

chiropractic HELPS

Issue 7 - February 2011

How are your 2011 goals going?

How fast the time goes! It just seems like yesterday we had Christmas and already we are into February with March just around the corner. So, two months into 2011, how are you goals holding up? Some of you swore this would be the year to get fit, get strong, lose weight, and eat healthily... Are you sticking to your plan? Are you achieving your goals or have you started to slip? What kind of excuses have you come up with not to achieve those goals?

- My back is sore, I won't go for that walk today
- I'm too old to start now, my joints won't like it
- I've stuffed it up so far so what's the point in persisting?
- I've had a long day at work, I'm too tired

Chiropractic Helps can help you get back on track and achieve your goals. Chiropractic is effective in relieving the aches and pains which prevent us from living a full and rich life by helping to restore normal function, increasing strength and flexibility and most importantly relieving pain so that you can start living life to its fullest! Live life like you imagined... and let us help! ☺



Relaxation Techniques

All of us have been told to relax at some point... but have you been told HOW to do it? Being able to consciously relax sounds simple but many people find it does take some practice to be able to do properly. If you are tense, stressed or worrying about day to day things then you will find it hard to fall asleep and when you do, your sleep will not be as restful as it should be. This exercise can also be used as a preparation for meditation. For this exercise you should be resting somewhere comfortable. If you are tense, too hot, too cold, or uncomfortable, it will be difficult to focus on the exercise as we need to relax all the muscles in the body.

Firstly you need to lie down on your back with your legs straight and your arms by your side. Throughout the exercise breathe slightly deeper than normal, in through the nose and out through the mouth, at a slow, steady pace. Let all the thoughts and worries go from your mind and focus only on your breathing and the exercise at hand.

Starting at your feet, progress through each muscle, tensing and relaxing, slowly working your way up your entire body, one area at a time. Start at the feet, then calves, thighs, buttocks, abdominal and back muscles, hands, forearms, shoulders, chest, neck and finally your face. Pay particular attention to the face once you get to it as there can be little areas of tension that are easily overlooked, so make sure you relax them all. There is no real time frame for doing this however you must go through each muscle methodically to ensure it is completely relaxed. If it helps, visualize each muscle as you contract and relax it. Once you have been through each area of your body, repeat the procedure once more to ensure there are no areas of tension that you have missed and aim to be totally relaxed. By this time you should be ready for a restful nights sleep, free from the stress of the day or alternatively you can begin your meditation by perhaps visualizing a tranquil scene in your mind like a forest or a beach and just spend some time in quiet contemplation.

YOGA UPDATE

Yoga has started up once again under the expert guidance of our new teacher, Angela Harding. Miranda will be missed as she has decided to return to her studies, but may return at a later date. Semester fees include provision of mats and blankets. Classes run at 6:30pm on Thursday nights and a daytime class may be added soon. Call to book as places are limited.

World's Greatest Shave!

Mat and Mal are once again shaving it all off in aid of leukaemia research. Last time they raised over \$1300 and would love to beat that total this year! All donations are greatly appreciated and can be made at the clinic or online to our team, the "Nude Noggins" online at: <http://my.leukaemiafoundation.org.au/TeamPage.aspx?teamID=52269>

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

FROM THE MOUTH OF MAL...

We're well into the New Year already. The holidays are over and the kids are back at school. It's time to get back into shape, tighten up the midriff and lose a bit of weight with some good old fashioned exercise. It's all systems go, the plan has been made, and the schedules organised. By the end of the month, you'll be back to where you were before the holidays kicked in. No sooner are you out on the road, the oval or the gym, giving it your all, working up a good sweat, chest burning like crazy, when out of the blue your Achilles tendon seizes, your knees give in or your back has you crawling on the ground.

This is a scenario that plays out time and time again and in particular amongst people verging on their mid 30's easing their way to 40. The reality is, your body doesn't bounce back as well as it did when you were younger and a lapse in regular exercise can impact dramatically on your fitness levels. On average it only takes about 2 weeks to start losing fitness.

One of the main issues with regaining fitness is your ability to recover from a training session. The quicker you are able to recover the better your next training session will be and the sooner you will regain your old form. Massage can play an important role in helping you achieve this goal. When you begin to exercise there are a number of things that may occur; cramp, muscle burn, strained breathing

These are signs that your body is giving you to slow down a little because there may be added weight to adjust to, the particular muscles you are using are unaccustomed to that choice of exercise, or insufficient oxygen is getting to the working muscle to sustain an activity.

Massage helps condition your muscles so that you are able to exercise with more efficiency. The effects of clearing out adhesions and knots from muscle fibres as well as decongesting pathways for blood to provide oxygen, nutrients and the removal of waste, enable you to recover from a work out much faster than you would normally do so and as a result, help you minimise the risk of injury.

As you age, maintaining fitness is not only important to you, but also to those around you and having some help along the way, be it through Chiropractic, yoga or massage would not be amiss.

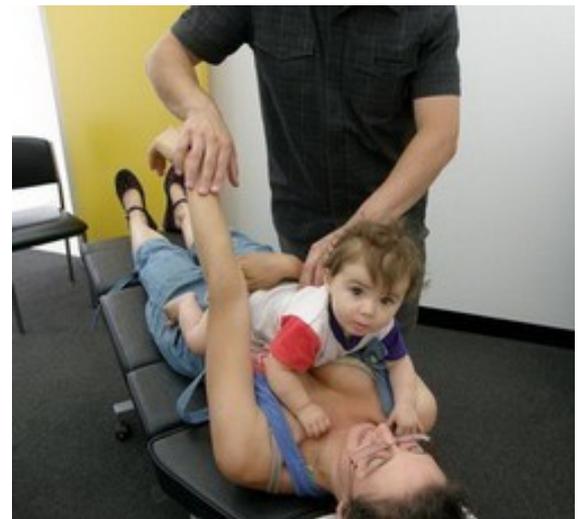


BABY TALK

Dr Mat and Dr Lu have been looking after a lot of mums to be of late and we are commonly asked questions regarding paediatric care and when babies should be checked. The birthing process is traumatic for a newborn at the best of times and this is further amplified by the use of forceps, vacuum etc on a delicate newborn spine. According to the late Chiropractic paediatric specialist Larry Webster, there are six times in a baby's first year of life when chiropractic examinations are especially important:

- After the birthing process
- When the baby starts to hold his/her head up
- When the baby sits up
- When the baby starts to crawl
- When the baby starts to stand
- When the baby starts to walk

Chiropractic can also be of assistance in babies with colic, constipation, restlessness or trouble turning their heads (usually noticed as not feeding well on one side). Many parents even stop by on their way home from the hospital to have their child checked. We adjust your baby using the lightest possible pressure because that is all that is needed to correct a misalignment or a structural defect in such a tiny person. Drs Mat and Lu have over eight years experience in caring for children (including their own nieces and nephew) and are happy to answer any of your questions. Give your baby the best possible start to have a healthy life.



Health Insurance

Most health insurance funds re-start their benefit limits again in the new calendar year. If you had run out of benefits towards the end of the year and were perhaps putting off having a check-up or a massage, NOW is the time to come in and get the most out of your benefits!

Gift Vouchers
Available
Stuck for a gift idea?
Everyone loves a
massage!
Gift vouchers are
available.
Half Hour \$45
Full Hour \$75
90Minutes \$100