

## YOGA UPDATE

Yoga has enjoyed three successful semesters so far this year. The last semester for the year will be a shortened one running until Dec 2nd. Yoga will then resume in February. Semester fees include provision of mats and blankets. Classes run at 6:30pm on Thursday nights. Call to book as places are limited.

## November

Mat and Mal are once again growing mo's to support Movember and research into prostate cancer and depression. Last year we raised over \$1200 and would like to beat that total this year! Donations can be made at the clinic or to our team, the "So So Mo's" online at: <http://au.movember.com/mospace/41013/>

## 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	

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# chiropractic HELPS

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## IT'S THE SILLY SEASON AGAIN!

The holiday season is upon us once more and most of us can't wait for the year to end only to start afresh with new goals and new ideas. The most common New Year's resolution is to get fit, strong and healthy. It's a goal chosen by most of us for various reasons - to look good, feel better, have more energy for ourselves or to keep up with the kids - all great reasons! However before you hit the gym or take on personal training you need to ensure your body is up to the task to ensure you get the best results and to prevent injury. Chiropractic is a great way to ensure that your body is functioning at its optimum as well as addressing any aches and pains that have had you put off starting your health kick. Back pain, hip, knee and ankle pain and headaches, just to name a few ailments, can all be helped with Chiropractic care. So start today! Ensure good health and well being by taking on a wholistic view. Achieving your new year's resolution can be easy with Chiropractic Helps! Put yourself first and make an appointment today. 😊

## Merry Christmas!

It's hard to believe that another year has gone and Christmas is fast approaching! Chiropractic Helps is grateful to have been able to help you achieve good health and well being for another year and will continue to provide the best care possible for each and everyone of you. We hope that you all have a safe and happy Christmas with your loved ones and that the New Year brings much joy and success.



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

## WHAT IS WELLNESS?

In 1958, the World Health Organization defined health as, "a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." Many of us who practice natural health care would take it one step further and define "wellness" as the balance of mind, body and soul, not merely the absence of disease. Given these two definitions, where do you stand in terms of wellness? Are you balanced in these three areas? Are you living up to your true potential, optimized in every area of your life to be the best "you"? Remember the famous quote of Eubie Blake on his 100th birthday, "If I'd known I was going to live this long, I'd have taken better care of myself." It's never too late to start to embrace the lifestyle and behaviours of someone who is striving for wellness in their lives.

- **Eat right** – Fast foods, sugar, soft drinks and chips just don't cut it in a wellness model. Fresh fruits and vegetables, fish, low fat lean meats, whole grains – these are the types of food that promote healthy eating habits. Watch alcohol intake as this can certainly become an unhealthy element in today's stressful times.
- **Exercise right** – Regular exercise promotes a healthy cardiovascular system, increases your metabolism to burn calories, prevents unhealthy weight gain, builds strong bones, muscles, joints and ligaments and boosts your immune system. The combination of proper nutrition and exercise goes a long way in helping to avoid obesity, which is reaching epidemic levels worldwide.
- **Sleep right** – Burning the midnight oil, working to excess, sleeping "on the run," working second and third shifts – these do not lend themselves to proper sleeping habits. Your body needs sleep to shut down and recharge. The average adult needs 7–8 hours of sleep each night to restore the body so it can function optimally the next day.
- **Live right** – Be kind and compassionate to others, develop a strong set of moral principles and live by them, regardless of what others do, discover your life's purpose through meditation, live as if each day were your last, connect with others and the universe, nurture your spirituality through reading and learning, help others who are less fortunate.

You only have one body and it's never too late to get on track to true wellness. It is only in this state that you can reach your full potential.



## Holiday Hours!!

Chiropractic Helps will operate under reduced hours over the Christmas and New Year period. We will close for Christmas on Thursday December 23rd. The clinic will then re-open on Wednesday 29th and Thursday 30th of December before closing until Tuesday the 18th of January 2011. Outside of the listed days Dr Mathew and Dr Luisa will be providing emergency services only. You can reach us by calling the clinic on 9855 1422 and following the instructions.

Emergency callouts will incur an out of hours fee.

## Health Insurance

**Most health insurance funds re-start their benefit limits again in the new calendar year. Make sure you get the most out of your benefits for the year by coming in for a check-up or book a massage! Don't forget to check yours!**



## Massage Hours

Please note that Mal's hours have changed. He will no longer be working Friday mornings but will be working all day Thursday for your convenience as evening appointments were often booked out.

## Gift Vouchers Available

Stuck for Christmas gift ideas?

Everyone loves a massage!

Gift vouchers are available for half

Or full hour massages.

Half Hour \$45 Full Hour \$75