



## 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.

#### Associate Chiropractor

**Fiona Couchman** *BBioMed Sc. MChiro*  
Dr Fiona Couchman completed her BioMedical Science degree in 2000 at Griffith University. She then graduated in 2003 with a Masters of Chiropractic from Macquarie University. Combining continued education with years of practical experience, Fiona uses techniques that include Diversified, Activator, SOT and cranial, as well as soft tissue and drop piece. This enables her to care for a range of patients, from newborns to the elderly.

#### Remedial Massage Therapist Ling Huang

Ling Huang is originally from Taiwan. She came to Australia in 2013, and began her massage career in 2014. Her qualifications include Diploma of Remedial Massage Therapy and Certificate IV at Harvest Education Technical College Brisbane.

Ling is very passionate about delivering the best outcomes of mind-body balance for her clients, as well as increasing their self-healing through different manipulation techniques. Depending on the needs of her clients, Ling combines different modalities within her remedial massage approach; including Deep Tissue Massage, Cupping, Trigger Point Therapy, Reflexology, Hot Stones, Dry Needling, Thai Stretching and more. She is results driven, with a focus on reducing pain, improving circulation and reducing stress through her various techniques.

### HEALTH ASSISTANTS

Melissa Kirkley, Adele Klints, Rachel Roeseler

### 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

# YOUR CHIROPRACTOR

SEPTEMBER/OCTOBER 2021

FREE!

## This month we talk about...



**ALCOHOL & WEIGHT GAIN**



**DO YOU WAKE WITH A STIFF NECK?**



**THE THREE OMEGAS**



**SWAYBACK: THE INs AND OUTs**

## Tennis elbow and golfer's elbow

Do you have pain at your elbow? Is the discomfort worse on movement and everyday use? Does the problem stubbornly refuse to subside, even after rest? Do you frequently use your arms? You might have tennis or golfer's elbow.

These conditions have similar causes, effects and treatments. They occur in the same tissue type, are related to repetitive strain, involve teeny micro-tears, and can be incapacitating.

### What's the difference?

The difference is their location. Tennis elbow affects the lateral epicondyle; the bump on the outside of your elbow. Golfer's elbow affects the medial epicondyle; the bump on the inside of your elbow.

### Pain on the outside of your elbow

The symptoms of tennis elbow are related to the muscles that extend your wrist. They merge into the common extensor tendon, which connects at the lateral epicondyle. When these muscles become repetitively stressed, degenerative changes occur at the connection point.

Actions that may act as a trigger include forceful grasping, gripping, and rotation. Using a screwdriver, doing a lot of manual labour, typing, or playing a racquet sport. Just like tennis.

Tenderness near the outside elbow bump is often associated with tennis elbow. Pain may worsen, becoming burning and severe. Shaking hands, turning a door handle, working on a computer, and playing sport can increase the pain.

### Pain on the inside of your elbow

The symptoms of golfer's elbow are related to the muscles that flex your wrist. They merge into the common flexor tendon, which connects at the medial epicondyle.

Injury to this area may have a traumatic origin, like hitting a golf club into an unseen rock or thumping it into the ground. Or it might occur from overuse. Chopping wood with an axe, operating a chainsaw, gardening, competitive swimming... and, yes, golf.

Golfer's elbow can often cause soreness near the inside elbow bump. The pain can extend down the forearm on that side. Grip strength may become diminished.

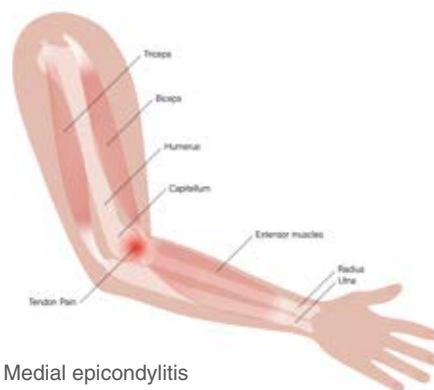
Golfer's elbow is more common in women, type 2 diabetics, people aged between 45 to 64, those with a higher body mass index, and smokers.

### How can we help?

We use our arms every day. When simply making a cup of tea, drying yourself after a shower, lifting your child, turning a door knob, and engaging in work, hurt, every day activities can seem almost impossible.

We are qualified to assess and diagnose lateral and medial epicondylitis. We can discuss with you appropriate options for managing the pain, and prepare a suitable recovery plan, which may include exercises for you to do at home.

Many people who develop tennis elbow or golfer's elbow don't play golf or tennis!



