



## my family chiropractor

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### HEALTH PRACTITIONERS

#### Principal Chiropractor

##### Dr Sharon Howard

*BScChiro, MChiro*

Sharon graduated from Macquarie University, Sydney in 2003. She worked in Dubbo NSW for two and a half years and joined this practice as an associate in September 2006, before becoming the Principal Chiropractor in 2011. Patients appreciate her wide range of experience developed from working in western NSW and advanced skills gained through continued education including Diversified, Gonstead and Applied Kinesiology.

#### OUR MASSAGE THERAPIST

##### Lisa Bruce

*Diploma of Remedial Massage*

Lisa completed her Diploma at South-West TAFE and is excited to work with everyone on their well-being goals. Her massage techniques can include remedial, deep-tissue & relaxation. Massage has a variety of benefits including boosting circulation, reducing pain, tension and anxiety as well as supporting your chiropractic adjustment.

#### HEALTH ASSISTANTS

Deb Lovett

Angie Walton-Godwin

Melissa Kirkley

#### CLINIC HOURS AND SERVICES

Consultations are by appointment. We try very hard to adhere to appointments, however, the nature of chiropractic is that emergencies and circumstances sometimes mean we run behind time. Please feel free to call and check.

##### Monday, Tuesday, Thursday & Friday

8.00am – 12.30pm      3.00pm – 7.00pm

**Wednesday**      3.00pm – 7.00pm

**Saturday**      8.00am – 11.00am

#### MASSAGE

**Mon**      9:30am – 5:30pm

**Tues**      9:30am – 7:00pm

**1st & 3rd Sat / month**      8:00am – 11am

1 hour = \$90    ½ hour = \$60

# YOUR CHIROPRACTOR

FREE!!  
TAKE ME HOME



SEPTEMBER/OCTOBER 2018

## Getting it straight

**Sit up straight! This common request may have been how you first heard about posture, the way you hold your body. Posture isn't just about how you look. How you position yourself can help or hurt your health over your lifetime.**

Posture is not only about how well you sit, but how well you move and go about your daily life. How you hold yourself when you're not moving—such as when you're sitting, standing, or sleeping—is called static posture. Dynamic posture is how you position your body while you're moving, like walking or bending over to pick something up. It's important to consider both static and dynamic components of posture.

Posture can be affected by many things: your age, the situations you find yourself in, and your daily choices. For instance, children may have to adjust to carry heavy backpacks to school and pregnant women move differently to accommodate growing babies.

Your posture involves your musculoskeletal system. This includes your bones, muscles, joints, and other tissues that connect the parts of your body together. It's what provides form, support, stability, and movement to your body. How you hold yourself can either align or misalign your musculoskeletal system. Throughout life, this system must adapt to the type of work you do, the hobbies you enjoy, how you use electronic devices, injuries, and even the kind of shoes you wear.

You may think that sitting with slumped shoulders or bending at your back instead of your knees sometimes won't hurt you. But small changes in how you hold yourself and move can add up over a lifetime. Years

of slouching wears away at your spine to make it more fragile and prone to injury. Holding your body and moving in unhealthy ways often leads to neck, shoulder, and back pain. Around 1 in 6 Australians have back pain each year. Most are of working age, and an equal number of women and men are affected.

Poor posture can also decrease your flexibility, how well your joints move, and your balance. It can impact your ability to do things for yourself and increase your risk for falls. Slumped posture can even make it more difficult to digest the food you eat and breathe comfortably.

It's never too early or late in life to work on improving your posture and how you move. One way to improve your posture is to be aware of it in the first place: be mindful of your posture and how you're moving. Think about lifting your head, pulling your shoulders back, and tightening your abdominal muscles in everyday situations. Be aware of repetitive postures, like regularly lifting heavy objects, and holding positions for a long time, like sitting at a computer all day at work.

The foundation of good posture is having a body that can support it. This means having strong abdominal and back muscles, flexibility, and a balanced body over your life.

It's easy to develop suboptimal movement patterns after an injury or from years of pain, but you can learn to distribute your weight evenly and balance your bodies again.

