

Gift Vouchers Available

Stuck for a gift idea?
Everyone loves a
massage!

Gift vouchers are
available.

Half Hour \$45

Full Hour \$75

90mins \$100

World's Greatest Shave!

Mat and Mal would like to thank all of the people who donated so generously to this year's World's Greatest Shave. Thanks to those donations we raised over \$2000 towards Leukaemia research!

Winter has well and truly arrived. There are a few simple things you can do to help improve your immune system to fight off the winter colds and flu. Be conscientious with the foods you eat. Have lots of fresh fruit and vegetables particularly those rich in vitamin C such as oranges, kiwi fruit, capsicum and broccoli. Keep moving – even on those cold mornings when your warm bed seems like the better option! Regular exercise will keep you fit and strong. And last but not least, get adjusted. Those of you who have been receiving regular care have reported fewer colds and a reduction in the length of time that you are unwell if you do get sick. Get a great start to great health and well being and make a time for yourself today.



YOGA THURSDAYS @ 6:30PM

Looking for a great yoga class close
to home?

Yoga at Chiropractic Helps is a combination of Hatha and Ashtanga Yoga with a short meditation included. Yoga runs in ten week terms and there are a few places still available for the next term that begins July 7th. To enhance your experience we keep the class size small so that you may have individual attention whatever your skill level. This class is suitable for beginners to advanced. The term costs \$170 with everything provided. Casual attendance is possible but subject to availability.

FAREWELL & BEST WISHES

Sally and Trish are leaving the Chiropractic Helps team as they are each going back to school to further their studies. They have been a pleasure to work with and we wish them every success for their future endeavours.



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	
Sat*	am	am	

* NB One Saturday per month

Ph: 9855 1422

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admin@chiropractichelps.com.au

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

HOW TO GO ABOUT BUYING A GREAT BED...

Buying a bed can be a daunting task, how do you choose the right mattress from the hundreds available? These guidelines should take away the stress of where to start and what to look for and let you get on with the important business of sleeping!

- The first thing you should do is to determine the comfort level required for you and your partner. This will alleviate the need to lie on about 60% of the beds on the retailer's floor.
- Don't be fooled into thinking you need a rock hard bed. A hard bed will generally be just that; very firm fillings and not much of them. Your mattress should be soft enough to conform to the curvy parts of the body so as to reduce pressure points on the body extremities such as the hips and elbows. Pressure points can cause a shortage of blood circulation and this will mean a restless, disturbed and uncomfortable sleep.
- You should also avoid a mattress that is too soft and offers no support, allowing the spine to sag. The spine should be straight from head to toe when laying on your side. The optimum choice for your mattress is the surface that conforms to the body shape while ensuring that the underlying spring system delivers straight spinal alignment.
- Beware of cheap, inferior slat bases or old bases with poor support as they can void the warranty by causing the mattress, and the people sleeping on it, to dip downwards.
- Always lie on beds in the store for at least 15 minutes, lying both on your side and on your back, with your partner. It is no good sitting on the edge and bouncing up and down to determine if a bed will be comfortable to sleep on. Don't be embarrassed, the retailer expects you to try them. Only you know if the bed is comfortable so you must select carefully.
- Don't be fooled that beds are expensive. A \$2000 bed only works out at 55 cents per night over 10 years usage. That's half the cost of your daily paper or 20% of your morning coffee and it's for 7-8 hours per night! Don't compromise when it comes to the health and wellbeing a great nights sleep can deliver.
- Your pillow is also very important for providing correct spinal alignment, so make sure you don't keep a saggy, old pillow with your nice, new bed. A selection of Chiropractic contoured pillows are available at the practice and Drs Mat and Luisa can assess you and advise which pillow is most appropriate for you.

As an added bonus for current patients, talk to Dr Mat or Dr Luisa when you are next in for an adjustment about how to get great savings on your next mattress through the Chiropractic Association of Australia approved partner, Sleepys.

FEE INCREASE

We hope that you are enjoying all the benefits Chiropractic Helps has to offer. After keeping our fees at the same rate for the last two years, and due to rising costs, it has become necessary to make a small increase. The fee increase will be effective as of September 1st and still keeps us below the metropolitan average for Chiropractic and massage services. Fees are as follows:

CHIROPRACTIC

Initial Consult: \$80 (remains the same)

Concession: \$70

Standard Consult: \$50

Concession: \$40

MASSAGE

30 minutes: \$50

60 minutes: \$80

90 minutes: \$105

Chiropractic Helps will continue to deliver the high quality of care you have become accustomed to.