

FREE!!
TAKE ME HOME



YOUR CHIROPRACTOR



JANUARY / FEBRUARY 2017

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

TIPS FOR A HEALTHY SUMMER

Summer gives us plenty of chances for outdoor activities and movement. You may be eager to try a new hiking trail or to take up jogging or biking. Plus, don't forget about those projects round the house that need to be finished!

All your extra movement is just another boost for your health. Your body is made to move and actually thrives off it. With more activity there comes an increased risk for new injuries or old injury flare-ups. Remember that chiropractic treatments are a great injury prevention step that you can take. Making sure your joints can move with full range of motion and without pain, will reduce the likelihood of incurring injury but also speed up recovery should an injury occur.

Head out and spend some time with nature - it has its own way of providing healing. Take your shoes off and bury your feet in the sand or in the garden dirt. The earth holds a negative charge and has a grounding effect on your body. It can help to balance the electrical charge throughout your body as being in contact with the ground removes positively charged free radicals. It is these free radicals that can often cause damaging reactions throughout the body.

Remember that your body is an electromagnetic field. Not just cells needing energy. Being around living things, animals, and nature brings calm and balance to the body. Reduced inflammation, better sleep, a stronger immune system and a sense of wellbeing can be just a few of the benefits.

Be sure to stay hydrated! There is no single recommendation for everyone as to the amount of water needed each day to keep hydrated. Individual body needs vary as influence from environmental

conditions, physical activity and metabolism, as well as fluid intake from other sources are all contributing factors to the 'how much water you should consume' calculation. Recommendations endorsed by the National Health and Medical Research Council are that men over the age of 19 require 2.6L of fluid each day, whereas women of the same age require 2.1L per day. Fluid can include plain water but also milk and other drinks. Should you be living or working in an especially hot climate you can expect to need more fluid each day to stay properly hydrated.

Remember the more you move and perspire, the more hydration you will need. Ensuring your body is properly hydrated helps with any treatment you're currently receiving. Fluid movement is important for healing nutrients to get delivered to cells all over your body, and a hydrated body recovers more quickly because there is less fluid stagnation throughout.

Lastly, but by no means least, enjoy summer! Whether it be spending time with family or catching up with friends, the more laughter, smiles and movement we get, the merrier we are!

References
PMID4378297, PMID101286025



PAIN THAT IS ALL TOO COMMON

Pain is one of the most common symptoms in healthcare. Up to three quarters of people experience neck or low back pain at some point in their life. Pain is so common it is often downplayed. However, it is a key sign that something is wrong.

Whether it's a paper-cut or a sprained ankle, pain is produced to start the healing process. Part of that process is inflammation. The hallmark signs of inflammation are redness, heat, swelling, pain, and loss of function. It is important to note that inflammation is a normal response in the body. The inflammation can be broken into an early phase and a resolution phase. When the resolution phase doesn't occur, inflammation and pain can become chronic. Long term inflammation is not normal, so when an injury doesn't heal, pain is prolonged.

After an injury to the spine or local muscles, pain and lack of motion are partially as a result of inflammation. The nerves around the injury become over sensitive which increases pain.

Spinal manipulation alone often works better than pain medication for neck and low back pain by reducing local inflammation. After manipulation, motion and blood flow are restored. The body is then able to reduce the local inflammation that often lingers after

an injury. Once inflammation is reduced, the sensitive nerves calm down and the pain can decrease even further. The nerves become less sensitive by working with the pain receptors in the injured area. Pain receptors "feel" for harmful injuries as they occur. They then let the brain know what's happening so the body can respond as needed. After



increasing blood flow, movement, and decreasing inflammation, the site of injury is back on track to heal.

Strength and stability of the local muscles are critical for healing and prevention of injury. Exercises like the lateral raise, reverse fly, dumbbell shrug, one-arm row, and the upright row, are great exercises to use for neck and mid-back injuries. Good low back exercises include planks, cat/cow stretch, V-ups, rows, and body weight squats. Remember that proper form is critical for all exercises. For the best results work with an experienced trainer.

You may like to also consider other options like massage or acupuncture. These treatments help increase blood flow as well as reduce inflammation and sensitivity of the injured area. A good quality fish oil or turmeric are both well known for their anti-inflammatory benefits. Limiting inflammatory foods can also make a vast difference in pain. Common inflammatory foods include sugar, refined/processed carbohydrates (anything in a box), conventionally raised meats, corn/soybean oils and trans fats. The right diet and supplements can aid in reducing inflammation throughout the entire body.

