



## my family chiropractor

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W: www.myfamilychiropractor.net.au

### 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.

#### Associate Chiropractor

**Dr Jason Henderson**

*BAppSci / BChiropractic*

Jason graduated in 1996 from RMIT University Melbourne. He has worked in Australia, Europe and Asia.

Through continued education he has studied and incorporated many advanced techniques that include SOT, AK, Activator, with more manual based adjusting. These varied techniques and the vast knowledge obtained from years of practice, allow him to care for a range of patients, from newborns to the elderly.

### 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

Melissa Kirkley

Adele Klints

### 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

**Monday**      9:30am – 5:30pm

**Tuesday**      9:30am – 7:00pm

**Friday**      9:30am – 1:30pm

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

1 hour = \$90    ½ hour = \$60

# YOUR CHIROPRACTOR

**FREE!!**  
TAKE ME HOME



**NOVEMBER/DECEMBER 2019**

## Sleeping comfortably with lower back pain

*As anyone with lower back pain will know, it can take time to find the best sleeping position. But is the one you found comfortable and beneficial?*

Not every sleep position can help relieve back pain, even if it's the best way for you to fall asleep. A poor sleeping position can aggravate, or even cause lower back pain. The position you choose should maintain the natural curvature of your spine without pressure on your neck, hips, or back.

One of the best ways to sleep is on your back, as this distributes your body weight evenly; and ensures alignment of your head, neck and spine. However, not everyone finds this position comfortable; for additional support place a small pillow under your knees, and fill the gaps between your body and mattress with thin pillows.

If you're a side sleeper, take care, as sleeping on your side can strain your lower back. To minimise strain and keep your head, shoulders and hips correctly aligned, try sleeping with a firm pillow

between your knees, and one to support your head and neck.

If you have a herniated disc, then a curled foetal position may provide relief. Lie on your side with your knees tucked into your chest and your back straight. Support your head and neck with a pillow, and place a firm pillow between your knees.

Sleeping on your front is one of the worst positions, but may benefit people with degenerative disc disease or a herniated disc. Place a thin pillow under your stomach and hips to raise your mid-section and help spinal alignment. You can sleep with your head on a flat pillow, or none at all, but make sure your head isn't turned to the side, as this can twist the spine.

Your sleeping position, mattress, and pillows all need to work in harmony so that you can sleep comfortably with lower back pain. If you are experiencing pain and discomfort and need advice, speak with your local chiropractor.

## What is sacroiliitis?

*If you suffer from pain in your lower back, hips, buttocks, and legs, could sacroiliitis be the cause?*

Sacroiliitis is inflammation of the sacroiliac joint, which can affect one or both joints. The sacroiliac joints are at the lower part of your spine where it connects to your pelvic area near your hips.

In general the symptoms of sacroiliitis include pain in the lower back, hips, buttocks, legs, knees, and less commonly, feet. Sometimes that pain is accompanied by a mild fever. You may also notice the pain worsening after long periods of standing or putting more weight on one leg than the other, climbing stairs, and taking long strides when running or walking.

There is no single reason why people suffer from sacroiliitis, and it can affect anyone. However, it's quite common in pregnant women because the body is preparing for a baby, and the hip and sacroiliac joints

naturally loosen. Pregnancy can alter the way you walk and cause inflammation, which leads to the condition.

Aside from pregnancy, it can also be caused from gout, joint damage from a fall or accident, or an inflamed sacroiliac joint. Existing back and spine issues, osteoarthritis and ankylosing spondylitis (an inflammatory form of arthritis), can also cause sacroiliitis.

Sacroiliitis shares traits with many other lower back pain issues, so it's advisable to consult your health professional for a correct diagnosis. Once you receive a definite diagnosis for the condition, your treatment type can be determined.

Your health professional may also recommend measures to manage your symptoms such as correcting your posture, stretching to maintain joint flexibility, and strengthening exercises to make your muscles more stable.

**Try the Spicy Lentil Sweet Potato Dhal recipe inside.**

# Turmeric: the spice of life

This colourful spice adds flavour and colour to your meals, but what else could turmeric do for you?

Turmeric has long been considered one of the most beneficial foods in the world, and now shows promising results from many high-quality studies on its health benefits. The roots of the turmeric plant are used fresh, or dried and ground into a powder; both forms have been used in Asia as a medicine and a spice for thousands of years.

