

## YOGA UPDATE

Yoga has enjoyed two successful semesters so far this year. The current semester finishes mid-July but a new 10-week semester will be beginning on August 19th until October 21st. Cost is \$150 for the whole semester, mats and blankets are provided. Classes run at 6:30pm on Thursday nights. Call to book a place as there are only a few left.

## Wrist Pockets

The FLY ACTIVE wrist pocket is ideal to zip up your key and loose change while running, walking the dog or at the gym. Secure and comfortable on your wrist. Ideal for men, women and kids to store just about anything – office security pass or hotel key, gym card or locker key, asthma pump, lollies for diabetics, loose change or credit card and still wipe away sweat! Inside is an emergency ID tag – great for safety and peace of mind. Four colours available.

A great gift idea for family and friends. Just \$10!

## 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	PM - Over flow
Fri	am	am	am

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# chiropractic HELPS

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## AVOID THOSE WINTER BLUES!



Winter is here and aside from bringing wet, cold, and foggy mornings it also brings colds, flu, coughs, blocked sinuses and runny noses. Chiropractic Helps offers you a two pronged attack to help dodge the Winter blues!

Firstly by having your body performing at its optimum, you give your immune system the best chance to fight off infections. We see year after year (and in ourselves) that regular Chiropractic patients suffer from less illnesses than the general population by virtue of their body performing at its peak and being able to fight off these infections. Come in for your adjustment and give your body the best chance to fight those infections!

However, if you do end up catching whatever is going around or whatever the kids bring home from school, we also offer a complete range of natural and scientifically tested products from Metagenics to assist with easing and combating dry coughs, productive coughs, allergies and now sinus trouble. NASOCLEAR is the latest product from Metagenics and offers the sinus clearing properties of a saline nasal spray (the same as Fess) combined with the natural immune boosting and sinus clearing properties of eucalyptus, thyme, lavender and peppermint to fight the cause of the infection. Products available now. Remember, even if you're already sick, we're still happy to see you and give your body a hand getting you back to health.



## Cause or Effect

Many of us have been misled into thinking pain is a problem. Headache? Numb it. Gall bladder malfunctioning? Remove it. Sore throat? Soothe it. All of these so-called "solutions" cover the symptoms of the problem rather than addressing the underlying cause. Imagine if you approached your car with the same attitude. Engine noise? Turn up the radio. Annoying vibrations at highway speeds? Drive slower. Squealing brakes? Turn the radio up even louder! It seems ridiculous, right? Yet many of us employ this attitude when it comes to our body. We occupy this miraculous self-healing, self-regulating organism, and if we'll listen, it warns us when things are not right. First, with a little whisper. Then a serious warning. Or finally by SHOUTING! We then have a choice: address the underlying cause (fix) or merely quiet the warning sign (patch). We've all seen the pothole in the road that keeps getting patched only to return again bigger and badder each time; this is what happens by treating the symptoms rather than the cause. Chiropractic care produces it's great results by attending to the cause, rather than merely suppressing symptoms. Do you know a pill-popping, symptom-treating friend who could benefit from chiropractic care? Encourage them to give us a call. Or bring them along with you on your next visit.

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

## WHAT IS A 'PINCHED' NERVE?

The term 'pinched nerve' is really a misnomer. To understand why, you need to know about motion segments in the spine. A motion segment is made up of two adjacent vertebrae, with a disc in between them that acts as a kind of shock absorber, and the muscles and ligaments that keep them together. Nerves that carry communication signals between the brain and the body exit the spinal cord from each motion segment. If either vertebra in a motion segment is dysfunctional, this can cause inflammation that puts pressure on the nerve trunk. So... what is commonly referred to as a 'pinched nerve' is really a dysfunctional vertebra! What causes a bone in the spinal column to become dysfunctional? Dysfunction can occur as the result of a fall, an accident, an injury, a repetitive movement (heavy lifting on the job), staying in the same position for a long time (working at a computer all day), sudden twists, and stress. Each nerve root is made up of millions of little fibres (like a telephone cable) that leave each side of the spinal column, above and below each vertebra. When a vertebra is not moving normally, even slightly, pressure on a nerve root affects nerve impulses that go out to different parts of the body. Think of it like standing on a hose restricting the flow of water. The symptoms of pressure on a nerve root include pain, a burning sensation, tingling or numbness down one side of your body, perhaps in your arm or leg. You might also experience headaches, stomach or intestinal problems, sciatica, a stiff neck, insomnia, asthma, or any number of illnesses as a result of nerve interference caused by the dysfunctional vertebra. Chiropractors are trained to identify these areas of dysfunction, which we call subluxations. Once we locate the dysfunctional segment, we move it back into place using a very specific adjustment. This takes the pressure off the affected nerves, so that they can re-establish proper communication throughout the body, allowing health and healing to take place. Like taking your foot off the hose and allowing the water to flow freely once more.

### NEW MESSAGE TABLE

**We would like to let message clients know that we have invested in a new massage table for the massage room. This new table should further enhance your comfort and is electronically height adjustable making getting on and off even easier and saving Malvern's back in the process!**



### Gift Vouchers Available

Stuck for birthday gift ideas?

Everyone loves a massage!

Gift vouchers are available for half or full hour massages.

Half Hour \$45 Full Hour \$75

### Health Insurance

**Many health insurance funds re-start their benefit limits again in the new financial year. Don't forget to check yours!**

### Housekeeping

We hate to have a grumble but lately it seems many clients are missing or rescheduling both chiropractic and massage appointments with little or no notice. This is unfair to other patients that have been denied an appointment time due to the book being full and to practitioners who may have allocated up to an hour for your treatment, especially during peak times. We would like to remind everyone that there is a \$20 missed/late reschedule appointment fee except in extraordinary circumstances. Where possible we would appreciate at least 12 hours notice if you need to change or cancel your appointment so that another patient may benefit from care.

## WHAT IS MANUAL LYMPHATIC DRAINAGE?

Manual Lymphatic Drainage (MLD) is an essential component to massage and the treatment of both chronic and acute conditions. It can be used for the relief of swelling (oedema), greater oxygenation of tissues and the removal of waste. The lymphatic system is a secondary pathway back to the heart that runs parallel to the blood system. However, in contrast to blood circulation that has the heart at its core, lymphatic circulation is a system with slow rhythm and low pressure that relies to a great extent on movement and muscle condition. Basically, what the lymphatic system does, is pick up what the blood system leaves behind. In effect, acting as an overflow for water and excess substances at a cellular level. It transports pathogenic substances (germs, toxins etc) and other components in its pathway to lymphatic nodes which act as purification centres. If the lymphatic system did not recover this protein-rich liquid the body would develop major systemic oedemas and auto-intoxication. MLD has a number of effects on the body - by activating lymph function and circulation as well as indirectly stimulating fluid circulation, lymph drainage reduces oedemas. The passage of lymph in the lymph nodes stimulates the immune system and the light rhythmic stimulation of the skin brings about muscle relaxant effects. Some of the conditions that have been effectively treated by MLD include sprains, lymphoedema, constipation, pre-menstrual breast pain, bloating, detoxing and skin conditions - acne and inflammation. In addition, modern lifestyles, elevated stress and bad diet are major culprits for a sluggish lymphatic system that MLD can assist in alleviating.