Talk to your chiropractor about your posture. They can give you feedback on how you're moving, help you avoid unhealthy movement patterns, and work with you to create a plan that's best for you.

Take me home to complete our PUZZLE – check inside!

## Your garden and back pain

When the warmer weather hits, the plants in your garden can take off like they've got somewhere better to be. All that's required is a little sun coupled with a touch of moisture, and your normally-organised garden bed can become a wild jungle only tameable with a steady weeding hand and a wheelbarrow.

When it comes time to get it under control and remove those pesky weeds, it might prove helpful to treat your body like it's about to undertake an intense training session. Weeding might not seem like a laborious task, but some people may suffer from general muscle soreness and back pain as a result of continuous bending, lifting, weeding, and pruning. Even if you're only in the garden for a few hours, it never hurts to put steps in place that might help to prevent those aches and pains.

Before you grab the garden spade, do a quick warm-up. Stretching your muscles before you tackle the garden can help warm and loosen them up for the task ahead. Once you're ready to head outdoors, arm yourself with tools

that might make gardening a little more comfortable. For example, a garden hose requires less strength and effort to use than a watering can, and a garden cart can remove the need to lift heavy bags of soil or compost by hand. Every little change in your gardening habits can make your time outside more enjoyable.

It's easy to get caught up in what you're doing and forget how long you've been pulling weeds, but it might also benefit your body to break up the task into 30-minute sessions. After 30 minutes, take a break, hydrate, and make sure you're feeling comfortable enough to continue. Always remember to bend your knees when lifting, lift with your legs, keep your back straight and share heavy loads.

Gardening is a fun hobby to have, and forming good habits with proper technique can help to reduce the risk of back pain and/or injury. However, should you find yourself feeling worse for wear after a day of lifting and bending in the garden, your chiropractor is available for consultation.



## Vege balls in masala sauce

### INGREDIENTS

1 cauliflower, cut into small pieces  
1 cup cooked quinoa  
2 cups cooked brown rice  
1/2 cup almond meal

2 eggs  
1 tsp paprika  
1 tsp ground cumin  
2 tsp salt

### Masala paste

1 large onion  
4 cloves garlic  
1 knob fresh ginger, crushed  
2 tsp garam masala  
1/2 tsp chilli powder  
1 tsp turmeric  
1 tsp cumin  
1 tsp ground cloves  
1/2 tsp ground coriander  
2 tsp salt  
Handful blanched almonds (or cashews)  
juice of one lemon

### Masala sauce

1 1/2 cups tomato puree  
1/2 cup water  
1 400g can coconut milk

### METHOD

Prepare the paste by blending all the ingredients in a food processor until smooth.

Next, make the sauce. Heat a drizzle of oil in pan, add masala paste, stir for 2 minutes until fragrant. Add the tomato puree and water and simmer for 5 minutes. Add the coconut milk, simmer for 5-10 minutes until thick.

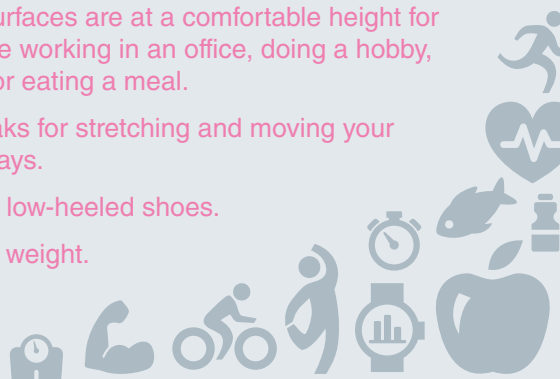
While the sauce is simmering, cook the cauliflower in boiling water for about 3 minutes until tender. Drain well and cool slightly. Pulse the quinoa, rice and cauliflower through a food processor until semi-smooth. Transfer mixture to a large mixing bowl and combine with all other ingredients. Roll into small balls.

Heat a little oil in a pan over medium heat – add the balls and cook for a few minutes on each side until browned all the way around. Add masala sauce and serve.