One of the compounds that make turmeric so nutritious, and also gives it the orange-yellow colour, is curcumin. Curcumin boasts anti-inflammatory and antioxidant effects, improves brain function, shows promise in cancer prevention, and much more.

*Turmeric is one of the most beneficial foods in the world*

## Anti-inflammatory compound

Inflammation is an essential function that helps your body repair damage and fight bacteria. However extensive or chronic inflammation can cause serious health problems. It's believed that chronic inflammation may contribute to some illnesses, such as cancer, heart disease, stroke, diabetes, arthritis, and Alzheimer's.

Curcumin is powerful in fighting chronic inflammation. Studies show that it can match the effectiveness of some anti-inflammatory drugs.

## Brain and heart health

Curcumin can increase the levels of growth hormone in your brain, helping your neurons form new connections. This shows promise for improved learning and memory, and in the prevention of depression.

Curcumin can play a part in heart health by improving the lining of the blood vessels which helps regulate blood pressure, clotting, and inflammation.

## Antioxidant benefits

We often hear about antioxidants, but what exactly are they? Antioxidants are molecules in our bodies that fight damage caused by unstable molecules (known as free radicals). We need a balance of free radicals and antioxidants. When this balance is disrupted, our health can suffer.

Curcumin is an exceptionally powerful antioxidant that neutralises free radicals to slow down the aging process, and prevent disease.

## Cancer treatment prospects

Intensive studies have shown that curcumin can help reduce the growth of malignant cells in some forms of cancer. Research is in its infancy, but the results are promising.



To reap the health benefits, it's important to know that it's not as easy as stocking up on the spice, or heading out for a turmeric latte. The curcumin content in turmeric is a mere three percent, and is also difficult for your body to absorb, so curcumin supplements may be the most effective approach.

Not all curcumin supplements are created equal though, and more evidence on the reported benefits is needed. Some contain other ingredients such as piperine (a compound in black pepper), which can help aid absorption by up to 2,000 percent. Consuming curcumin with a fatty meal could also help, as it is fat soluble.

There's no denying that turmeric is a delicious and healthy addition to your diet, but too much can sometimes cause stomach irritation, so remember, everything in moderation. Talk to your GP about whether curcumin supplements would be suitable for you.

## C L E V E R C R O S S W O R D

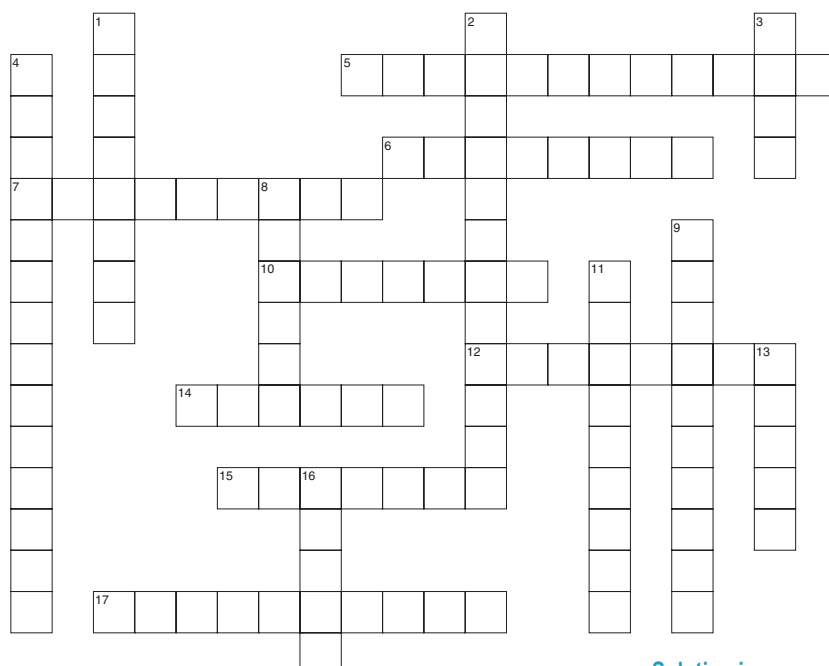
### ACROSS

5. A disease in which the bones become very porous and break easily
6. Able to bend, supple
7. The identifying of an illness or disorder
10. Come apart or burst open
12. Something that sets off an action, process, or series of events
14. Hurting or sensitive
15. Tiredness
17. Eased

