

chiropractic HELPS

Issue 19 - May 2015

HAPPY 7TH BIRTHDAY TO US!

Whew! We know we'd normally have already had a newsletter AND our birthday postcards go out by this time but we're finding we're just a little bit busy these days so we thought we'd combine them to catch up! Our boys, Oliver and Remy, are now seven months old and growing fast! They're almost crawling and they've started teething which has led to more than a few nights of disturbed sleep for everyone.

It's also that time of year again where we take the time to thank our patients for the opportunity to look after you and your family's health and wellbeing. As a token of our appreciation and to celebrate our seventh year in business here we have some fabulous offers you may wish to take advantage of.

For our birthday week – May 25th to May 31st:

1 hour massage only \$75 (not available as gift certificate)

20% off all pillows purchased or ordered

Complimentary half hour massage for any friends or family members referred for chiropractic care. It's our birthday but you get all the presents!



Gift Vouchers Available

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

CONTACT DETAILS

Please remember to let us know if you change your address, phone or mobile number or email address. It helps us contact you if the need arises.

CLINIC HOURS AND AVAILABILITY

	Dr Luisa	Dr Mat	Mal
Mon	am pm	am pm	
Tue	am	pm	am pm
Wed		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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Kew 3101
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WINTER IS COMING...

Prevention is always better than cure. This winter get ahead of the curve and give yourself the best chance of avoiding coughs and colds from taking hold by supplementing with Zinc and Vitamin C now available at the clinic. If you do happen to catch a cold then Zinc and Vitamin C will also help reduce the severity and duration of the cold, whilst zinc also aids in boosting the immune system. Could this be the first winter you don't catch a cold?

Many people aren't aware of the many tasks Zinc is a major part of in your body. It is a major contributor to immune function, essential for growth and repair of tissues, hormone production and regulation and reproductive function and yet 66% of men and 83% of women are deficient in it! So how do you tell if you're lacking in zinc? Fortunately the test is very simple and only takes about 10 seconds. Next time you're in just ask us to take the Zinc Tally Test and see how your body is doing. If the test shows you are zinc deficient then we have several options to choose from to supplement your zinc levels and get you back to where you should be. Zinc is not something that needs to be taken all the time, only when you are deficient. Stress, poor diet and infection all drain the body's zinc levels very quickly as well as diets high in bread and pasta which can block zinc absorption. We are offering the test for free to all patients of the clinic to help you stay healthy this winter!

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

YOGA WITH ANNA

This month let's have a look at Inversions in Yoga and their many health benefits. Yoga inversions are poses that hold your heart higher than your head and in some postures your feet higher than your head. All inverted poses, being upside down, for one thing give rise to a change in perspective, literally; and of course many other health benefits. When we are in an inversion it has been said that we may help to benefit the cardiovascular, lymphatic, endocrine and nervous systems.

CARDIOVASCULAR: Going upside down helps to prompt a surge of fresh blood to your heart, which then allows for a more 'productive' circulation. Inversions are also said to help improve lung tissue quality. When we are standing up most of the day this causes the lower lung tissue to saturate with blood, but when we are in an inverted posture this helps to ventilate the upper lungs helping to infiltrate more oxygen to blood exchange which may help encourage healthier tissue.

LYMPHATIC: According to "Yoga Journal" the lymphatic system is a closed pressure system with one-way valves that keeps lymph moving to the heart. This system is responsible for waste removal, immune-system response and fluid balance. When we bring our body into an inversion posture this helps to stimulate your lymphatic system and may help strengthen it.

ENDOCRINE: The endocrine system is responsible for hormone distribution. Inversion postures, such as headstands, are usually suggested for women during peri menopausal & menopausal ages. It is believed that the pose may help to balance thyroid & parathyroid glands, which help regulate metabolism. It is also said that most inverted poses may help to balance the pituitary gland, our master gland, which helps endorse a positive state of well-being.

NERVOUS SYSTEM: Inversions may also help to encourage cerebrospinal fluid, or CSF, which is the 'nectar' of the central nervous system that flows from the brain to the spinal cord. In headstand, the top of the skull experiences pressure that may help endorse elasticity in the cranial bones, therefore increasing the production of CSF to the ventricles of the brain.

BACK RELIEF: Practicing inversions may also help benefit the spinal discs, strengthen your ligaments and soft tissues and help to relieve muscle spasms; because while in an inversion it is a natural way of counteracting the pull of gravity. Years of gravity's pull and spinal compression may often result in back problems for people.

Get into the habit of going upside down. I've had many practitioners tell me that they are sleeping better, feeling more relaxed, that their focus has sharpened and that their complexion is a lot more radiant, with an added glow to it. Also, practicing inversions challenges us to go upside down, something we do not do often or at all and so gives us the confidence to take on bigger things in everyday life because we are learning to say 'I can' rather than 'I can't!'

Anna Quest *Resources: Yoga Journal Magazine Australia, Hatha Yoga Pradapika

MAL & MASSAGE

Mal will be on leave from mid-September until the last week of October. As this is a significant amount of time we are in the process of finding a locum remedial massage therapist to look after you while Mal is away with a view to possibly keeping this person on on the days that Mal currently does not work. This would mean that massage would be available on Mondays, Fridays and possibly Saturday mornings.