Regardless of which treatment options you choose, remember you don't have to just put up with the pain. Listen to your body and tell your chiropractor exactly what it's saying to you.

References

PMID22213489, PMID25222385, PMID16396725, PMID14581123

Clever CROSSWORD

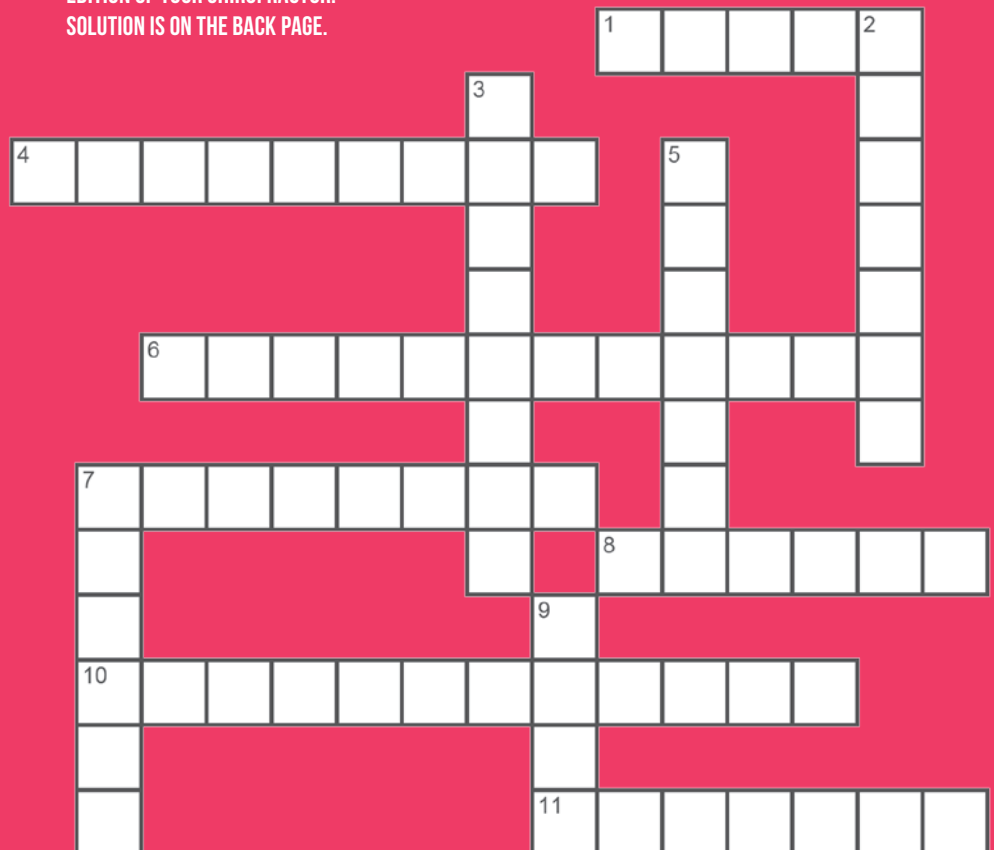
ANSWERS CAN BE FOUND IN THIS EDITION OF YOUR CHIROPRACTOR. SOLUTION IS ON THE BACK PAGE.

ACROSS

1. It is one of the longest nerves in the body.
4. The more you move and perspire, the more you will need this.
6. The signs of this are redness, heat, swelling, pain, and loss of function.
7. This position puts the hips into a position of long term flexion.
8. This nerve passes through the wrist bones to the hand.
10. Motion and blood flow are restored after this.
11. This system plays a major role in your health.

DOWN

2. It puts more pressure on your spine, compared to standing.
3. Hydrates the discs in your spine and keeps blood flowing to provide nutrients.
5. It is valuable for our health and quality of life.
7. It gives us plenty of chances for outdoor activities and movement.
9. It is a key sign that something is wrong.



PROLONGED SITTING AND YOUR HEALTH

The negative impact of a sedentary lifestyle has become well known throughout the world. Movement has become more important for longevity in a world that sits more.

