



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, Applied Kinesiology and SOT.

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

Melissa Kirkley

Adele Klints

Lisa Bruce

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



JULY/AUGUST 2020

How to build better bone health

Have you ever stopped to think about your bones? Until they fracture or hurt, we often don't. After all, they are tucked away out of view.

Your bones form the structure of your body. They provide shape, protect vital organs and the central nervous system, and allow muscles to connect and move us. As well as these better known roles, a hub of endless activity occurs inside our bones. Blood cells are made there. Minerals, like calcium, are stored. Your bones are living, constantly remodelling tissues!

As you can see, bone health is crucial. But sometimes things go awry. As we age, our bones can weaken, increasing the risk of fracture. The fine structure throughout the bone thins out, resulting in brittle bones, and osteoporosis can result. If vitamin D levels are low, softening of the bones can occur. A condition called Paget's disease of bone causes the bones to weaken and deform. And, of course, the ends of the bones at the joints can become damaged with osteoarthritis.

Yet, nature provides the skeletal system with effective ways to prevent illness, balance strength with capacity, and aid repair. Exercise and nutrition form the pillars for bone health. Exercise approaches are multi-pronged, whereas eating aims for optimal nutrition.

Weight-bearing and resistance exercises are the best for your bone health. Weight bearing exercises are those which bear your own weight and work against gravity. These include activities such as jogging, dancing, tennis, hiking and climbing stairs.

Resistance training requires our muscles to work against force. As we do, the pressure exerted encourages bone tissue growth. To achieve increased bone strength, the mechanical load applied needs to exceed those of everyday activities. Increasing the load incrementally is the best approach.

As fitness and core stability build, so too will bone and muscle strength. This improves not only skeleton health, but the balance required to prevent falls.

Then we must look to foods; consuming those rich in bone-building nutrients, and avoiding those that have a weakening affect.

Higher protein intake in older women can increase bone mass density and reduce fracture rates. Balance protein with plant foods packed with complex carbohydrates containing bone-building nutrients like fibre, vitamins and minerals. Avoid refined carbohydrates – such as sugar, and a high intake of saturated fat. These foods can decrease bone mineral density by reducing calcium absorption. Instead, choose wholefoods and polyunsaturated fats such as the omega three fats found in oily fish.

A range of micronutrients are needed for healthy bones; these include calcium, copper, magnesium, manganese, vitamins D and K, and zinc. Aim for five or more daily servings of fruits and vegetables, and get a healthy amount of sun exposure.

Your chiropractor understands bone function and health. They can advise you on how to assess the health of your bones and improve their strength, naturally.

WHAT'S INSIDE



BOOSTING YOUR WINTER WELLBEING



THE HEALING POWERS OF HONEY



HIP FLEXOR INJURY



CARING FOR YOUR PELVIC FLOOR



Hip flexor injury

Have you suddenly experienced a pain near your hip, or in your groin? Does it hurt to raise your knee to your chest? Maybe your thigh muscles spasm when you walk or run? You could have a hip flexor strain.

The hip flexors are a group of muscles that attach near, and cross over the front of your hip. Your chiropractor might mention them by name. The primary flexors are the iliopsoas and the sartorius. The secondary flexors are the adductor brevis and gracilis. Regardless of their names, their job is to flex the hip. They are the reason you can bring your knee towards your chest, and bend forward at the waist.

As with all muscles, the hip flexors can be strained through overuse, over-stretching, or being forced to lengthen too far. Imagine having an elastic band attached to each end of a protractor, then wrenching the ends apart. The elastic band might sustain a small or large tear. The effect is similar in your muscles.

There are a wide variety of activities that involve the actions that have the potential to cause damage, especially when they are

executed with force. Some examples are:

- a cyclist quickly pulling their knee upward to enable faster peddling
- an Aussie rules player dispensing a beautiful torpedo punt
- a ballet dancer leaping into a grand jeté
- a martial artist kicking their foot up and towards the sky

While the usual cause of injury is a sporting activity; slips or direct trauma can also cause a hip flexor tear.

