



## my family chiropractor

784 Cavendish Rd, cnr Wyncroft St  
Holland Park, QLD 4121

P: (07) 3411 4747

E: info@myfamilychiropractor.net.au

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 – 7:00pm

##### 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

MAY/JUNE 2020

I'M FREE  
Take me  
home...



## Stand up for your health!

Do you spend too much time sitting? Are endless hours consumed by the daily commute, being seated at work, and watching your favourite television series?

Engaging in regular, moderate or vigorous exercise is an important health recommendation, but new research suggests that it's not enough. Constant sedentary behaviour — in other words, sitting too much — is a risk factor for serious disease.

Do you ever think you're too busy to exercise? Leading an inactive lifestyle is common, with work pressures and busy calendars often preventing us from doing regular exercise. Many years ago when survival depended on our ability to farm and hunt for food, strong, powerful and active bodies were essential. Nowadays, adults in Western countries spend approximately nine to eleven hours a day sitting, so the muscles have little reason to move and strengthen. As the saying goes, "use it or lose it."

Lack of movement also leads to an elevated risk of some diseases. When we move less, our arteries can become stiff, which contributes to the development of cardiovascular disease. Lack of physical activity also affects the hormone insulin, making a steady blood sugar level difficult to maintain, which can act as a precursor to diabetes. Various cancers may be attributable to spending more than three hours each day stationary, but the reasons for this are not yet clear, and research is ongoing.

*More recent understanding of these health issues has given rise to the alarming quote, "Sitting is the new smoking."*

Not only does inactivity bring an increased risk of serious illness, but it also affects our weight, muscles, posture and spine.

When we are sitting, our hip muscles remain in a shortened position, pulling on the back. This can alter the spinal curves and posture, leading to strain and stress through the discs and joints of the spine. These changes extend upward which can result in back, neck and shoulder pain.

#### The good news

To put it simply, the longer we sit the more our health is at risk; but the good news is we can easily prevent this – just move more! Taking simple steps to increase the frequency of movement makes a significant difference. Break up sedentary periods. Stand every 20 to 30 minutes for several minutes of motion. Use a sit-stand desk, or switch your seat for an exercise ball. Structured, regular exercise is an important step, but incidental activity is also essential.

Being physically active will loosen tight muscles, improve your posture, calm physical distress, and reduce your risk of disease. A little movement, often, can lead to a longer, healthier life. Ask your chiropractor for tailored advice on the type of exercise and care that best suits your needs.

## WHAT'S INSIDE



CHILDREN'S  
HEALTH



ROAST PUMPKIN &  
CHICKPEA SALAD



CORE  
MUSCLES



BREATHE IN  
THE BENEFITS

# Roast pumpkin and chickpea salad

Toasted nuts and seeds, and a lemony dressing add crunch and flavour to this tasty salad.

## INGREDIENTS

700g butternut pumpkin, peeled, chopped into 2-3cm chunks  
400g can chickpeas, drained and rinsed  
2 tsp olive oil  
2 tsp grated lemon rind  
¼ cup pistachios  
2 Tbsp pumpkin seeds  
1 small red onion, sliced thinly

150g baby spinach leaves  
100g goat feta, crumbled  
2 Tbsp chopped parsley

## Lemon and honey dressing

1 Tbsp olive oil  
3 Tbsp lemon juice  
1 tsp honey

Combine dressing ingredients in a jar with a pinch of salt and shake well.

## METHOD

Preheat oven to 220°C.

Combine pumpkin and chickpeas with oil and lemon rind, season. Arrange on a lined baking tray. Roast for approx. 20 minutes until golden and tender. Add nuts and pumpkin seeds for last two minutes. In a large bowl combine roasted ingredients and toss gently with onion, spinach leaves and dressing. Serve salad sprinkled with feta and parsley.



## Your core: the key to movement and spinal health

We often hear about the importance of strong core muscles. But what are they really, what do they do, and how do they help support everyday activities and benefit spinal health?

The core is made of numerous muscles that combine to brace the trunk and provide strength and motion. They act as a physical foundation and stabilising force from which all movement can safely occur. Imagine if the footing of your home was faulty — the walls would crack, the doors would jam, and the roof might cave in. In the body, an imbalanced core can trigger strain on joints, tissues and bones, and increase pain, dysfunction and spinal injury.

