

FREE!!
TAKE ME HOME



YOUR CHIROPRACTOR



NOVEMBER / DECEMBER 2016

GM SPINAL CLINIC

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CHIROPRACTORS

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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**

END OF YEAR STRESS

Today research is suggesting that up to 80% of all illness is stress related, or, at the very least, illness is exacerbated by stress.

At this time of year, everything becomes busier and stress levels rise. For some, it can be an extremely difficult few months leading up to Christmas. This long-term "stress-response" state can, over time, start to damage all of the body's processes and systems.

Another effect of prolonged stress is muscle tension and contraction. This muscle tension creates uneven pressures on the bony structures of the body, often leading to the misalignment of the spine and irritation to the nervous system. This in turn, has an impact on your body's ability to heal as well as its ongoing response to future stresses. It becomes a vicious cycle as your body struggles to cope and you start to experience poor health.

While stress is a part of life and at times difficult to avoid, if these stresses occur one after another, your body may not have adequate time to recover. While you may not be able to reduce or avoid the stressor, there are several things you can do to help your body cope during extra stressful periods:

Breathe

Spend a few minutes a day focusing on your breathing. This can be done sitting up straight or lying flat. Focus on inhaling through your nose and exhaling out of your mouth to slow and calm your body.

Exercise

Physical activity improves your body's ability to use oxygen and also improves blood flow. Exercise also increases your brain's production of endorphins which help diminish the perception of pain and trigger a positive feeling in the body.

Treat

Sometimes enjoying something really special can really help with how you cope with stress. Plan a weekend away, enjoy a fancy dinner out or book in for some pamper time with a

facial or massage. A little treat along the way can take the sting out of an ongoing period of stress.

Share

Calling a friend or spending some time with people that care about you can relieve feelings of tension and help you find positive solutions. It is comforting to know that others understand your concerns and are there to support you. Remember, a problem shared is a problem halved!

Smile

This is good for both you and the recipient. Smiling sends nerve impulses from the facial muscles to the limbic system in the brain making you feel calm and relaxed. While it can be difficult during a stressful or upsetting period, endeavour to smile wherever possible. If this is a struggle, consider watching a funny movie or thinking about a great holiday or experience you've had.

And don't forget that regular chiropractic care has the potential to play a part in helping manage your stress levels. Reducing the tension in your spine and calming your nervous system can make you feel better physically and mentally, which enables you to function more effectively. Giving your body a little bit of extra TLC and support during stressful times is vital to ensure your ongoing good health.



DISC INJURIES

The spine is not a rigid structure – it is able to bend and twist because there are discs between each of the vertebrae.

Discs have a tough, fibrous outer membrane with a central gel-like core called the nucleus and an extremely strong outer skin called the annulus. These spongy cushions act as both a shock absorber and a shock distributor, and provide flexibility.

The normal, healthy disc is very strong. It is firmly fixed between the vertebrae and held in place by ligaments. The term 'slipped disc' does not really describe the process properly – the disc does not actually slip, but it can bulge or herniate. Over time, the outer fibres of the disc deteriorate due to normal wear and tear. If there is additional loading on the

disc, perhaps due to poor posture or from being overweight, this can cause the nucleus to swell and result in a disc bulge. Should there be further trauma or stress received, the material may push through the outer membrane leading to a disc herniation. The disc material can injure the spinal cord or the nerves that radiate from it and this can cause debilitating pain.

Your chiropractor can assist in detecting underlying cause/s of your back pain and other herniated disc symptoms and develop a care plan to ensure you receive the right treatment for your injuries. Remember, the healing process takes time and varies from person to person, often depending on the severity of the condition. If you suspect that you have a disc injury talk to your chiropractor today about how they can help.



YOUR AMAZING NERVOUS SYSTEM

The nervous system is a complex network of nerves and cells that carry messages to and from the brain and spinal cord to various parts of the body.

There are about a 100 billion nerve cells (or neurons) in your brain alone; and each neuron has about 40,000 separate connections with other neurons within your body. This network of nerves is responsible for absolutely every conscious and subconscious action you do.

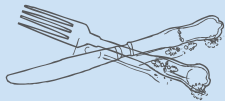
The nervous system includes both the central and peripheral nervous systems. The brain and spinal cord form the control centre known as the Central Nervous System (CNS), where information is evaluated and decisions made. The CNS is also responsible for the higher functions of the nervous system such as language, creativity, expression, emotions, and personality. Although the brain is the control centre, its job would not be possible without the spinal cord, which is the major channel for information travelling between the brain and body.

The Peripheral Nervous System (PNS) consists of a network of nerves that connects the rest of the body to the CNS. There are two divisions of the PNS - the somatic nervous system which involves parts of the body a person can command at will, and the autonomic nervous system, which helps run involuntary functions such as breathing and your heart pumping blood.