### DOWN

1. A recurrent, throbbing, very painful headache
2. Deteriorating
3. A flat round structure that separates the bones of the spine
4. Relating to the heart and the blood vessels
8. A painful injury to the ligaments of a joint caused by wrenching or overstretching
9. Repeating, recurring
11. Make worse
13. An involuntary sudden muscle contraction
16. A substance that builds up in our bodies and causes harm

Answers to clues can be found in this edition of Your Chiropractor.



Solution is on the back page.



# Running from **lower back pain**

Exercise, such as running, can help you keep fit and active, but what if it's painful?

Running is a popular form of exercise for many people who want to keep fit, but it involves repetitive impact on the joints which can cause back pain, especially in the lower back. If you already suffer from lower back pain, running may make it worse, or lead to other types of pain, such as sciatica (leg pain, weakness and numbness).

## Muscle strain

One of the more common types of pain from running is a muscular strain, which can appear as a spasm or ache in your lower back. This type of pain doesn't travel into the legs or buttocks. Resting, heat or cold therapy, and stretching are some self-care measures that may help relieve muscle strain. If the pain is not alleviated by these measures after two to three weeks, there may be a more serious problem.

## Disc problems

Sometimes, back pain can be a sign of a spinal problem, such as degenerative disc disease (DDD), or a herniated disc. Your discs are your lower back's 'shock absorbers'; over time, running can cause a high level of stress on these, which can make existing or developing back

problems worse. DDD occurs when the disc gradually loses that shock absorbing quality due to wear-and-tear, or injury. A herniated disc is one that has begun to bulge or rupture, which puts pressure on the surrounding nerves.

If you notice that you have ongoing lower back pain after a run, whether it's muscular or structural, check with a health professional to help diagnose any problems and provide the correct treatment. Running injuries should be treated early before they worsen.

After diagnosis and treatment is in place, some preventative measures may help alleviate pain and discomfort in your legs and lower back:

- Warm up before a run
- Stretch your hamstrings
- Wear comfortable and supportive running shoes
- Avoid running on hard surfaces such as concrete
- Incorporate muscle toning, strength training and cross-training

See your chiropractor for advice and treatment on how to get you back on track and enjoying your run with minimal, or no pain.



## Warming, Spicy Lentil and Sweet Potato Dhal

This dhal is gorgeous and golden thanks to a generous helping of turmeric. Once the aromas fill the air you'll find it's not just a pretty face, but also healthy and delicious. It's a one pot meal, so it's a breeze to make and great for lunch, dinner or a side dish.

### Ingredients

- 1 tbsp coconut or olive oil
- 1 red onion, finely chopped
- 1 garlic clove, crushed
- Thumb-sized piece ginger, peeled and finely chopped
- 1 red chilli, deseeded and finely chopped
- 1 ½ tsp ground turmeric
- 1 ½ tsp ground cumin
- 1 tsp coriander
- 2 sweet potatoes (about 400g), peeled and cut into approx. 2cm chunks
- 600ml vegetable stock
- 250g red split lentils
- 80g bag of baby spinach
- Handful of coriander leaves, plain unsweetened yoghurt to serve.

### Method

1. Heat 1 tbsp oil in a wide, heavy-based pan with a tight-fitting lid.
2. Add onion and cook over a low heat for 10 mins, stirring occasionally until softened.
3. Add garlic, ginger and chilli, cook for 1 min, then turmeric, cumin and coriander, and cook for 1 min more.
4. Turn up the heat to medium, add sweet potatoes, and stir everything together.
5. Add lentils, vegetable stock and a couple of pinches of salt.
6. Bring to the boil, then reduce the heat, cover and simmer for 20 mins
7. Stir in the spinach until it wilts.
8. Serve topped with coriander leaves and a dollop of yoghurt.

*Scoop up the glorious flavours with your favourite flat bread and enjoy!*

# What **type of headache** do I have?

**Headaches are one of the most common health problems that medical professionals treat, but did you know the diagnosis can differ from one person to the next?**

Headaches can be painful, irritating, and debilitating. Sometimes, you can make it through the day without a problem, but other times you have to crawl into bed and block out the world.

