

chiropractic HELPS

Issue 16 - March 2014

2014, YEAR OF THE PILLOW!

You've had another restless nights sleep. Tossing and turning, unable to get comfortable and you've woken up with a stiff, sore neck or worse, a headache. What to do? A good pillow should provide support for your head and neck by keeping your spine well supported and in good alignment, which allows healing to occur, muscles to relax, toxins to be flushed away and all this while you get some restful sleep!

We often get asked "How often should I change my pillow?" Well it all depends. If you are an allergy sufferer you may consider changing your pillow every 12 months. Pillows collect skin flakes, body oils, perspiration and drool over time which can in turn attract dust mites, bacteria, mould, and mildew; all of which are common allergens. This can all add up to make one unhealthy pillow.

If allergies don't apply to you then you may simply consider whether your pillow still provides good support. If you are a sleep sweater then the perspiration will break down the internal structure of the pillow over time and it will lose it's ability to support your head and neck correctly. It may still look fine but if you give a squeeze there will be very little resistance.

If you are a side sleeper then your pillow should provide enough support to have your head and neck in a straight line with the rest of your spine while laying on your side. If you are a back sleeper then it should provide enough support to cradle your head and neck, maintaining the curve of the neck. An old pillow may not be as supportive causing an improper neck alignment which can have an effect on your entire spine. This may result in the obvious neck pain and headaches but also low back and leg pain. So unless you perspire or drool a lot you should consider changing a good quality pillow every 18 months to two years.

Whilst you get fitted for clothing and shoes, most people don't consider getting fitted for a pillow and this is something we are always available to assist you with.

Purchasing a good quality pillow that is right for you can make a world of difference to your quality of sleep, reducing aches and pains, reducing snoring, improving moods, and aiding in general good health! Sweet dreams! ☺



NEURO-EMOTIONAL TECHNIQUE FEES

As many of you are aware NET requires an advanced amount of training and is a specialty that very few chiropractors are trained in. The way Dr Luisa chooses to practice NET requires an extended time and after much deliberation and encouragement from patients, we have decided to alter the fees for NET sessions.

For the past six years NET sessions have been charged at the regular treatment rate despite taking up more time and being a specialty. From April 1st NET sessions requiring longer than a regular appointment time (i.e. clearing more than one item) will be charged at \$65. We thank you for your understanding.

Gift Vouchers Available

Stuck for a gift idea?

Everyone loves a
massage!

Gift vouchers are
available.

Half Hour \$55

Full Hour \$85

90mins \$110

3 THINGS TO MAKE YOUR DAY HEALTHIER

DRINK 1 MORE GLASS OF WATER
TAKE THE STAIRS
EAT SOMETHING GREEN

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	am	
Sat*	am	am	

* NB Once a fortnight

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

WORLD'S GREATEST SHAVE AND MOVEMBER!



Dr Mat and Mal are once again participating in the World's Greatest Shave raising money for cancer awareness and leukaemia research. This is a cause that is close to our hearts and unfortunately it is an all too familiar story as many of us know someone that has been affected by cancer or have had cancer yourselves. Last year Dr Mat and Mal raised over \$1000 and hope to beat that this year. Donations can be made at the clinic or online at <http://my.leukaemiafoundation.org.au/nudenoggins>. Dig deep and donate!

In Movember news, Dr Mat, Mal and the Moe's of Anarchy raised over \$2000 for their magnificent mo efforts during Movember. This brings their grand total of Movember donations for the last five years to \$13,000!!

HEAVY BACKPACKS = A PAIN IN THE CLASS!

School is back and for some kids it is quite literally a pain! A quick look around at drop-off or pick-up time will reveal bulging, heavy, backpacks carrying all manner of items to and from school and many kids with backpacks slung over one shoulder or sagging low, weighing the child down on one side. There are some easy ways that you can help your child have a more comfortable day at school and help prevent future back problems though.

The first step is choosing a sturdy backpack which comfortably fits your child, with broad, padded shoulder straps that are adjusted so the entire backpack sits against their back, not sagging down low or to one side. The backpack should be no wider than the child's chest and should ideally be no heavier than 10% of a child's weight when packed. Bigger is not always better when it comes to backpack size as the larger it is the more the child will put in it! Backpacks with compartments are preferable as they help position the contents in a balanced manner. You can also help your child by showing them how to pack their backpacks correctly, the heaviest items should be at the base of the bag and closest to the spine.

Heavier backpacks cause children to bend forward in an attempt to support the weight on their back, rather than on the shoulders by the straps. The backpack should never hang lower than the hollow of the back. A backpack that hangs too low increases the weight on the shoulders causing children to lean forward when walking. Ensure your child wears both shoulder straps. Carrying the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck muscle spasms and low back pain.



YOGA WITH ANNA... DOLPHIN POSE

Dolphin Pose is a fantastic pose for strengthening arms, shoulders, buttocks and backs of legs. It also strengthens the core muscles, opens the shoulders and stretches the hamstrings, calves and foot arches while energizing the body and mind. It is also a great preparation for the upper body for the more advanced headstand poses.

- Kneel on the floor with knees, ankles and big toes together.
- Place forearms on the floor in front, shoulder-width apart, with upper arms vertical to the floor. Interlock fingers to form a tripod on the floor.
- Keeping arms in position, curl toes under, raise knees from the floor, straighten legs, and lift hips high.
- Press forearms actively into floor. Hold head off the floor between upper arms with neck long. Hold this position for 5 breaths.
- Inhale and rock body forward to bring chin in front of hands. Keep legs straight and hips lifted high.
- Exhale and push body back to start position. Rock back and forth 8-12 times.
- Relax into Child's Pose.

Remember our Yoga classes are on Monday and Thursday at 6:45pm and are taught by the wonderful Anna Quest. Class sizes are always kept small and are suited to beginners through to advanced. For more information visit our website www.chiropractichelps.com.au and click on the Yoga button or pick up an information brochure when you are next in for your adjustment. Bookings are essential.