Sitting puts more pressure on your spine, compared to standing. A high percentage of people with back pain report sitting for long hours or have a sedentary lifestyle. Movement hydrates the discs in your spine and keeps blood flowing to provide nutrients. That means quicker recovery and prevention of injury all together.

Long hours of sitting increases the risk of disc and spinal injuries, particularly in the low back. With more injuries and abnormal posture, spinal degeneration begins earlier in life.

When people sit they often end up in a slumped posture. A slumped posture compresses the stomach and intestines. This decreases the

body's ability to digest and absorb nutrients. Over time, core strength can be lost.

Slumping also puts the hips into a position of long term flexion. In this position the psoas muscles, which connect the lumbar vertebrae to the femur, tighten, gluteal (buttock) muscles become weak, and hips lose their range of motion.

In the elderly population these physical consequences increase the likelihood of a fall. Falls for the elderly increase the risk of death in the following three months by five to eight times! Beside the fact that more falls equals more fractures resulting in decreased quality of life thereafter.

If you're sitting anywhere for a prolonged time, get up and move every 30 minutes.

Data from the 2016 UK Women's Cohort study suggests that even fidgeting is more beneficial than no movement at all. A gentle 10-minute movement routine can prevent any blood flow damage which can occur

with three or more hours of sitting. Loss of blood flow by just 1% can increase an adult's risk of heart disease by 13%.

Movement is life. Your ability to move can reduce the development of some of the most common spinal injuries and chronic diseases known in our world.

References

PMID26484885, PMID27532610, PMID26416340, PMID26370881



WHAT SHOULD I TELL MY CHIROPRACTOR?

To devise a correct treatment plan that addresses the pain and discomfort you may be experiencing, your chiropractor needs to know all your symptoms, and any changes in those symptoms as your treatment progresses.

Even if you feel they aren't related to your condition, you need to make sure you let your chiropractor know they exist. Your lifestyle is also a key consideration, so make sure you are completely honest. If you use tobacco, alcohol or illicit drugs, tell your chiropractor. This information is held in strict confidence and will only help to guide your doctor in determining the most appropriate treatment plan.

When asked about your symptoms the more information you can provide, the more helpful it is. Try and be as specific as possible by describing to your chiropractor:

- When your symptoms started
- What they feel like
- How they are affecting your life
- What makes them better and worse.

There are a so many causes for spine and joint pain. The most common are biomechanical: an injured joint that doesn't function correctly, however serious diseases of the heart, stomach organs and blood vessels can also result in spine and leg or arm pain.

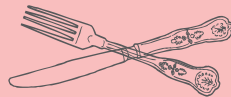
Any self-treatments you are undergoing, such as vitamins, supplements or over the counter medicines need to be noted to ensure they are taken into consideration throughout your treatment. Should you start receiving other

treatment from a medical doctor, therapist or other health-care provider it is important to let your chiropractor know at the beginning of your visit.

Any change, positive or negative, in your condition may impact your health. If you feel you're not progressing as fast as you expected, let your chiropractor know. Optimising your recovery quickly and safely may also require

an adjustment of a different kind; to your treatment plan!

Your chiropractor takes into consideration all the information you provide when preparing a tailored treatment plan, addressing the matters and concerns you have raised. If you don't provide all the information possible, you may impede your chiropractor's ability to offer a treatment plan of comprehensive care.



Good Health on the Menu

VEGETARIAN RICE PAPER ROLLS

Try this deliciously fresh, low GI snack that's perfect for summer entertaining.

Ingredients

- 80g Vermicelli rice noodles
- 1 carrot, finely grated
- 1 cucumber, finely sliced
- ½ red capsicum, finely sliced
- 1 cup shredded Chinese cabbage
- Coriander leaves – whole
- Mint leaves – whole
- Rice paper wrappers



Method

- Place Vermicelli rice noodles in a bowl of boiling water for 5 minutes or until soft.
 - Drain noodles, and cut them into shorter lengths – approximately one third of their original size.
 - Place noodles, vegetables and herbs in a bowl and toss to combine.
 - Place 1 sheet of rice paper in warm water until it softens.
 - Place softened sheet of rice paper on a board.
 - Spoon 1/3 cup of vegetable filling horizontally across the lower part of the sheet.
 - Fold the bottom end of the sheet over, followed by the sides, then roll up tightly.
 - Repeat for remaining sheets and mixture.
- For extra flavour, serve with a small bowl of reduced salt soy sauce for dipping.