Medial epicondylitis  
Golfer's elbow



Lateral epicondylitis  
Tennis elbow

Our newsletter is free! You can take a copy with you.

## Can alcohol cause weight gain?

Everyone knows the health risks associated with high alcohol consumption – the effects go beyond risky behaviour and hangovers. High alcohol intake is associated with many chronic health conditions. You could also be adding weight problems to that.

We've all seen the 'beer bellies' of serious drinkers, but did you know that even a moderate amount of alcohol can contribute to significant weight gain? There are several reasons for this:

**Amount of kilojoules** – alcohol is high in kilojoules and doesn't have any real nutritional value. Your body converts the kilojoules into energy or stores it as fat. Drinking your kilojoules means you can take in a lot more without feeling full.

**Altered metabolism** – not only are there lots of kilojoules in alcohol, it actually affects the way your liver metabolises them. This means you're more likely to store energy – from alcohol and food – as fat. This continues long-term, not only when you've just had a drink.

**Snacking** – it's very easy, after a few drinks, to reach for unhealthy snacks and greasy takeaways. Alcohol alters our blood sugar levels, making us hungry. Even small amounts of alcohol can lead us to choose the worst possible food types.

**Effects on sleep** – some people think a nightcap helps them get to sleep, but alcohol affects the quality of your sleep. It causes night-time wakefulness, fluctuations in blood sugar levels, thirst, and frequent trips to the toilet. Not only does a bad night's sleep make you feel awful the next day, you may actually eat more – as if to compensate for being tired.

Think before you drink – drinking alcohol of any kind comes with risks. It's worth checking the guidelines to know how many standard drinks you're really having. Moderating alcohol intake – or going without – has well known health benefits... even if you're not looking to lose weight, you'll be gaining a healthy body.

## Good health tuna salad

Health and happiness – all in one bowl.  
Serves 6-8.

### INGREDIENTS

- 425g canned tuna in spring water, drained
- 120g salad leaves (spinach & rocket work well)
- 1 large avocado, chopped
- 1 Lebanese cucumber, sliced
- 2 tomatoes, chopped
- 1 small red onion, peeled and thinly sliced
- 6-8 pitted black olives (whole or chopped)
- 1/3 cup parsley, finely chopped
- 3 hard-boiled eggs, quartered

### Dressing

- 2 tbsp lemon juice
- 1 1/2 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp runny honey

### INSTRUCTIONS

1. Flake tuna into small pieces.
2. In a glass jar, combine the dressing ingredients and shake well.
3. Combine tuna, salad leaves, avocado, cucumber, tomatoes, onion, olives and parsley in a large bowl.
4. Pour dressing over the salad. Toss gently, transfer to a serving bowl and add eggs.

## WORD SEARCH

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

ALCOHOL  
 CHIROPRACTOR  
 DEBILITATING  
 DIET  
 ELBOW  
 FASCIA  
 FATS  
 FOREARM  
 GOLF  
 INFLAMMATION

KILOJOULES  
 LIGAMENTS  
 LORDOSIS  
 LUMBAR  
 METABOLISE  
 MUSCLES  
 NUTRITION  
 OMEGA  
 OSTEOARTHRITIS  
 PILLOW

POSTURE  
 REPETITIVE  
 SARDINES  
 SLEEP  
 SPINAL  
 STRESS  
 TENDONS  
 TENNIS  
 VERTEBRAE  
 VITAMINS



## Could your sleeping habits be hurting your neck?

Do you wake in the morning with a sore, stiff neck? Do the muscles ache and twinge and take a little time to loosen up? You're not alone – neck pain is common and will affect most people at some stage in their lives.

For most people though, a stiff neck is painful but non-threatening. The soft tissues can become injured or tense. The joints may be inflamed. Tautness can result. A sore, stiff neck — particularly on waking — can signal poor posture and sleeping position, the wrong pillow, osteoarthritis (wear and tear), or even stress.

### Do you lie on your side, back or front?

The latter is one of the worst positions. Sleeping with your head twisted to the side places a lot of strain on the vertebrae in your neck. While reading this, turn your head to the right. See how far it naturally rotates?



Place your left hand on your left cheek and gently push. Can you feel the increased tension in your neck? This extra force is exerted for many hours when you sleep on your front, and can often be the cause of neck and back pain. Side or back sleeping is better.

Your pillow may also be to blame. The main function of your pillow is to support your neck and keep it aligned with the rest of your spine. Selecting the right one can have a significant impact on your sleep quality and neck pain. It should support your spinal curves and keep you comfortable.

If you find yourself suffering from persistent neck pain, ask us for help and advice. We can assess your pain and provide appropriate care. We can also assess your sleeping posture, and help you to find a pillow that works for you.