The rectus abdominus, transversus abdominus and obliques, which together connect the lower rib cage to the pelvis, form the abdominal component. The paraspinal

and gluteal muscles sit at the back and support the spine, pelvis and hips. The diaphragm forms the roof, and the pelvic floor forms, well, the floor. Together, these act as a powerhouse of sturdiness, allowing controlled, fluid movement and efficient energy use so your body can work well.

By acting as a corset, the core allows us to bend, lift, and reach without falling down like a deck of cards. Any physical activities you do — from standing, walking, housework, participating in sport, to maintaining an ideal posture — all rely on a strong, healthy core. That's why we struggle when our core is weak.

Often people who consult with a chiropractor have diminished core performance. Targeted regular exercises and activities such as yoga and Pilates help to improve core function. Ask your chiropractor which exercises are the most beneficial for you.

## Magnificent magnesium!

**Magnesium is an elemental metal which is essential for life and found in every cell of our bodies.**

It's constantly taking part in hundreds of the complex chemical reactions needed to run a healthy body. It helps the body use energy, transmit messages, move muscles, and much more.

Without enough magnesium we can become extremely sick, and a severe deficiency is a medical emergency. Even slightly reduced magnesium levels can affect the human body in a huge variety of ways; however magnesium deficiency is rare in healthy individuals eating a balanced diet.

### Muscles

Magnesium is also essential for muscle function, and some people find that adding magnesium salts to a hot bath helps relieve muscle cramps or restless legs. However it's not just skeletal muscle that is affected by magnesium levels; the muscle cells of the heart require magnesium both for healthy movement, and for conduction of the electrical impulses that make the heart beat.

### Bones

Magnesium is essential for the health of the skeleton; and around 60 percent of the magnesium in the human body is stored in the bones. It's required for the proper metabolism and use of calcium and vitamin D in the body, helping create and maintain healthy bone structures.

### Heart health

Magnesium is recommended for all-round heart health too; optimal magnesium intake is linked to lower blood pressure and healthier coronary arteries.

Many supplements are available, but it is more beneficial to your health to obtain vitamins and minerals through food. Also, excess intake from supplements can cause serious illness or interact with some prescription medications.

Magnesium-rich foods include nuts and seeds, green leafy vegetables, and legumes such as beans. Some prepared foods like breakfast cereals or plant milks also come fortified with magnesium. Adding a sprinkling of roasted nuts or seeds to a meal is a delicious and easy way to get more magnesium into your diet.

# word search

- ABDOMEN      HEART
- ANXIETY      HIPS
- CALCIUM      IMBALANCE
- CELL          INSULIN
- CHRONIC      MAGNESIUM
- CORE          METABOLISM
- CORONARY    OBESITY
- DIABETES    OXYGEN
- DIAPHRAGM   PAIN
- DYSFUNCTION   PELVIS
- ENERGY      POSTURE
- ERGONOMIC   SEDENTARY
- FUNCTION     SPINE

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

## The benefits of better breathing

**We breathe automatically from birth to death, but rarely stop to consider if we are actually doing it correctly. With upwards of 17,000 breaths per day, correct technique is essential for optimum health.**

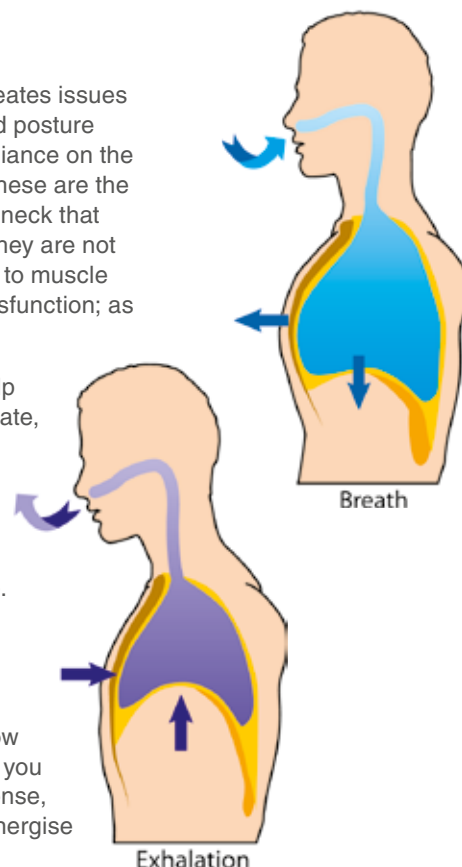
When you inhale deeply, your diaphragm contracts and squashes the contents of your abdomen. This causes your belly to naturally bulge, known as abdominal breathing. On breathing out, your rib cage compresses your lungs and forces air out, and your belly flattens. This rhythmical cycle of contraction and relaxation is essential for breathing and staying well. So how do you know if you're doing it correctly?

