

chiropractic HELPS

Issue 20 - August 2015

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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If you are reading this then you are most likely one of our patients and already on the right track with insight into what we are about to discuss. Since Spinal Health Week in May, the media has been picking up on just how much of a burden to society back and neck pain are and how we, as chiropractors, can help with it.

More and more Australians are experiencing disabling low back pain, neck pain and headaches. This may limit their ability to work and lead an active, healthy life. Our increasingly sedentary lifestyle has a significant impact on our postural fitness putting increased pressure through our spine which may cause low back pain, neck pain and headaches, and is one of the leading causes of lost productivity in the workplace.

According to the World Health Organisation, low back pain ranks as the second most common problem in Australasia and seventh in the world in their latest Global Burden of Disease study. Chiropractic care has become an increasingly common and effective treatment for such conditions without the need for drugs or surgery. A recent study by the University of Sydney has also shown that paracetamol is useless for acute low back pain (pain under six weeks duration) and only has minimal benefit for osteoarthritic pain. Chiropractic, together with adopting healthy habits, can improve postural fitness and overall spinal health thereby reducing pain and headaches, lowering the risk of injury and increasing productivity.

In other news... The boys are growing up fast, teeth coming through, crawling everywhere, standing up holding on to furniture and trying their best to eat our remote controls! One major (pleasant!) change is that they are both now sleeping through the night! If anyone is having trouble with a non-sleeping baby or toddler we cannot recommend Gabrielle Russell from Sleep Rescue highly enough! Gabrielle has appeared on the 7pm Project, Sunrise, and The Morning Show. We were both reaching critical burnout stage from lack of sleep, not to mention the boys were grumpy as well. For anyone wondering, twins rarely wake at the same time, they always play tag team! Gabrielle was recommended to us and in only one night the boys started sleeping for 10-12 hours a night! Now we get great sleep, they get great sleep and we have noticed a definite jump in their development as soon as they started sleeping better as well. <http://sleeprescue.com/>

This issue we are also trying out a new section where we highlight some of the wonderful things that our amazing patients do. This issue is by Joanne Wandel who writes a blog about Haemochromatosis as well as general lifestyle and wellbeing tips. Enjoy!



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

PRACTICING YOGA WITH PRINCIPLES

It is always important to listen to your body. This is the most important principle. There is a potent principle in yoga called 'Ahimsa' which means 'Non-Violence' to yourself and to all other living sentient beings. This also refers to your body, and one such example is honouring your body throughout the asana practice each time you do Yoga. Be very aware of how your body feels as you practice the asanas. Go only as far as you can without straining or overstretching. You should never force your body into any pose. Gently stretch the boundaries of your limitations. There will always be someone stronger or more flexible than you, yoga is not about competition. Our bodies are all designed in a different way, sometimes our skeletal structure won't allow certain extensions, or our muscles are too tight to stretch as far as the person next to you...yoga is not about this, yoga is a sacred individual practice and we all benefit from it in different ways...if the person next to you is able to stretch way beyond your limitations it could be that you are able to hold a pose longer than them. Yoga demonstrates that we each have our own individual capacities different from one another.

Come out of the pose when you need to. Don't strain. If you feel any sharp twinges or pain during asanas, this means you've gone too far. Be sure to come out of the pose gently, but immediately and rest. If you feel too weak or shaky in a pose, come out of it. Never bounce in and out of a pose, yoga is about focus and concentration and we come in and out of a pose with ease, focus and poise. Gradually you will build up your strength and stamina and be able to hold the pose longer. Another potent principle in yoga is 'Santosa' which means 'being totally content with what you have and where you are at this very moment'. Remember, be patient; it takes time and regular practice to get the most benefit out of doing yoga asanas.

Yoga is not just about fitness. It is much more than fitness. In over an hour, you will have worked your mind, body and spirit. Yoga not only enables you to get strong and more flexible, but it will also teach you about mind focus and concentration, on how to become in tune with the rise and fall of your breathing and importantly it will teach you to be mindful and to honour your whole being and all that exists around you. Yoga means Union. This means bringing your mind, body and spirit in union and becoming aware that we are all connected with the whole of existence to enjoy a life of well-being. Namaste.

Anna Quest



HAEMOCHROMATOSIS: JOANNE WANDEL

Haemo What? Haemochromatosis of course! Would you be surprised to learn that almost one in 200 Australians live with this genetic disease every day? I certainly wasn't when I was diagnosed with haemochromatosis (iron overload disorder) almost a decade ago. Hi, I'm Joanne and I write about my daily experiences living with haemochromatosis at *Iron-ic Wellbeing*, a health and wellness blog through which I share nutritious low iron recipes, wellbeing tips and educational advice to inspire others to take responsibility for their disease. Here's what I've learnt about haemochromatosis.

What is it? Haemochromatosis is an inherited disease that causes the body to absorb more iron from food than necessary, resulting in a build-up of iron in our organs. Just like too little iron can lead to anaemia, too much iron in the body can also cause serious health conditions if not treated.

Why Is This Important? Iron is an essential mineral for the optimal function of our body, however when our bodies store too much iron it causes oxidative stress on our organs which can be irreversible. We all know that eventually iron will rust, and our bodies are no different, with iron depositing in our heart, liver and joints if left unchecked. Over time, iron overload in our bodies can cause permanent organ damage, disease and in some cases can be fatal.

What Are The Symptoms? Haemochromatosis presents as a variety of symptoms and can vary from person to person. Some of the many and varied symptoms of this disease include;

- Fatigue, weakness and lack of energy
- Abdominal pain and swelling
- Impaired memory
- Arthritis and joint pain
- Adrenal gland damage
- Skin "bronzing"
- Loss of libido
- Hypothyroidism

If you suspect you have any of the above symptoms, please make an appointment to see your doctor as the disease can be diagnosed with a simple genetic blood test.

Want to Know More? It's important to be as educated as possible about any disease we may have and how it behaves. More information on haemochromatosis can be found on the [Haemochromatosis Australia](http://www.haemochromatosis.org.au) website at www.haemochromatosis.org.au. Come along to a free information session on Tuesday 11 August 2015 at 6pm in Docklands, where guest speaker Associate Professor Amanda Nicoll, Director of Gastroenterology & Hepatology at Eastern Health will speak about haemochromatosis. For more details and to RSVP visit www.ha.org.au or call 1300 019 028.

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