

chiropractic HELPS

Volume 1, Issue 1 - 15th November 2008

WHAT A YEAR!

It has been an exciting and busy year for us at Chiropractic Helps. Since taking over the practice in May this year we have made some significant changes to the premises in addition to the purchasing of new adjusting tables. We hope that you have found the changes beneficial and to your liking. Also as an added service to our patients we now have a massage therapist working with us. We know that many of you have already met Mal and have been very happy with his work.

We appreciate the fantastic support we have received since coming to Kew. We are especially grateful for the many of you that have referred and recommended us to your friends, family and work mates. We take

pride in the confidence you have in us and in chiropractic and will endeavour to continue providing the best care possible for each of you. Finally we would love to hear any suggestions you may have that would further improve your experience at our clinic. We have enjoyed meeting and caring for all of

you. We look forward to seeing everyone in the New Year!

With grateful thanks from the team at Chiropractic Helps; Dr Mathew, Dr Luisa, Heather and Mal @



CLINIC HOURS AND AVAILABILITY 2009

	Dr Luisa	Dr Mat	Mal
Mon	am pm	pm	
Tue	am	pm	pm
Wed	pm	am pm	am pm
Thu	am pm	am pm	
Fri	am	am	am

Times may be subject to change



Christmas Clinic Hours

Please note that we will be working reduced hours over the Christmas/New Year and will be closed for the first week of January. We will be working as per usual until 1pm on the 24th December. We re-open for Monday the 29th and Tuesday the 30th.

The clinic will then be closed until Monday the 12th January 2009.

During this period Mathew and Luisa will be providing emergency services only. The standard emergency call out fee of \$80 will apply. You can reach us by calling

the clinic where you will be able to get a mobile number where Mathew and Luisa may be reached.



Christmas Gift Vouchers Available

Not sure what to get for Christmas?? Everyone loves a massage! Gift vouchers are now available for half or full hour massages with our therapist Mal.

Half Hour \$45 Full Hour \$75

Ph: 9855 1422

Shop 9 / 4-14 Walpole Street Kew
admin@chiropractichelps.com.au
www.chiropractichelps.com.au

Can Chiropractic help me?

Chiropractic has been known to be effective for many conditions and for people of all ages. Everyone knows Chiropractors help people with spinal pain, but did you know they can also help with asthma, insomnia, trouble conceiving, and even babies with colic just to name a few conditions.

Chiropractic helps in two ways:

- **Mechanically:** Having every joint of your spine working independently of each other increases your range of motion therefore increasing your flexibility and improving posture. This allows you to do things such as tie your shoe laces and reverse park.
- **Neurologically:** When your spine has been adjusted,

pressure is released from your nervous system allowing better messaging throughout the body – both from the brain to your body and your body to your brain. Better communication means better functioning of your body.

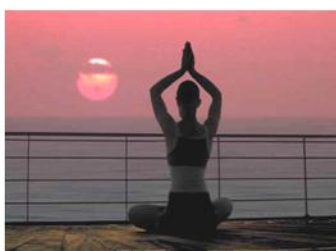
An “adjustment” is used to realign the vertebrae. This is when your chiropractor uses their hands, activator, blocks or drop piece table to deliver a gentle movement which restores motion and removes nerve pressure. Chiropractic is non-invasive and drug free and if “cracking backs” is not your thing; it is possible to adjust the spine without ‘cracking’ at all!!!

With regular adjustments children are generally healthier, have less learning difficulties, are less irritable and sleep better. Getting adjusted at this stage of life can also prevent more serious health issues later. In adults, regular adjustments have been shown to reduce the number of sick days, increase productivity and better equip them to handle day to day stresses. For people in the older age category, regular adjustments can help maintain or improve quality of life, increasing strength, flexibility and resistance to disease.



Yoga Anyone?

Many of you may have noticed that our upstairs has been bare since the removal of the traction equipment. We are thinking of holding small yoga classes (limit of 8 people) 2-3 times per week. If we have a good response from our patients then we will consider putting on two lunchtime classes and one evening class. Please let us know when you are next in if this is something you would be interested in. The classes will not be exclusive to patients so you can come with a friend ☺



Why should I get a massage?

Massage therapy is probably one of the oldest natural therapies we practice today. Regardless of documentation dating it back thousands of years it is something that comes naturally to everyone. What do you do when you bump into something or when a child comes to a parent after a fall? The first reaction would be to rub the spot that hurts. The action soothes and in many cases makes you feel better. Over the ages a plethora of modalities have been developed ranging from the gentle Bowen Technique to the painful Active Release method, each in their own right a powerful tool to

bring about comfort and the feeling of well being. It is important for the recipient of massage to be aware of the expectations of the treatment and to communicate with the therapist – bear in mind that what may work for you may not necessarily work for someone else and that finding the right modality for you is the top priority.

Some of the benefits of massage are:

- increasing the blood supply and nutrition to your muscles.
- helping your muscles recover more quickly from exertion and fatigue.

- relaxing your muscles, effectively reducing spasms, tension and cramping.
- stretching your connective tissue.
- reducing and breaking down adhesions (knots) and fibrosis.
- helping to re-establish your proper muscular tone.
- reducing your muscle and soft tissue pain.
- supporting increased work capacity and encouraging your metabolism.
- helping to prevent muscular atrophy (wasting from injury and paralysis).

Please note that Mal provides remedial and relaxation massages as well as lymphatic drainage and as of Feb 2009 ALL health funds should recognise Mal's qualifications.

THE PAIN STARTS IN MY HUSBAND'S LOWER BACK, THEN IT TRAVELS UP HIS SPINE TO HIS NECK, THEN IT COMES OUT HIS MOUTH AND INTO MY EARS. AND THAT'S WHY I GET THESE HEADACHES.



off the mark.com by Mark Parisi



We wish you all a safe and happy holiday and a prosperous new year!