

## Gift Vouchers Available

Stuck for a gift idea?

Everyone loves a massage!

Gift vouchers are available.

Half Hour \$50

Full Hour \$80

90mins \$105

## SATURDAYS

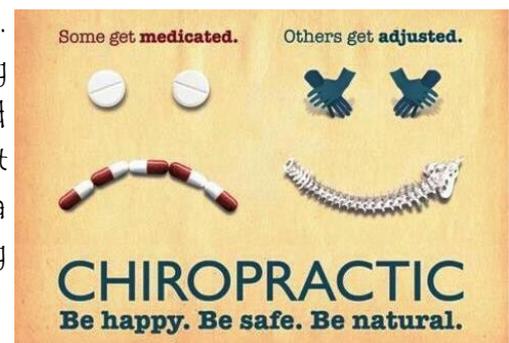
Remember that Chiropractic Helps is now open every second Saturday morning from 8:30am – 11:30am for Chiropractic only. We look forward to caring for you soon.

# chiropractic HELPS

Issue 11 - July 2012

## WINTER BLUES...

Some of you may have noticed that Winter has well and truly hit! With Winter comes coughs, colds and flu and we are already noticing a distinct increase in the number of people getting sick this year compared to previous years. The Influenza Specialist Group have also noted a sharp spike in the number and severity of flu cases this year with worse expected to come. However, all is not lost!! There are a few simple things you can do to help improve your immune system to fight off the winter colds and flu. ♦Be conscientious with the foods you eat. Have lots of fresh fruit and vegetables particularly those rich in vitamin C and zinc such as oranges, kiwi fruit, capsicum and broccoli. ♦We also have Metagenics MetaZinc with Vitamin C and AndroNK to boost your immune system. ♦Keep moving – even on those cold mornings when your warm bed seems like the better option! Regular exercise will keep you fit and strong. ♦Last but not least, get adjusted. Those of you who have been receiving regular care have reported fewer colds and a reduction in the length of time that you are unwell if you do get sick. Get a great start to great health and well being and make a time for yourself today.



## CLINIC HOURS AND AVAILABILITY

	Dr Luisa	Dr Mat	Mal
Mon	am pm	am pm	
Tue	am	pm	am pm
Wed	pm	pm	am pm
Thu	am pm	am pm	am pm
Fri		am	
Sat*	am	am	

\* NB Once a fortnight

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You may recall from our last newsletter that Dr Mat and Dr Lu were entered in Tough Mudder on the 31<sup>st</sup> of March this year and were training hard. For those who didn't hear about it, Tough Mudder is a 20.1km military style obstacle course that was run down at Philip Island. The Melbourne running of this event attracted the largest number of entrants/ crazy folk of anywhere in the world so far with 23,000 entrants over the weekend! We are very happy to say that Mat, Lu and their team all completed the course successfully in about four hours, albeit shivering and covered from head to toe in mud. They endured mud, ice baths, mud, 10' high walls, mud, fire, electricity, 5m leaps into icy water and did we mention mud? Dr Mat also managed to break a rib at around the 10km mark while scaling a 10' wall but still soldiered on in the true Tough Mudder spirit. To finish the event was enormously satisfying and it was great fun to boot, although in future we think it would be better completed without any broken bones!

# Dr. Phil Does it Regularly...

Breaking news! Dr. Phil's March 14, 2012 show featured Dr. Phil's personal Chiropractors, Dr. Fabrizio Mancini and Dr. Patrick DeFazio. In the episode, Dr. Phil explained why he gets regular Chiropractic checks and adjustments for overall better health. Dr. Phil openly endorsed Chiropractic for lifetime wellness care, not just back pain. Dr. Phil stated "You did not treat my back, you treated ME." Dr. Phil shared that Chiropractic has helped him and his wife mentally, physically and spiritually and spoke about Chiropractic being a natural, holistic way to keep overall wellbeing. Dr. Fabrizio was Dr. Phil's Chiropractor in Texas for 4 years before Dr. Phil moved to Beverly Hills, Dr. Fabrizio recommended he continue his Chiropractic care with Dr. Patrick DeFazio who Dr. Phil has now been going to regularly for 10 years. \*Excerpt taken from THE CHIROPRACTIC JOURNAL

This follows on from President Barack Obama's glowing endorsement of Chiropractic care where he stated, "Chiropractic care is low cost, drug free, non-invasive and has been shown to have a positive impact on patients' health. I have a plan to support doctors of Chiropractic. My health plan also prioritizes preventative care, and Chiropractors play a significant role in this effort. As we shift our health care delivery system towards a culture of wellness and disease prevention, I believe that Chiropractors must play an integral role in expanding access to preventative care and strengthening our public health system."



## MEDITATION CAN CHANGE YOUR BRAIN

Scientists have known for years that people who meditate have different brain structures from the rest of us. What hasn't been proven until now is that it's actually the meditation that affects our grey matter. This landmark study, published in "Psychiatry Research: Neuroimaging" earlier this year, has shown that not only is there a direct connection, but that meditation can change our brains for the better in just eight weeks – even if you have never done it before. US researchers measured the brains of 16 people who had never meditated before, and then did so again after the group had completed an eight-week meditation program. During that time, the group spent an average of 27 minutes a day practising mindfulness meditation, a particular style of meditation which focuses on non-judgmental awareness of sensations, feelings and states of mind.

After the program, tests done on the group found there was increased grey-matter density in the hippocampus (the area of the brain associated with learning and memory), and in other brain structures associated with self-awareness, compassion and introspection. There was also a reduction in size of the amygdala, the part of the brain which controls anxiety and stress. In other words, the silent practice of meditation changes the structure of our brains, boosting the areas that help us focus, remember things and be self-aware, while reducing the areas that can make us feel anxious and stressed. Talk to Dr Mat or Dr Lu about some simple meditation techniques.

## BEGINNERS YOGA

The second semester of yoga has just commenced under the expert guidance of our Yoga teacher, Sarah Hammond. This semester however we have added a Beginners Yoga class on Tuesday evenings. The beginners course runs over eight weeks with each week adding a different yoga technique, postures to suit your individual body type, and meditation technique. If you have any health conditions or are concerned about an injury and not sure if Yoga is for you then please feel free to ask Sarah, Dr Mat or Dr Lu. All classes are pre and post natal safe. Classes run for 75 to 90 minutes on Monday, Tuesday, and Thursday evenings at 6:45pm. If you are interested please let us know ASAP as spaces are limited.

*The greatest compliment you can give your chiropractor is a referral!*