## CHOOSE HEALTH FOR LIFE

### Improve your posture

- Be mindful of your posture during everyday activities, like watching television, washing dishes, or walking.
- Make sure work surfaces are at a comfortable height for you, whether you're working in an office, doing a hobby, preparing dinner, or eating a meal.
- Take frequent breaks for stretching and moving your body in different ways.
- Wear comfortable, low-heeled shoes.
- Maintain a healthy weight.
- Stay active.





# WORD SEARCH

ALMOND  
 APPLE  
 BANANA  
 BONES  
 CUCUMBER  
 DYNAMIC  
 GARDEN  
 HAPPY  
 HEIGHT  
 HONEY  
 HYDRATE  
 IMMUNE  
 INJURY  
 JOINTS  
 KNEES  
 LIFTING  
 MUSCULOSKELETAL  
 OPTIMISM  
 PESSIMIST  
 POSITIVE  
 SHOES  
 SHOULDER  
 SPADE  
 SQUAT  
 STATIC  
 SURFACE  
 WALKING  
 WEEDING  
 WEIGHT  
 WHEELBARROW

P A S Q H Y D R A T E B K R H R F S U R F A C E  
 I M E L K Q T B O N E S C A R O K G J S P A D E  
 Q X V Z J N X T E R O T H G I E H B N Q F Q L F  
 N E I U W H E E L B A R R O W W A F K I S T C L  
 V N T P N D Q W P F A T Z N X M C E I Q T A W O  
 V H I R N B W E N U M M I D K C S O Q K A F O N  
 M Z S I N V H P I C D T V P Z M I K J A A B I R  
 J K O G I U S G U P Y N G K C D Y E T N J T G L  
 M D P M N O M C B H N W Z S E L N C H A O P P A  
 C T P U X I U C Y V A E S O L A Z S J N I S L L  
 Z H O N A M K E X N M I L X A T A N Y A N H N M  
 Y A D G B T N L Y P I G J F X E M V Y B T O I O  
 R W J E O O T J A E C H C G L L A L G N S U U N  
 Z E R H H Y E Q R W P T X T H E I L P E S L M D  
 T E I R F T Y N Q Z P Y H G Y K M B L D T D S D  
 H D O H S T A T I C E E H R U S D U R R O E I X  
 P I M G A S D A K Y M Q U Q E O S I T A A R M U  
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 K G Q U H U K A E B N U U C A U H W L I T R T R  
 I E V Y C O G R E I Q M T T P C C U N T N N P E  
 A T X P O Q E O S R X I P E P S Z R A L G H O P  
 L R D P P P E S S I M I S T L U K U R R Y W N Q  
 V P X A A W U O H Q C F V L E M Q L W Y W C B M  
 U N Y H A X P B C X V Z E J I S T W V X L S Z K

## Did You Know? 10 Food Facts

1. Apples are made of 25% air, which is why they float.
2. Apples, pears, cherries, plums, apricots, raspberries, strawberries and peaches all belong to the rose family.
3. Bananas contain high levels of tryptophan, which converts into serotonin - a type of chemical in our brain that influences mood.
4. Peppers have a chemical compound known as capsaicin that tricks your sensory nerves, causing you to feel like your mouth is being burned.
5. Cucumbers contain electrolytes, which are minerals that include calcium, chloride, magnesium, phosphate, potassium, and sodium, which helps your body restore what it may have lost through dehydration.
6. Almonds are actually a seed, not a nut as we know it. They're the seeds of a flower and they're directly related to the botanical families of orchids and roses.
7. Egg yolks are one of the few foods that naturally contain Vitamin D.
8. Greek yoghurt contains up to double the amount of protein than other types.
9. Honey is the only food with an eternal shelf life.
10. Kale is the most nutritiously dense vegetable. Just one cup of raw kale has only 33 calories yet it contains 684% of vitamin K, 134% of vitamin C, 206% of Vitamin A as well as iron, folate, omega-3s, magnesium, calcium, iron, fibre, and two grams of protein.

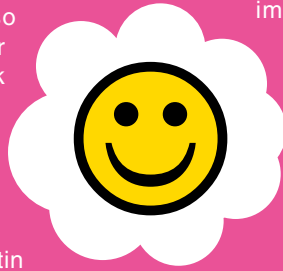
# Think happy thoughts

Often at times where things aren't going so well it can be extremely difficult to think positively.