The involuntary autonomic nervous system is then made up of the sympathetic and parasympathetic nervous systems, which usually do opposite things in the body. The sympathetic nervous system prepares your body for physical and mental activity. It makes your heart beat faster and stronger, opens your airways so you can breathe more easily, and inhibits digestion. The parasympathetic nervous system is responsible for bodily functions when you are at rest: it stimulates digestion, activates various metabolic processes and helps you to relax.

As you can see, the nervous system is incredibly complex and always busy! It controls every thought, action and process that takes place in your body, whether you're consciously aware of it or not. Chiropractors look for areas in the spine that aren't functioning correctly and are causing interference to the nervous system. This interference has the potential to affect the communication between the brain and the rest of the body which could lead to less than optimal function.

Chiropractic care aims to restore connectivity between your nervous system and your other body systems, allowing them to communicate more effectively.



Good Health on the Menu

EASY RATATOUILLE

This recipe is an easy version of a classic vegetable dish. The eggplant (aubergine) should be firm and glossy. When past their prime they are soft and tend to have a bitter taste. This can be solved by cutting into big chunks and sprinkling with salt. Rinse and pat dry.

Ingredients

- 1 large onion, sliced
- 2 cloves garlic, chopped
- 1 eggplant
- 2 small zucchini
- 1 red capsicum, seeds removed
- 2-3 ripe tomatoes, thickly sliced



Method

- Heat a small amount of olive oil in a large pan.
- Gently fry the onion until it is soft.
- Add the garlic and fry for about one minute.
- Cut eggplant, zucchini and capsicum into large chunks.
- Add to the onion and garlic and press down firmly.
- Top with a generous layer of tomatoes.
- Sprinkle about a tablespoon of olive oil over the top and place in a 150 C oven for two hours.

PUZZLE CORNER

A K R T M Y R U J N I P J Y L Q M B F M P P Z M J N E P L T
 S H A H C O I Z D C O J A Q J Y H C E P N R R X C N R O
 Z Q B T S O P B M H X A I Q J D Y L C E S M X R R V M E S H U S N O I T C
 Y L M L J P N Z H X A I Q J D Y L C E S M X R R V M E S H U S N O I T C
 R I U A L J P N Z H X A I Q J D Y L C E S M X R R V M E S H U S N O I T C
 O E L E K W D E X N E R C I U S M Z H B A L G Z I A S D J L M C O V V D X J X I Y H C
 D C S H J X F J N C W T J Q H B A L G Z I A S D J L M C O V V D X J X I Y H C
 V J L E U I D B C W T J Q H B A L G Z I A S D J L M C O V V D X J X I Y H C
 U K H Z A E V Q N I H I V P I L A C Q U D I A S D J L M C O V V D X J X I Y H C
 G F Q O S R K F C B N V V T O K E Z G A Y N S P D A R R F Q Y S O E Y I H C
 Y H O I C J C A H T I C L E V P G Q N S C H O L Y A N E V E G U Q F T O C X Z
 U E V C U R A C H T I C L E V P G Q N S C H O L Y A N E V E G U Q F T O C X Z
 Y R T H O L L Q V J L E V P G Q N S C H O L Y A N E V E G U Q F T O C X Z
 R N Q X L L Q V J L E V P G Q N S C H O L Y A N E V E G U Q F T O C X Z
 J I H V T R E A N E R R V O S C L A P S U H I M L O Y A N E V E G U Q F T O C X Z
 A A W N P N F N E R R V O S C L A P S U H I M L O Y A N E V E G U Q F T O C X Z
 P T G D Y O Z I V D R E N C C E L P S U H I M L O Y A N E V E G U Q F T O C X Z
 A I A Z E V I L L X M F Z N L O T A Y Z I K H U Q F T O C X Z
 V O Z Y W D L L X M F Z N L O T A Y Z I K H U Q F T O C X Z
 I N F L A M M A T I O N L T A Y Z I K H U Q F T O C X Z

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|--------------|--------------|----------|-----------|
| BACK | HEALING | MOVEMENT | SUMMER |
| CERVICAL | HEALTH | MUSCLE | SYMPTOMS |
| CHIROPRACTOR | HERNIATION | NERVOUS | THORACIC |
| CONNECTIVITY | HYPERTENSION | NEURON | TRAUMA |
| DISCS | INFLAMMATION | RESEARCH | TREATMENT |
| EVIDENCE | INJURY | SPINE | VERTEBRAE |
| EXERCISE | LUMBAR | STRESS | WHIPLASH |

MOVE IT!

The colder months are behind us and summer's warm breath is palpable.

As we move through spring and into summer, we slowly remove the layers of clothing that have kept us warm during the coolness of winter. But what about those other layers we may have put on over winter? The ones that are attached and don't come off as easily as a jumper! It's not unusual to add on a few extra kilos during the colder months as we hunker down into hibernation mode. But now that the sun is out, there's no excuse not to get moving and lose that winter flab.

