

chiropractic HELPS

Issue 11 - November 2012

HAPPY HOLIDAYS...

It's been an up and down ride this year from the highs of training for and completing Tough Mudder to the lows of broken bones and motorbike accidents. However it's all experience and we are grateful for it. As a wise man once said, "Experience is not what happens to you; it's what you do with what happens to you." It's the silly season again and most of us will be asking ourselves "Where has the year gone?!" We start off each year with the best of intentions but did we fulfil our resolutions? Most of us think about getting fit and healthy. Is it time to make a promise to yourself to treat yourself better in 2013? You have only one body which you need to look after, otherwise where are you going to live? It couldn't be simpler to do. Eat when you are hungry. Rest when you are tired. Get adjusted regularly. Try to create a more balanced lifestyle and make sure you are in great working order to enjoy it all! That will be our aim in 2013 for Chiropractic Helps. Thank you all for another wonderful year. We hope the New Year brings good health, prosperity and much happiness and success to you all!



Christmas Holiday Hours

We know that for many people December becomes madness in the lead up to Christmas so for your convenience we will be working every Saturday morning during December until the 22nd when we close for Christmas. We are then open Thursday 27th and Saturday 29th before we close until Wednesday 16th of January.

We return to full normal trading hours January 21st. If you are wanting to make or change appointments whilst we are away, please leave a message on our answering machine or you can email us on: admin@chiropractichelps.com.au.

For emergency care please call the clinic for further instruction. Out of hours call-outs will include a \$100 call-out fee if a visit is required.

Quality Assurance for X-rays

As of June, Chiropractic Helps achieved full accreditation by Quality In Practice against the Diagnostic Imaging Standards for practices. This is quite a rigorous process to ensure excellence in x-ray taking and diagnosis and as a QIP accredited practice our clients can be assured that you are:

- delivered safe, high quality care,
- safe equipment is used,
- client records are kept private and secure,
- our practice is committed to ongoing staff education and training,
- your rights and needs as a client are respected, and
- regular improvements are made in the services we offer you



Gift Vouchers Available

Stuck for a Christmas
gift idea?

Everyone loves a
massage!

Gift vouchers are
available.

Half Hour \$50

Full Hour \$80

90mins \$105

FACEBOOK

Please visit our Facebook page and LIKE us for health tips and handy information as well as updates and pics about things we are doing in the clinic like new yoga semesters and Movember!

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

Ph: 9855 1422

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admin@chiropractichelps.com.au

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



Headaches... A pain in the neck

Chiropractic: an effective approach to headache treatment. Almost everyone has had a headache of some description sometime in their life. It might have been a migraine that you've had most of your life or it might have been self-inflicted from enjoying life a little too much. By far the most common type of headache however is a cervicogenic headache. These headaches originate from joint dysfunction or muscle stiffness usually in the upper neck but can also be from the upper thoracic spine. Other causes may include eye strain, sinus congestion, whiplash injury, stress, poor posture, and jaw imbalance and teeth grinding.

How can your chiropractor help?

- improve your general mobility
- improve the mobility of your cervical and thoracic spine
- reduce muscular tension, nerve compression and inflammation
- improve blood supply
- advise on posture, exercise and stretching to help prevent a recurrence of symptoms
- advise on improving the ergonomics of your home or workplace.

Chiropractors, as primary health care practitioners, are trained to differentiate between headaches with common causes and those due to more serious causes. You should always seek advice from a health professional, including a chiropractor, if you get a headache after a head trauma and/or the headache is getting worse.

You should also seek professional advice if the headache is accompanied by fever, nausea or vomiting, bleeding or fluid draining from the nose or ears, dizziness, blurred vision, speech difficulties, numbness, tingling or paralysis.

If you get regular headaches, try keeping a headache diary

Headaches can range from tension-type headaches through to debilitating migraines. If you experience headaches regularly, keeping a headache diary can help your chiropractor or GP identify these triggers and ultimately help avoid them. A headache diary allows you to record important details about your headaches such as symptoms, frequency, quality of pain and other factors which may be contributing to their onset. Bring your headache diary along to your appointment with your chiropractor to discuss with them.



Something fishy is going on here.....

Most people are aware that fish oils have been shown to have good anti-inflammatory properties as well as benefits for the heart, brain, mood and cholesterol levels. One question we are consistently asked about though is which brand is better? The considerations here are; where does the oil come from, how pure is it, how potent is it and how old is it? If one brand is selling 500 fish oil tablets for the same price that another can only sell 50, do you think the quality is the same or some compromises have been made along the way? As practitioners we only stock the highest quality products that are backed by continuous research and development. Metagenics source their fish oil from the most appropriate fish using sustainable and eco-friendly practices and have the highest levels of purity and lowest levels of impurities such as heavy metals and pesticides, far surpassing the Australian and International Standards. As an experiment try getting one of your regular fish oil capsules and cutting it open. Don't be too surprised if the contents are rancid because the oil inside could be well past its use-by date even if the capsules aren't. Metagenics use techniques such as nitrogen flushing to ensure that what you get as a product is the same as what left the factory without any degradation or spoiling. Due to their superior processing, Metagenics also have higher concentrations which only serve to improve value to you. So next time you are shopping for fish oil, have a think about what you're really paying for... Pretty packaging and flashy advertising with an average product, or practitioner only quality in the plain bottle.

MOVEMBER AND THE MOE'S OF ANARCHY!

Movember is once again upon us and as usual Dr Mat and Mal are doing their best to grow mo's and raise money and awareness for men's health with a focus on prostate cancer and depression. This year they have changed their team name, gone are the So-So Mo's, they are now Moe's of Anarchy! The boys would dearly love to surpass last year's total of \$1864. Help join the fight against prostate cancer and donate to the Moe's of Anarchy! You can check out the "mo" progress on our Facebook page - Chiropractic Helps, and don't forget to hit the like button! Donations can be made to the team online or at the clinic on your next visit. Every little bit helps! Donation website: <http://au.movember.com/team/488981>