Symptoms can vary from mild to severe, depending on the extent of the strain. Tenderness and pain will likely occur at the site. Swelling, bruising, a reduced range of motion, a pulling sensation at the front of the hip, and a painful limp might be experienced too.

Your health professional can identify the problem, assess any contributing factors, provide appropriate treatment, and restore lost flexibility. Active stretching involves using one muscle group to stretch another. Passive stretching, as the name suggests, uses an outside force to achieve the required stretch. This might be a person, a resistance band, or even gravity.

If you believe you could have a hip flexor tear or strain, or you are experiencing any of the above symptoms, it's important to seek help early. The best way to a speedy recovery is early identification and intervention.

Boosting your winter wellbeing

With winter settled upon us, the longer nights and colder days can make healthy eating and exercising feel difficult. Yet now is the perfect time to prioritise these two practices – they can help enhance your immunity, elevate your mood, and ease the aches and pains that commonly accompany this season.

As the saying goes, “you are what you eat”. While cold salads might send a shiver up your spine, there are plenty of healthy meals to fill the need for comfort food, and meet your nutritional needs. They could also help protect you from viral infections, including the common cold.

The common cold is more prevalent in winter because the colder temperatures reduce antiviral immune responses, allowing greater replication. Added to that, nutritional deficiencies might both lower immunity and increase the potency of any virus we become infected with. Nutrition, though, can provide a powerful antidote.

Nature's antioxidants and anti-inflammatory compounds help fight against viral infection. You can find these in foods such as almonds, avocado, seeds, turmeric, curcumin, berries, green vegetables, nuts, olive oil, and fresh fatty fish.



Lentil bakes, hearty risottos and soups, vegetable omelettes, veggie-packed stir-fries, berry smoothie bowls... The choices are endless, only limited by your imagination. Maybe it's a good time to take a cooking class?

You may hear people talking about “the winter blues”. Darker days can bring darker moods. Consuming foods rich in vitamins B12, B9 and zinc may help, as deficiencies in these can cause low mood. Think – eggs, leafy greens, legumes, nuts, oysters, salmon and seeds. Exercise is also great for boosting your mood.

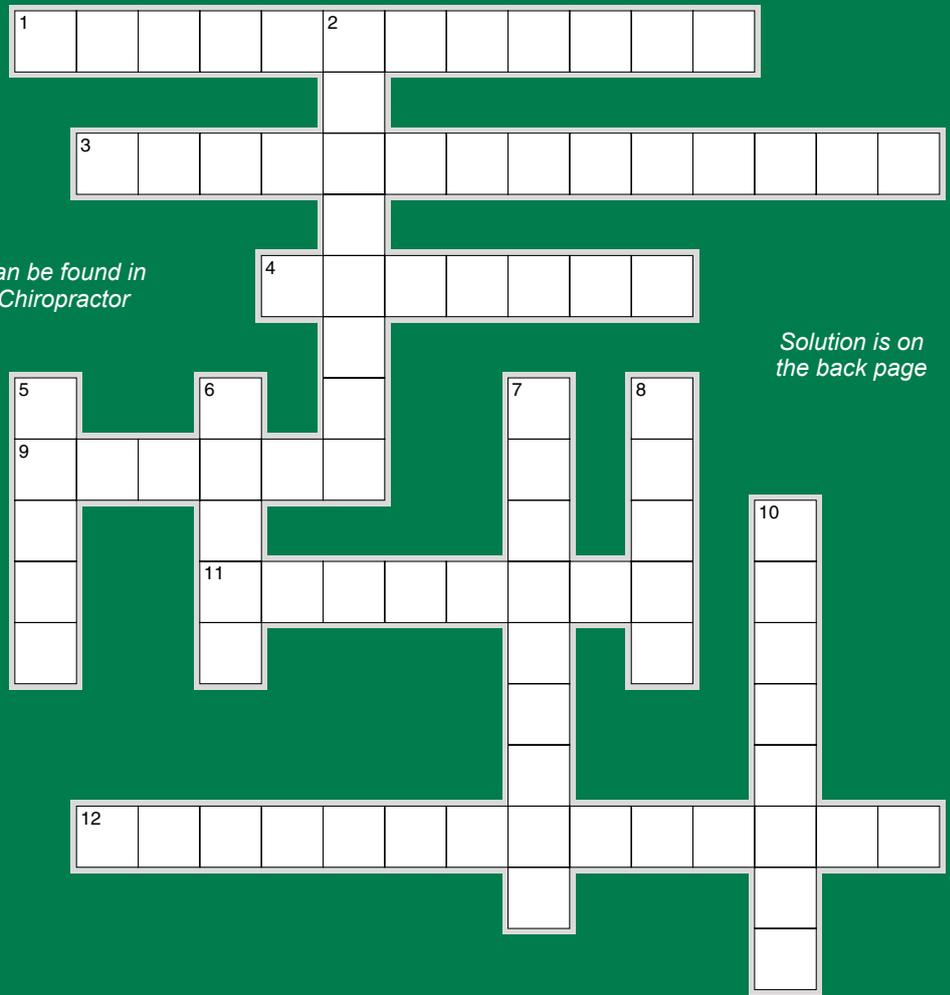
Exercise improves immune function. Add in its pain relieving power and mood lifting ability, and moving throughout winter becomes essential. If adverse weather keeps you housebound; stream exercise classes, dance, try body weight exercises, and clean your home energetically. If the weather is hospitable, go out for regular walks.