Stop where you are. Sit or stand with your spine straight and your eyes looking forward. Take a deep breath in, and breathe out. Next, hunch the middle of your back and let your shoulders and head slump forward. Now take a deep breath in. Notice the difference? When you slump, your breathing will become shallow, making it impossible to fill your lungs with oxygen and release carbon dioxide properly. When your spine is straight, your rib cage expands and your lungs have adequate space to work fully.

The wrong breathing pattern also creates issues in other parts of the body. A hunched posture and shallow breathing can trigger reliance on the secondary muscles of respiration. These are the muscles around your shoulders and neck that can help you breathe, even though they are not designed for this task. This can lead to muscle tightness, pain, postural and joint dysfunction; as well as affect your overall health.

Correct abdominal breathing can help lower blood pressure, reduce heart rate, relax muscles, decrease stress, and increase energy levels. Fortunately, we can easily control and improve our breathing.

To breathe well, maintain a tall spine. Focus on deep, slow, balanced and controlled breathing through the nose. It should feel easy, and your breath should be silent. Allow ample movement of your chest and note how your abdomen moves in and out. As you do, you'll trigger the relaxation response, reduce anxiety, and help heal and energise your mind and body.



Magnesium is involved in over 300 biochemical reactions in the human body...

Pumpkin seeds are a great source of magnesium.

# The toll of electronic devices on our children's health

Our children are faced with a widening range of health issues as they become more sedentary and device orientated. Whether it's muscle or joint pain, headaches, postural distortions, or obesity— the toll on their wellbeing can be significant.

Studies have shown that a staggering 20% to 35% of children and adolescents experience chronic pain. Ongoing physical discomfort can be triggered by an injury or illness, or the cause may remain undiagnosed. Sadly, regularly experiencing pain can reach its uncomfortable tentacles into every aspect of a child's life. It can affect their school performance, social engagement, and sleep; eventually putting their physical and mental health at risk.

Along with chronic pain, weight is a major health concern for the younger generation. An Australian government report stated that one-quarter of Australian children and adolescents are overweight or obese. In the short-term, carrying excess weight may diminish quality of life. Long-term, obese children and adolescents face a higher risk of developing cardiovascular disease, diabetes, osteoarthritis and certain cancers as adults.

The current guidelines for children include 60 minutes of moderate to vigorous physical activity every day and limiting their use of electronic devices and television screen time to no more than two hours a

day. These recommendations are rarely followed, with the average 13-year-old spending more than three hours staring at some sort of screen every day. This can contribute to weight gain, poor posture and increased pain.

Children also face other modern challenges. Repetitive stress injuries such as "text thumb, text neck and selfie elbow" are now common complaints. Constantly being hunched over a phone screen can reduce breath function. Gazing downward creates stress in the joints of the neck. Back, neck and shoulder pain, and headaches are more common in children who use a computer for two or more hours per day. This includes most, if not all, Australian children.

Ah, the joys of technology! Luckily, because of their youth, the impact of these challenges can be reversed with the right care. You can help your child by encouraging regular physical activities that they enjoy, as well as providing a healthy balanced diet.

Chiropractors can also play a role in keeping children well. Your chiropractor can provide ergonomic advice to lessen the strain of sitting at a screen. They can assess your child's spine to determine any joint dysfunction or the presence of scoliosis (abnormal curvature of the spine), and then provide appropriate care and advice.



**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.

## PRACTICE UPDATE

### DATES TO KEEP IN MIND

#### Public Holidays - CLINIC CLOSED

4th May – Labour Day

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

### IMPORTANT COVID 19 INFO: ON ARRIVAL AT THE CLINIC

- Upon arrival at the clinic, Please proceed to wash/sanitise hands in bathroom **prior** to being seated in reception.
- Remember social distancing

### 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.

*As the seasons change, give your immune system extra support by continuing with regular adjustments. Ask us about which BioCeutical products may help to support you.*

Take me home to complete the **WORD SEARCH**