However, being able to do so can enable you to cope better with the situation. Your outlook on life and the thoughts that go through your head can have a significant impact on both your psychological and physical well-being.

Optimism comes from the Latin word *optimus*, meaning "best," which describes how an optimistic person is always looking for the best in any situation and expecting good things to happen.

The field of positive psychology studies the positive impact that optimism has on mental health. Research shows that optimism may be good for your physical health too— it has been demonstrated that



optimists are sick less often and even live longer than pessimists. It is suggested that a positive outlook on life strengthens the immune system, cardiovascular system (optimists have fewer heart attacks), and the body's ability to handle stress.

Being an optimist or a pessimist comes down to the way you talk to yourself. Optimists believe that their own actions result in positive things happening, that they are responsible for their own happiness, and that they can expect more good things to happen in the future.

If you aren't naturally optimistic it may take a deliberate effort to manage your thoughts but over time you can create a habit of being more positive.

It is often said "you are what you eat" but in fact it's also true to say "you are what you think"...so think happy thoughts!

## PRACTICE UPDATE

### NEWSFLASH!

Congratulations to Dr Hart on achieving 50 years in Chiropractic practice! We wish him well in retirement and all that the future holds.

### DATES TO KEEP IN MIND

**Public Holidays – CLINIC CLOSED:**

1 October – Queens Birthday

**School Holidays**

22 September – 7 October

– *As the twig is bent, so grows the tree* –

### ON ARRIVAL AT THE CLINIC

Please see the receptionist upon arrival. This eliminates the possibility of you being overlooked and enables us to have your information ready.

### APPOINTMENTS

Your health is our concern, but your responsibility. Your appointment schedule is designed specifically to obtain the best possible results. If you are unable to keep your appointment, please let the clinic know as soon as possible so that other patients can be offered your time, and be sure to make up your missed appointment. To contact your chiropractor after hours, please call the main number where a recorded message will advise after-hours numbers.

### PHONE CALLS

Chiropractors in this practice may be contacted by phone during office hours. A message will be taken if the Chiropractor is with another patient and your call will be returned when the Chiropractor is available.

### WAITING TIMES

Despite our best intentions, we sometimes run late. This is because someone has needed unexpected urgent attention. Be assured that when it comes your turn the chiropractor will not rush to catch up but will give your problem the time it deserves.

Thank you for your consideration.

*From all the team at my family chiropractor,  
Happy Spring! We look forward to assisting  
you and your family in staying well  
and achieve your health goals.*

## How to lift to avoid injury

Approximately 3.7 million Australians have back issues, according to the Australian Bureau of Statistics 2014-15 National Health Survey. Furthermore, it is estimated that between 70% and 90% of the population will have lower back pain at some point during their lifetime.

One of the ways to protect your back and prevent injury is to use a proper lifting technique when lifting heavy objects. The Mayo Clinic and Better Health break down the steps for lifting properly to avoid injury.

The first step is to thoroughly plan out your lift and ensure that the area is free of obstacles. Begin in a safe position with your feet shoulder width apart and positioned as close as possible to the object you are going to lift. Bend at the knees while maintaining the natural curve in your lower back, and tighten your core muscles while you reach for the object.

Once you have a secure grip on the object, use your leg muscles (not your back) to push yourself back up into a standing position, while keeping the object as close to your body as possible. Ensure that you don't twist your back when you're carrying the object – if you need to place it to the side, take a step and pivot with your feet.

If you need to position the object back on the ground, bend at the knees again into a squatting position, while still maintaining the natural curve in your lower back, and place the object on the floor slowly before returning to the standing position.

Remember to never try to lift an object that you think is too heavy, and ask a friend for help instead of attempting a potentially hazardous lift.

Unsafe lifting techniques put your back at risk of injury, which can lead to pain and disability. By being conscientious of your lifting technique, you can help to protect your back and decrease your risk of suffering a debilitating injury.



Take me home and give our healthy **RECIPE** a try!