



YOUR CHIROPRACTOR



SEPTEMBER / OCTOBER 2016

GM SPINAL CLINIC

Suite 1
40-42 Montgomery Street
Kogarah, NSW 2217
P: 9587 7999
F: 9587 2519

CHIROPRACTORS
George Kategiannis
B.Sc M.Chiropractic

Michael Theodosiou
B.Sc (Hons) M.Chiropractic

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.

THE IMPORTANCE OF FRESH AIR

Air is the most essential element needed to sustain life.

Fresh air provides you with a steady supply of oxygen which is needed by your brain and every single cell of your body. Every function carried out by the body is directly related to the life of the cells. Cells need four things to live and function properly; oxygen, water, nutrition and cleansing. Without oxygen the cells die in three minutes as it is one chemical essential for the cells to create energy.

How much of your day, each day, is spent outdoors? For many the answer will amount to a bunch of minutes added up as we go from one closed space to another. We live in our homes, we get into our cars on our driveways, we drive to more closed locations and at the end of the day, we come back home. Some of us get better with heading outdoors when the warmer temperatures come, but our body needing fresh air is not a seasonal thing, it's a daily requirement.

The air that you breathe in any indoor location is not as fresh as your body needs to remain healthy.

If you stay in a closed in area for a long period of time, you will end up breathing in the same air over and over again. The oxygen content of the air will go down. Fresh air is chemically different than the re-circulated indoor air that most people breathe. Breathing this stale air will not supply your body with enough oxygen to keep your cells functioning properly. If you are breathing in stale air, you may suffer from certain health problems such as dizziness, nausea, headaches, fatigue and exhaustion, irritability, anxiety, depression, frequent fevers, colds, or lung diseases.

So if you're feeling any of the above symptoms, if possible, open a window,

take a short walk outside, and drink a big glass of water. Ventilate your office or house with fresh air frequently! Consider keeping plants in your home and work environment to help improve the air quality. Plants produce oxygen and absorb carbon dioxide from the air. Some plants can even remove toxic pollutants from the air. If you can, sleep with your bedroom window open and endeavour to air your home regularly by opening up all the windows and doors.

In large cities, finding clean and fresh air is not an easy task as the natural freshness of air is destroyed by tobacco smoke, city smog, re-circulating air in buildings, improper ventilation, exhaust, and many other pollutants. Spend time in a park or garden with plenty of trees and plants to enjoy good quality fresh air or, if possible, head to the beach. One of the best ways to receive the benefits of fresh air is to go out into the open air and exercise by walking or gardening. This enables the lungs to expand and be filled with oxygen. Getting outdoors to enjoy fresh air should not be a chore, but a privilege!



Members:
Chiropractor's Association of Australia

BEING GRATEFUL

At times when things aren't going well, it can be extremely difficult to feel grateful.

However, being able to do so can actually enable you to cope better with the situation. Your outlook on life and the thoughts that go through your head can have a significant impact on both your psychological and physical well-being.

There is a complex relationship between thoughts, moods, brain chemistry, and the functioning of other systems in our bodies. This relationship means thoughts can actually trigger physiological changes in our body that affect our mental and physical health. Essentially, what you think affects how you feel (both emotionally and physically). It has been suggested that if you increase your

positive thoughts, like gratitude, you may increase your subjective sense of well-being as well as, possibly, improving objective measures of physical health (like fewer symptoms of illness).

As the study of happiness and emotional well-being gains popularity in psychological and scientific study, there is increasing research on the nature of gratitude, its causes, and its potential consequences for health and mental/emotional well-being. Being grateful allows you to capture the full essence of every moment. It can ease the burden of life while adding a dimension of beauty, and allow you to find contentment even in moments of crisis. Take the time today to reflect on the things you are grateful for and enjoy the positivity it brings to your life.



LADIES, LIGHTEN YOUR LOAD!

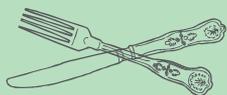
The simple shoulder bag is creating some serious spinal issues.

Your natural posture is disrupted when you carry one, and loading it with heavy items adds to the strain on your spine. This asymmetric load also causes the opposite side to go into spasm to compensate as it attempts to stabilise your spine. The muscle spasm and fatigue then also affects lower down at the base of the spine, forcing all the muscles below the shoulders to work even harder. Not only can it cause a lot of stiffness and eventually soreness in the upper back, the shoulder area and the neck, it's been associated with a decreased curve in the neck, then speeds up degeneration in the spine, and this can cause many ongoing problems.

Whenever possible, carry your handbag in your hand and exchange sides regularly or consider using a bag with a longer strap for cross-body wearing to distribute the weight more evenly. Another great tip is to lighten the load a bit by emptying out all nonessential items. A general rule of thumb is to never carry more than five percent of your body weight. Sometimes it can be months before you realise that you're 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 comfort levels when they make a specific effort to modify their handbag carrying behaviour.

