

# chiropractic HELPS

Issue 17 - July 2014

## LATEST NEWS...

Roses are red.  
Violets are blue.  
The Helps' are knocked up.  
And guess what??....  
THERE'S TWO!!!



That's right! Anyone who has been in recently may have noticed Dr Luisa looking a little larger, this would be because we are expecting twins which are due in early October. At present Dr Luisa is working Tues-Fri and every second Saturday but she will be slowly reducing her hours until eventually going on maternity leave in August. During this time Dr Mat will be caring for Dr Luisa's patients and there will also be a locum during peak periods to ensure we don't have too much of a backlog. Rest assured Dr Luisa will give them both a run down of any special requirements you may have to ensure that you still receive the same excellent standard of care you are used to. Once the twins arrive Dr Mat will be taking two weeks off during which time our locum will be working part-time and of course Mal will still be available. We ask that during this time you please be patient if we aren't at reception or take a little longer to return phone calls but will do our best. At present Dr Luisa is aiming to return part-time in February 2015.

In other news, Chiropractic Helps issues only 3 newsletters per year, so if you would like to stay up to date with clinic news, all you have to do it like us on Facebook! Posts may include interesting research/articles, a thought for the day, special events in the clinic such as Movember or even Dr Mat adjusting baby kangaroo Lucy; who initially couldn't stand or hop and giving her a chance at rehabilitation!! And if we're in a generous mood, massage giveaways!! Stay tuned...



### Missed Appointment Fees for Massage

We hate to have to grumble but as many of you know, Mal is a very busy man and it can sometimes be a couple of weeks before you can get an evening appointment as they are snapped up quickly, often disappointing patients wanting a massage. However, over recent months we have had many last minute cancellations not allowing us enough time to fill those appointments again and wasting an hour of Mal's valuable time. We require 24 hours notice for cancellations or 50% of the scheduled fee will be charged. If you need a SMS reminder for your appointment please notify us when you next make your appointment. However please note; the SMS is a courtesy reminder of an appointment you should know you already have. Not reading or not receiving the SMS is not reason enough for a late cancellation. If you have any queries please feel free to chat with us when you are next in.

## Gift Vouchers Available

Stuck for a gift idea?  
Everyone loves a  
massage!  
Gift vouchers are  
available.  
Half Hour \$55  
Full Hour \$85  
90mins \$110

**TO EXERCISE OR  
NOT TO  
EXERCISE,  
WHAT A STUPID  
QUESTION.**

### 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!*

## PROBIOTICS – CHOOSING THE RIGHT PRODUCT FOR THE BEST RESULT

Probiotics are essential for good health. Probiotics may help:

- maintain a healthy immune function particularly during pregnancy
- restore gut flora balance after antibiotic use
- relieve symptoms of intestinal pain and inflammation in medically diagnosed IBS
- prevent illness or recurring illnesses

However not just any probiotic will do. It's not the genus and the species of the probiotic that is important but the strain. It is essential to customise according to the probiotic strain to get the best result.

For those suffering with IBS, IBD, Crohn's disease, Coeliac disease or any other inflammatory disease then Probex is the product for you! Probex may reduce digestive inflammation and pain, aid digestion and research shows it may reduce IBS symptoms in up to 95% of cases. \*Reference available on request

For athletes who simply get sick all the time, disrupting your training or people in high stress jobs then Ultra Flora Immune is best. This product will restore and maintain a healthy gut flora. This strain of probiotic is more acid and bile resistant compared to the other probiotics.

Ultra Flora Restore is perfect for those wanting to restore balance after taking a course of antibiotics and to maintain a normal healthy gastrointestinal system. This is also important for women in the first and second trimester to boost the immune system and prevent illness. Prevention is best as being pregnant significantly restricts medicines you may have in treating illness such as a cold or flu. In the third trimester it is important to also start thinking about your baby's digestive health and it is recommended to switch to Ultra Flora LGG to help prevent atopic conditions such as eczema and asthma. Ultra Flora LGG is also great for those who suffer with allergic conditions.

For more severe gastrointestinal symptoms such as candida, leaky gut syndrome, traveller's diarrhoea and reactions from antibiotic use (diarrhoea), Ultra Flora SB Dysbiosis will help reduce the frequency and relieve diarrhoea while re-establishing a healthy gut flora.

Which probiotic is the right product for you? Dairy free options for some products are available.



### A QUEST FOR YOGA

Our fantastic Yoga teacher Anna has just published her own book titled 'A Quest For Yoga'. It is a fantastic full colour book about yoga, it's practice, purposes and poses for the reader. It is available from the front desk for \$15 and is a great read for yourself or makes a perfect gift for someone else. Also note the new yoga semester begins on Monday 14th July, Mon and Thursday nights at 6:45pm. Bookings are essential.

### YOGA WITH ANNA... DOLPHIN POSE

This Yoga pose is a 'Reverse Plank' known in Sanskrit as Purvattanasana.

- Start seated on your buttocks, legs straight out in front of you.
- Press the base of your big toes into each other and then point the toes and roll the feet into each other. Do the same with the rest of your legs.
- Lean back until the sacrum starts to touch the floor.
- Place the hands in alignment with the chest, suck in the belly, and take the shoulders in by trying to place the elbows together.
- Inhale deeply and then lift from the pelvic floor muscles and move up and forward, feeling the whole of your core becoming engaged. Assure that your body is as straight as you can get it, slightly sloped.
- Slowly bring your head to be aligned with the rest of your spine.
- Stay in the pose for 5 deep breaths in and 5 full breaths out.
- Gently exhale out of the posture, shake out the wrists and then gently hug your knees to your heart.

Well done. Namaste Anna Quest