The winter months need not be a time of hibernation, accompanied by poor food choices, irregular exercise and ill health. Use these tips to ensure you effortlessly glide through our coldest season in great shape, and ready for the rest of the year.

CROSSWORD CORNER



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



Solution is on the back page

Across

1. A disease in which the bones become weak and brittle
3. Nutrients the body needs in smaller amounts
4. A mineral essential to bone health
9. Protected from getting a disease
11. Solution or remedy
12. Relating to the heart

Down

2. A slippage or sinking of a body organ
5. Caused by a virus
6. A refined carbohydrate
7. One of the primary hip flexors
8. A sweet substance that bees produce
10. One of the secondary hip flexors

The healing powers of honey

Honey has been prized around the world since time immemorial for its flavour, as well as its medicinal qualities. Jars of honey dating back to 5,500 years ago were found in a noblewoman's tomb in Georgia, showing how treasured honey has been through the ages.

HONEY IS DELICIOUS

Honey is a sweet substance that bees produce from the nectar of flowering plants. Many types are available depending on the plant type. Honey is loved around the world for its flavour, texture and versatility.

And it's good for you.

Honey was used as a healing ointment at least as far back as Ancient Egyptian times, and its popularity as a wound care product has had a recent resurgence. Researchers believe that honey's healing powers come from its antibacterial and anti-inflammatory effects. It also has the ability to nourish surrounding tissue, making it effective for wound healing. Pharmaceutical preparations of honey are

now well-evidenced as excellent topical antibiotics with healing properties.

Honey is rich in antioxidants, known for their properties in reducing the risk of cell damage and certain cancers. A growing body of evidence links honey with reduced risk of cardiovascular disease and type two diabetes; due to its action on harmful triglycerides – chemicals linked to insulin resistance and inflammatory disease. Honey is also thought to increase HDL – 'good' – cholesterol while decreasing LDL – 'bad' – cholesterol.

Honey has been popular for generations as a traditional home remedy for sore throats, hay fever, skin conditions, and coughs and colds. Regular honey is often pasteurised and processed, so raw honey is the best way to maximize potential health benefits.

DRAWBACKS TO HONEY

Although researchers have found a possible connection between honey and a lower glycaemic index compared to other sugars, consuming honey still means you

are consuming sugar, which does affect your blood sugar in some way. Eat only a moderate amount of honey in your diet, or replace processed sugars with honey for a sensible approach.