An under-appreciated primary cause of most chronic conditions is the lack of sufficient daily physical activity (physical inactivity). Overwhelming evidence proves the notion that reductions in daily physical activity is the primary cause of chronic diseases/conditions. Our bodies are designed to move and when we limit the amount of physical exercise we get, we create a number of issues:

Heart Disease

One of the major risk factors for heart disease is inactivity. Because the heart is a muscle, it grows stronger with exercise and is able to pump blood to all parts of the body more effectively. Regular, vigorous exercise carries the most benefit for preventing heart disease, but any amount of exercise compared to none is helpful. Regular exercise also helps keep

arteries flexible, which is vital to ensure good blood pressure.

Muscle Atrophy

Muscle atrophy is the process of your muscles wasting away. Disuse atrophy is caused by not using the muscles enough. When your muscles aren't exercised to their full capacity, they begin to break down which leads you to lose lean muscle mass. Muscle burns fat, so when your body doesn't have much muscle, your metabolism slows, and you begin to gain weight. This type of atrophy can often be reversed with exercise and better nutrition.

Increased Visceral Fat

Visceral fat is deep fat that's stored deep inside your abdomen. It's a form of fat that actually surrounds your heart and other major organs including the liver, pancreas and kidneys. Visceral fat is considered toxic and can cause a multitude of health problems, including heart

disease, gallbladder problems, metabolic syndrome and more. This fat is capable of having a large impact on the body including creating inflammation and also interfering with the body's normal hormonal functions.

The health risks of not partaking in regular exercise and physical activity are hard to ignore. As a general goal, aim for at least 30 minutes of physical activity every day. Increases in daily activity can come from small changes made throughout your day, such as walking or cycling instead of using the car, or getting off a train or bus a stop earlier and walking the rest of the way.

If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with a healthcare professional before starting a new exercise program, especially if you haven't exercised for a long time.



WHIPLASH

Have you ever been rear-ended? It can be quite a shock to your system and leave you feeling scared and shaken. It can also cause significant physical damage.

Whiplash is a neck injury due to forceful, rapid back-and-forth movement of the neck, like the cracking of a whip. The sudden jolt that propels your car forward forces your body along with it, while your head remains suspended in space. In less than a second, your body's forward momentum causes your head to "whip" to catch up, resulting in a traumatic injury to the muscles and ligaments, and placing tremendous force on the bones, joints, and discs of your neck.

However, it's not just car accidents that can cause whiplash. There are many other situations in which a whiplash injury may occur: a bang on the head, a sports injury

or even just a simple trip or fall. Anything that creates a sudden force to the head and neck, or wrenches the body in a way that traumatizes the cervical spine (neck) can potentially result in a whiplash injury.

Often it may take a day or two or sometimes even months for symptoms to appear. Common symptoms associated with whiplash injuries may include headaches, dizziness, neck pain and stiffness, numbness and tingling into the arms, loss of sleep, and anxiety. Secondary symptoms will sometimes develop into the thoracic spine (mid back) and even into the lumbar spine (low back) as the body tries to compensate for the traumatic forces that it has been exposed to.

The standard medical treatment protocol for whiplash of pain killers, anti-inflammatories, and muscle relaxants may give you some temporary relief but these do nothing to address the physical and neurological

damage incurred by whiplash injuries. While the acute pain associated with whiplash can gradually pass after a few weeks as inflammation subsides, the resulting structural damage can last a lifetime, if not corrected promptly.

Chiropractic care after a whiplash accident is a natural healthcare option when you're seeking help to eliminate these problems. Specific chiropractic spinal adjustments will help restore proper motion and position of individual spinal bones and promote healing. If you've been unfortunate enough to suffer a whiplash type injury then don't hesitate to make an appointment to have your spine checked as soon as you can.



TENNIS TROUBLE

While elbow and/or wrist issues are common sporting injuries associated with tennis, the sport can also create or worsen existing back problems.

Lower back pain is very common among tennis players. This is normally due to postural and muscular dysfunction, such as an imbalance between short tight muscles and over-stretched weak muscles. This can lead to instability, overuse, and joint dysfunction in the lower back.

Tennis requires you to perform sudden side to side, and forward and back movements. The forehand and backhand movements involve a large amount of rotation from the trunk which twists the spine. The tennis serve especially tends to cause problems, as it requires hyper-extension of the lower back which can load the joints and compress the discs in the lumbar spine.

So, how can you look after you spine and still enjoy a good game of tennis? As with all sports, strong core body muscles are

essential. Having a strong and flexible back and a good level of fitness can help to reduce injuries from occurring. A program designed to specifically increase core muscle strength can help minimise or prevent lower back injury from tennis. In addition, make sure you always warm up and cool down thoroughly, wear supportive tennis shoes, and regularly see your chiropractor to ensure your spine is in top condition.



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!