends for a long time... but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is?"

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

Down: 1. Sitting; 3. Exercise; 4. Oxygen; 5. Posture; 7. Sleep; 8. Back
Across: 2. Spine; 6. Emotions; 8. Breathing; 9. Winter

ANSWERS TO CROSSWORD

WIN A \$50 SHOPPING VOUCHER

You can choose from either Woolworths, JB Hi Fi or Dymocks Book Stores.

SIMPLY ANSWER THE QUESTION;
What goes a long way and can really brighten someone's day?

Email your answer, name, address, phone number and the clinic you attend to: cliniccompetition@gmail.com with the subject heading 'September Chiro 2014'.

The winner will be contacted by email and announced in the November / December issue of Your Chiropractor.

Entries must be received by 31/10/2014.

THAT'S IT! GOOD LUCK!

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!