Begin to start avoiding the habitual go-to shoulder – this can be tricky at first but before too long you will have broken the habit. It won't take long and you will be well used to carrying your bag in a more ergonomic and healthy way.



Good Health on the Menu

QUINOA CARROT CAKE

A delicious treat with a quinoa twist - to be enjoyed in moderation!

Cake

- 1 ½ cups self-raising flour
- ¾ cup vegetable oil
- 4 eggs
- 1 teaspoon grated orange zest
- 1 cup brown sugar
- 2 cups grated carrot
- 1/3 cup dried, pitted chopped dates
- 1 teaspoon cinnamon
- 1 cup quinoa (cooked according to packet instructions)
- 1 teaspoon vanilla extract

Icing

- 125g reduced fat cream cheese
- 25g unsalted butter, softened
- 1 teaspoon grated orange zest
- ¾ cup sifted icing sugar



Method

- Preheat oven to 170° Celsius
- Grease a baking tin well
- Add flour, cinnamon, orange zest, sugar, quinoa, carrots and dates in a bowl and combine well
- In a separate bowl, whisk eggs, oil and vanilla essence
- Add the two mixtures together and stir well
- Spoon the batter into the baking tin and bake in oven for 50 – 60 minutes
- Remove from oven and allow to cool
- For icing: beat the cream cheese, butter and orange zest together until smooth. Add icing sugar and beat until well combined
- Spread evenly over cake

Clever CROSSWORD

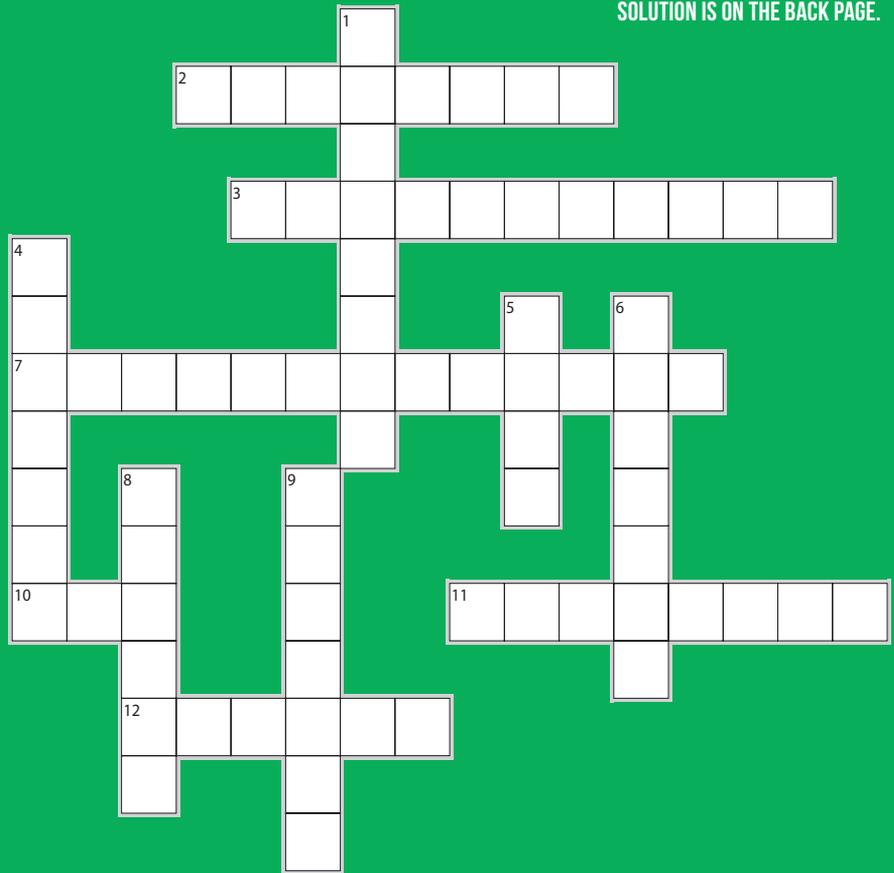
ANSWERS CAN BE FOUND IN THIS EDITION OF YOUR CHIROPRACTOR. SOLUTION IS ON THE BACK PAGE.

Across

2. What kind of thinking is good for our health and wellbeing?
3. Spring cleaning can be _____.
7. Thinking positively can trigger what kind of changes in your body?
10. Sitting slumped for as little as ___ minutes can do some damage.
11. _____ hump.
12. What is one of the four things cells need to live and function?

Down

1. Holding your head _____ above your neck and shoulders is best.
4. _____ is just as important as style when buying a couch.
5. Never carry more than _____ per cent of your body weight.
6. Ladies, what should you be emptying?.
8. Open a _____ and breathe deep!
9. Breathing stale air can lead to what?



THE DAMAGING EFFECTS OF FORWARD HEAD POSTURE

The effects of posture on health are becoming more evident.