There are many different kinds and causes of headaches, two of the most common are tension headaches and migraines. Both can range from mild to severe, and can be experienced on one or both sides of the head; however there are some differences that can help determine which kind of headache you have.

## Tension headaches

Tension headaches are the most common and can make you feel like your head is tight or under pressure; they don't usually get worse with exertion. The pain may be associated with tenderness of the muscles of the head, neck, and shoulders, and can last for a few hours, or even up to a week.

## Migraines

Migraines are usually described as a throbbing sensation, and physical exertion can make the pain worse. The throbbing is believed to be related to blood flow changes in the brain causing irritation and swelling of the blood vessels.

Unlike tension headaches, migraines can cause nausea, vomiting and sensitivity to light, smell, and sound. Migraines can be with or without aura; a migraine aura can be any of a collection of neurological symptoms such as numbness, speaking difficulties, vision changes, and tingling, which signal the onset of a migraine.

## What causes headaches?

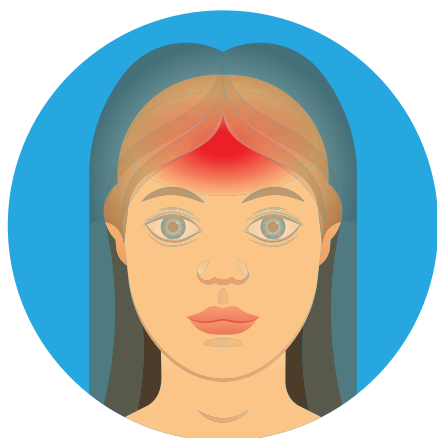
Tension or stress is more likely to cause a tension headache, but there are many triggers for migraines. Certain foods, smells, weather changes, hormones, and a lack of sleep can all cause them.

## Diagnosis and treatment

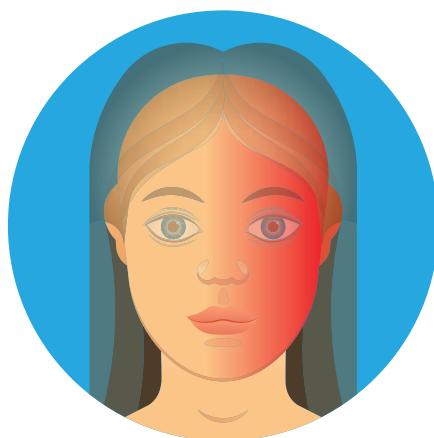
There are no migraine-specific tests, but your GP may run tests to rule out other conditions. It can be helpful to monitor your headache activity by noting your diet, events, symptoms and medication, before and during your headache.

Determining the cause of your headaches or migraines may involve a process of elimination. Sometimes, it can be as simple as cutting out an ingredient from your diet. While there is no overall cure, doctors will often recommend medication or therapeutic intervention.

If you are suffering from severe, ongoing headaches, or are experiencing head pain with unusual symptoms and a high fever, see your GP immediately. They can rule out underlying conditions before helping you to manage the pain.



**TENSION**



**MIGRAINE**

# PRACTICE UPDATE

## DATES TO KEEP IN MIND

### School holidays

14<sup>th</sup> December 2019 - 27<sup>th</sup> January 2020

### Public holidays - CLINIC CLOSED

24<sup>th</sup> December 2019 - Re-open TBA 2020

– *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,  
we wish you and your family  
a joyous & healthy  
festive season!*

*We look forward to continuing  
to assist you and your family  
in staying well & achieving  
your health goals  
in 2020.*

ACROSS 5. OSTEOPOROSIS 6. FLEXIBLE 7. DIAGNOSIS 10. RUPTURE  
12. TRIGGERS 14. TENDER 15. FATIGUE 17. ALLEVIATED  
DOWN 1. MIGRAINE 2. DEGENERATIVE 3. DISC 4. CARDIOVASCULAR  
8. SPRAIN 9. REPETITIVE 11. AGGRAVATE 13. SPASM 16. TOXIN

**CROSSWORD SOLUTION**

**Disclaimer:** The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

Take me home to complete our **PUZZLE**.