

Gift Ideas

Stuck for a gift idea? We have gift vouchers available and everyone loves a massage!

Half Hour \$55

Full Hour \$88

Hour & Half \$110

We also stock lupin seed heat packs which make a great gift for loved ones



Facebook

Please visit our Facebook page and LIKE us for health tips and handy information, updates and pics about things we are doing in the clinic like new yoga terms and Movember and the occasional give-away!

CLINIC HOURS AND AVAILABILITY

	Dr Luisa	Dr Mat	Mal	Elly
Mon	am pm	am pm		am pm
Tue	am	pm	am pm	
Wed		pm	am pm	
Thu	am pm	am pm	am pm	
Fri		am		am
Sat*	am	am		

* NB Once a fortnight

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chiropractic HELPS

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DIGITAL TIMES...

Welcome to the first fully digital issue of our newsletter! Unfortunately due to the large price increases by Australia Post it has become too expensive for us to do the large mail-outs we were doing. We know it was nice to receive something in your letterbox that wasn't a bill. On the plus side for us, we don't have to stuff hundreds and hundreds of envelopes and stick labels on all of them! ☺ Easter is fast approaching and this will be the first one where the boys might be looking to enjoy some Easter eggs! They are 18 months old now and keeping us fit chasing them around and constantly getting them down from things they are climbing like coffee tables, entertainment units, shelves etc! Sometimes we think it might have been easier to name them "Get Down!" and "Uh uh!" Did you know that we were interviewed and featured in the December issue of Boroondara Life produced by Boroondara Council? We have been a part of the local community for almost a decade and it was nice to have council take an interest in what we do and who we are. We also shared the link on our Facebook page so if you haven't hit the like button yet, jump online and do so to keep up to date with what's happening with your favourite chiropractors and massage therapists! We also try to provide some interesting, health-related articles every now and again. Here is what they had to say...

BOROONDARA LIFE



WHAT'S ON IN THE 'HOOD MEET THE LOCALS SHADES OF BOROONDARA VISIT US



WHERE: 9/4-14 Walpole Street, Kew

The Essence: A holistic chiropractic clinic for the whole family – including the dog.

The Facts:

Husband and wife Mathew and Luisa Helps have both been chiropractors for over 13 years, and had always dreamt of running their own clinic. So almost eight years ago, they did exactly that, and established Chiropractic Helps. Their approach to chiropractic is more holistic than many other practitioners – rather than just focusing on the spine, they treat people from top to toe. It's more about lifestyle and wellbeing, explains Mathew, and that includes nutritional and dietary advice as well. Luisa specialises in the Neuro Emotional Technique of chiropractic, which involves aligning the conscious and subconscious minds and is effective for depression and anxiety.

Their business has expanded over the years, and now they also run yoga classes, and have two qualified remedial massage therapists on staff as well. They've recently renovated the clinic so it's more client-focused, and the clientele is a healthy mix of locals and families, as well as a number of professional athletes and sports players, including AFL, rugby and soccer players. They also offer chiropractic adjustments for dogs as well. Just like humans, canine companions can also suffer from spinal problems and arthritis. So they really do cater for the whole family. In fact, every second Saturday when the clinic is open, it's pretty much a day where they see whole families, which is exactly what Chiropractic is all about.

Visit the [website](#) for more information.



Massage News

After quite a few hold-ups out of our control, Elly is now claimable via TYRO for all health funds! Elly is a qualified remedial therapist who also has a background in relaxation and sports massage. She has looked after patients with sports injuries, training for marathons and those just wanting to indulge for a little time out! Elly is available Mondays and Fridays and Mal is still available Tuesday to Thursday.

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

For our special guest article this issue we have asked our patients and good friends, Hilary Davis and Kristy Plumridge from “Friends Gather Round”, to write a piece about coping and thriving in such a hectic world and they have also been kind enough to also offer a free wellness assessment!

Thriving in a Modern World

Do you ever feel like sometimes you just can't fit everything in?

Deadlines, work, family, friends, exercise, bills, shopping, cooking... It can be difficult to keep your head above water, let alone actually help yourself to thrive.

However the ability to thrive and achieve wellness, regardless of whatever your particular circumstances are, can be the differentiating factor in your health, happiness, and life satisfaction. This idea of “wellness” is thrown around in the media liberally, without regard to research and theory. What does it really mean?

Wellness is a dynamic state that changes constantly depending upon what is happening in your life. Conceptualised in various wellness models, the base notion is that wellness is NOT simply the absence of disease (i.e. you're either “sick” or “not sick”), but instead is a connection of different but interdependent life dimensions that go beyond physical health. For example, your social connections, emotional health, food, exercise and occupational satisfaction impact your level of wellbeing.

HOW TO THRIVE:

Nourish your body with real food. Eat real food and avoid chemically laden, processed food. You literally are what you eat. The food you consume becomes the building blocks for your cells, and the ramifications of eating real food are far-reaching in supporting your body and mind. For example, your skin, hair, muscle, immune system, bone density, gut health, nervous system, mental health, mood, and the list goes on.

Manage stress. This is a big one. Humans are still stuck in their prehistoric bodies and have not yet evolved to manage chronic stress. Many of us are in constant fight or flight mode, which creates a complex cascade of physiological responses that can lead to issues including cardiovascular disease, weight gain, diabetes, anxiety, depression, and an impaired immune response.

Move your body. Find what works for you and feels right. This should be fun and energising, and should not feel like punishment.

Nurture your sense of self. Actively exercise self-compassion, show kindness to others, and exercise gratitude. These tools have been proven to build your emotional resilience and wellbeing.

Communicate and engage. Create connection with those around you. Peers, friends and family play an important role in your happiness, self-worth and life satisfaction.

The implications of this approach are far-reaching. The choice to look after yourself and feel happier and more fulfilled creates a ripple effect that directly impacts those around you.

Yes, life is busy, and absolutely everyone has their burdens. Yet to thrive in our modern world you have to understand how your lifestyle is affecting you, and learn new ways of managing its impact. Then ultimately you can grasp life with both hands and live deliberately.

HOW WELL ARE YOU THRIVING? Book your FREE personal 45-minute wellness assessment online at www.friendsgatherround.com

Hilary Davis and Kristy Plumridge are both certified Health Coaches with the International Association of Health Coaches (IHAC) and are currently completing a Graduate Diploma of Wellness at RMIT University. They also graduated from the Institute of Integrative Nutrition in New York in 2013. On top of this they are busy mothers, wives, and friends.