Spinal pain, headaches, moodiness, blood pressure, pulse rate and lung capacity are among the many functions most easily influenced by poor posture. Many symptoms, including pain, may be moderated or eliminated simply by improving one's posture.

One of the most common postural problems is Forward Head Posture. Ideally the head should sit directly on the neck and shoulders. Given the weight of the human head is generally between 4.5- 5 kilograms, it's important that this load is distributed appropriately. When your head sits perfectly upon your neck and shoulders, the body naturally adapts to holding this weight. If your head is constantly pulled forward, the weight of your head pulls on your neck and puts pressure on your spine. This additional pressure on your neck, shoulders and back could lead to serious tissue damage.

We have been forced to adapt to having our heads forward of our bodies due to the repetitive use of computers, video games and tablets, and even carrying backpacks has forced the body to adapt to

a forward head posture. 'Text neck' is also a significant contributor of Forward Head Posture. This is the term used to describe the injuries and pain sustained from looking down at mobile phones or other devices for too long. 'Text neck' does not occur only from texting, as looking down to read or work with crafts can also cause this. The symptoms associated with 'text neck' include chronic headaches, upper back pain, shoulder pain, neck pain, and increased curvature of the spine.

Repetitive movements in a certain direction will strengthen nerve and muscle pathways to move that way more readily and cause postural changes over time. When spinal tissues are subjected to a significant load for sustained periods of time, they deform and undergo remodelling changes that could become permanent. One commonly seen deformity is 'Dowager's Hump', often referred to as a 'Back Hump' or 'fatty hump at the back of the neck'. Dowager's Hump is a hump that can form at the base of the neck. It is most commonly caused by having improper posture; more specifically, Forward Head Posture. Over time, the spine adapts to support the new position of the head which results in a more extreme curvature of the spine, leaving a hump.



Forward Head Posture has also been shown to flatten the normal neck curve, resulting in disc compression and damage, and even early arthritis of the spine. It's important to understand that long standing postural problems can cause spine and nerve damage, and that often symptoms will not present early on, but rather after several months or years.

Therefore, monitoring good posture is essential for optimum health. With a little awareness and a chiropractor by your side, you can avoid suffering from damage and degeneration that poor posture can bring. If you are concerned about your posture, or your family's posture, talk to your chiropractor to learn more about what you can do to prevent future posture-related problems.

LOUNGING AROUND

When buying a couch, style and design is important, but finding one that will also help keep your back and spine protected is even more vital.

While your soft, low, modern sofa might look beautiful and feel amazing to sink into, it may actually be bad for your health.

So, what should you look for in the structure of a couch to determine if it is right for your back? The key thing is whether it will support your lower back adequately to prevent you from slouching. Sitting in a slouched position, for as little as 10 minutes can result in increased stretching of the spinal ligaments, muscles and spinal discs as well as inciting muscle spasm. This can lead to micro-damage or strain to these soft tissues without you being aware of it.

And, while we already know that spending too long sitting down is no good for us in the long-term, how we sit can be just as

bad. When you sit on the couch, your knees should bend to a 90° angle and most of your thighs should be supported by the seat.

If you curl up with your knees to one side and your spine curved in an S shape; or you slouch, where you sit so far back that your spine is slumped and your feet barely touch the floor you are creating problems



for your body. Sitting in either position, over time, builds up the pressure on your discs, muscles and ligaments, increasing the chances of back, neck, hip, knee, shoulder and sciatic pain. It can even lead to digestive problems due to slumping during or straight after a meal causing stomach acid to flow upwards, creating inflammation and discomfort.

You don't have to give up style and fashion in order to get a couch that is also great for your back. Just make sure you shop around and select one that not only looks good, but provides the support that your body needs.

SPRING CLEANING

At this time of year, many people are thinking about their annual "spring clean" around the house.

Winter has left its mark and there's a nagging drive to want to freshen things up. Spring cleaning can be surprisingly therapeutic and, before you know it, several hours have gone by. The house looks great and you are feeling pleased with a job well done. It's often not until the next day that you realise there was a price to pay for your cleaning enthusiasm... your back!

Do you suffer from back pain after working on or around the house? It's not uncommon due to the hunched or

awkward positions people often assume for lengthy periods of time while cleaning their home. It's important to pace yourself and take regular breaks. Allow your body and spine to assume a normal upright position and walk around to get some movement through your joints. Where possible kneel rather than bend. This prevents additional stress on your spine and helps the muscles in your lower back to remain relaxed.

Also, although it may be all you want to do, don't sit down immediately after you have finished. You may find when you go to get up again that you are stiff and sore. Ideally, have a gentle ten minute walk and let your body loosen up and wind down after its mammoth effort!



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!

Across: 2. Positive 3. Therapeutic 7. Physiological 10. Ten 11. Dowagers 12. Oxygen

Down: 1. Directly 4. Support 5. Five 6. Handbag 8. Window 9. Fatigue

ANSWERS
CROSSWORD