Current advice from the World Health Organisation is that honey should not be given to infants under twelve months, as in rare cases honey may harbour certain bacteria which, while harmless to older children and adults, can cause serious illness in babies.

In short...

Honey is high in certain substances which are known to promote health and reduce certain diseases. There is compelling evidence for its use in wound treatment, and ongoing research into its potential for reducing the risk of cancer and other serious illness. While honey is high in healthy chemicals, it's also high in sugars – better forms of sugar than most other sweet foods, but still high in calories, so moderation is the key.

PRACTICE UPDATE

DATES TO KEEP IN MIND

Public Holidays - CLINIC CLOSED

14th August – Ekka Holiday

School Holidays

13th July – School's Back

- 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

WELCOME BACK

Dr Fiona Couchman is a familiar face back in clinic and will be available for chiropractic care Mondays and Thursdays. Fiona cares for a range of patients using methods including Diversified, SOT, Activator and Soft Tissue Techniques.

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 staff, we look forward to helping you and your family stay happy and healthy this winter.

Caring for your pelvic floor

Do you experience constipation, urinary incontinence, pelvis spasms or painful sex? If so, your pelvic floor muscles might be performing poorly.

The pelvic floor muscles sit at the base of your abdomen; attaching your pubic bone, tail bone, and the base of your pelvis. They act like a sling, supporting the pelvic organs including the bladder, rectum, uterus or prostate gland. When working well, you can wait to use the toilet and relieve yourself with ease. Your pelvic organs remain in place. You continue to take these muscles for granted, but when they're dysfunctional, symptoms may result.

Symptoms can be indicative, like a sudden urge to urinate or uterine prolapse. Urination might hurt. Constipation may occur. Sexual intercourse could become uncomfortable, even painful, for women. Discomfort may be felt in the genitals, rectum, lower back or pelvis. The symptoms can have a severe impact on your quality of life.

While the pelvic floor muscles can, on occasion, become too tight, the vastly

more common problem is related to weakness. These muscles can weaken for many reasons including: increasing age, injury, hormonal changes associated with menopause, being overweight, repetitive strain through heavy lifting, straining from constipation, or continual coughing. For many women, pregnancy and childbirth can cause weakened pelvic floor muscles. Hormonal changes, downward pressure, and a growing baby can all contribute to bladder and bowel leakage, pelvic pain or prolapses.

When weak, it's important to strengthen the pelvic floor. Your health professional can instruct you on Kegel exercises, which specifically target the right muscles. Just as achieving results from attending a gym requires regularity, so does strengthening your pelvic floor – daily. Exercise regularly. Walking is restorative for your pelvic floor muscles and for your spine.

If you think you may be experiencing pelvic floor dysfunction, seek help. You do not have to live with these symptoms. Treatment options are available, many are natural and safe. We are ready to help.

Honey Apricot Bliss Balls

These delicious bliss balls are the perfect energy snack and great for parties and summer picnics. Makes about 16.

INGREDIENTS

- 1 cup dried apricots, roughly chopped
- ½ cup almonds, roughly chopped
- ½ cup almond meal
- ½ cup shredded coconut
- ¼ cup tahini
- 3 Tbsp honey
- 2-3 Tbsp shredded coconut for rolling



1. Place all ingredients (except coconut for rolling) into a food processor.
2. Process lightly until a chunky mixture forms. Shape into even-sized balls, then roll in the coconut.
3. Store in an airtight container and keep in the fridge.

1. OSTEOPOROSIS 3. MICRONUTRIENTS 4. CALCIUM
 9. IMMUNE 11. ANTIDOTE 12. CARDIOVASCULAR
 2. PROLAPSE 5. VIRAL 6. SUGAR 7. ILIOPSOAS
 8. HONEY 10. GRACILIS

ACROSS DOWN 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.