YOUR EMOTIONS AND THE VAGUS NERVE

As you know, the nervous system plays a major role in your health. Did you know that it can influence your emotions?

The vagus nerve is a cranial nerve that extends from the brain to many of the internal organs. It is one of the longest nerves in the body. The central nervous system (brain, spinal cord) and the enteric nervous system (gastrointestinal tract) are connected via the vagus nerve. The enteric nervous system controls the stomach and intestines.

This dense nervous system in the gut is often called the body's second brain. Most of its job is to receive information from the internal organs and deliver it back to the brain. This is how emotions can be felt as gut-wrenching or "butterflies in the stomach" when nervous.

The bacteria in your gut even send information to the brain via the vagus nerve!



When short term stress occurs the body enters fight or flight mode. Fight or flight is critical for survival, however when stress becomes chronic it starts to hurt your health. Elevation of stress hormones also negatively impacts your brain.

Areas of the brain connecting to the vagus nerve are responsible for processing emotions. Vagus nerve stimulation has been found to decrease the brain's reaction to stress. This is the primary way the nerve can work to reduce anxiety, depression, and seizures.

The cervical spine, muscles, tissues, and joints protect the vagus nerve. This area also contains a high number of sensory receptors.

QUALITY OF LIFE ACCORDING TO POSTURE

Bones, ligaments and muscles make up the body's structure. It's the frame.

It protects our vital organs and gives us the ability to move. Quality of life is directly related to our ability to move. If our bodies don't move well, it tells us that there may be something wrong with the structure. One good way to tell if there is a structural problem is by looking at posture.

Our posture can be influenced by a number of things – trauma from accidents, falls, or injuries. More common is the slow change which happens because of daily life.

A lot of our work, home and life environments require us to work out in front of us. Cell phones, computers, long hours sitting, driving, etc., often have us bending our necks, arms, and shoulders forward. When the head becomes positioned out in front of the body it's called forward head posture. It doesn't seem like too big of a deal since most people have some degree of forward head posture (FHP).

FHP is often a factor for people who develop neck pain. Not only is neck pain one of the most costly structural issues, it often causes other significant concerns. FHP also leads to weak muscles on the front of the neck. Other muscles in the neck try to take over for support and become overworked. At this point FHP often continues to worsen with a likelihood for headaches, reduced range of motion and more pain. Even social factors from the pain to appearance can start to negatively impact life.

Quality of life at that point is often reduced. In addition to all this, even breathing can become compromised. As FHP progresses, muscles important for breathing also become weak. The ability for the lungs to breath is reduced. Impeding the ability for the body to breath then influences the entire body because of less oxygen circulating.

At this point it's obvious that posture is valuable for our health and quality of life. Your awareness of looking down less often and raising screens up to eye level can make a difference. Manipulation and basic supportive exercises can prevent worsening FHP, neck pain, breathing ability, and quality of life.

Reference
PMID: 19187335

ABOUT OUR REFERENCES

The National Center for Biotechnology Information (NCBI) provides a search function across 39 databases, offering a digital index of biomedical literature as well as life sciences journals, and online books. Each piece of literature is assigned a Unique Identifier (UID) pertinent to its primary database.

Where appropriate, articles throughout this publication provide references to relevant literature, in the form of an assigned UID, to acknowledge source/s and to give validity to information contained within the articles.

Further information on these sources can be gained by utilising the search function on the National Center for Biotechnology Information's website, <https://www.ncbi.nlm.nih.gov/gquery/> entering the UID.

It is these receptors that send information to the brain that come from outside the body. Everything like pain, temperature, pressure, vibration, in fact all physical sensations are felt because of these receptors.

One of the ways spinal manipulation affects the body and the nervous system is through these receptors. Stimulation of this area by touch, manipulation, heat, ice and other therapies activates these receptors and directly influences the vagus nerve. It is because of this influence that we understand it is one reason why some chiropractic patients report a change in anxiety and depression during treatment.

References
PMID27743550, PMID27559632.

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: 1. Vagus 4. Hydration 6. Inflammation 7. Slumping 8. Median
Down: 2. Sitting 3. Movement 5. Posture 7. Summer 9. Pain
10. Manipulation 11. Nervous

CROSSWORD ANSWERS