Stiffness can occur for a number of reasons; while it's not normally serious, it's important to know when urgent investigation is required. When neck stiffness is accompanied by trauma, fever, nausea or vomiting, unexplained fatigue, confusion, dizziness, or a new headache, it may indicate a serious underlying condition. While rare, these symptoms can point to fracture, meningitis, infection, or a tumour.

## Quick tension-relieving tip

You may be carrying a lot of tension and stress in your body that you're unaware of - especially in your shoulders.

Take a moment to breathe in, hunch your shoulders up and let them relax as you breathe out. Feel better? Try this again before you go to sleep tonight.



## The ins and outs of swayback

Have you ever wondered about the curve of your lower back – what's normal, or what role it plays in your health? Or maybe this is the first time you've given it any thought. In that case...

Place your hands over the small of your back. You'll notice a hollow where it curves gently. This graceful curvature is created by the lumbar spine. The vertebrae and discs sit on top of one another; held together by ligaments, fascia, and muscles. This sweep is called the lumbar lordosis.

The lumbar lordosis is designed to help us remain upright, aligned and balanced. However, when this curve is excessive it's called increased lumbar lordosis, which is commonly known as swayback.

Swayback can cause lower back pain. The greater the curve, the higher the risk of injury and discomfort. This happens because the compressive load forced through the facet joints and intervertebral discs increases too.

Long term, the physical strain associated with swayback can cause ongoing pain and reduced function. Treatment depends on how serious the curve is and how it happened.

The more common causes are:

- weak core muscles
- prolonged sitting and standing
- poor posture
- osteoporosis
- obesity and pregnancy – the weight shift to the front causes a necessary adjustment of your spine to realign your centre of gravity.

Our chiropractors can provide expert assessment, advice, and tailored treatment. Specific exercises can strengthen your core, reduce pressure on the facet joints and improve your posture.

If you're concerned about a possible increased lumbar lordosis, be sure to mention this to us. Early intervention can help prevent complications later.



## TOE TAPS



The toe tap exercise helps to strengthen your abdominal muscles, while working your glutes, hips and legs.

1. Lie down on your back with your arms resting at your sides.
2. Bend your knees and lift your legs up one at a time until your shins are parallel to the floor. Keep your spine in a neutral position.
3. Tighten your abdominals. Slowly lower your right leg and tap your toe to the floor, keeping your knees bent and your left leg still. Ensure your back remains flat.
4. Return your right leg back to its starting position. Repeat with the left leg.
5. Start with one set of 8–12 taps on each side. Once you develop appropriate strength, progress to two sets.

# PRACTICE UPDATE

## DATES TO KEEP IN MIND

**Public Holidays – CLINIC CLOSED**

Queen's Birthday 4<sup>th</sup> October Closed

**School Holidays**

18<sup>th</sup> September - Monday 4<sup>th</sup> October

*– 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 prior to being seated in reception.
- Remember social distancing.
- Reschedule your appointment if you have any COVID symptoms.

## 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!*

*If you feel like your mind and body  
need a Spring clean, we can assist  
to ensure you and your family stay  
well as the weather warms up!*

## APPOINTMENT REMINDER

Your next appointment is on \_\_\_\_\_ at \_\_\_\_\_  
Date Time

# Ω3

# Ω6

# Ω9

## The three ‘omegas’

The omega fatty acids are essential nutrients which we need to maintain good health. They're unsaturated fats, and are obtained through our diet.

Why aren't they numbered in order? They're numbered according to the placement of double bonds within their structure – the number is a part of their chemical description.

Omega-3 plays a variety of roles in the body; it's associated with brain development, heart health, and bone and joint health. Omega-3 has also been shown to help slow memory decline in people with dementia and improve mental health.

Our bodies can't produce omega-3, so you need to obtain it from your diet; however, it's thought that most people following a standard Western diet are low in this nutrient. Ensuring adequate omega-3 intake throughout pregnancy is also essential for your baby's brain development.

Omega-6 also needs to be obtained from your food, however most people's intake is actually higher than it needs to be from a Western diet. Getting the ratio of Omega-6 to Omega-3 is important, as a high level of Omega-6 relative to Omega-3 can contribute to inflammatory conditions. Omega-6 is

found in most oils, meats, dairy products, eggs, cereals, and processed foods.

Omega-9, like omega-6, is common in most people's diets, and is one of the nutrients created within our body. It's found in almost all oils and nuts, and it would be rare to have an inadequate intake.

### The best sources of omega-3, -6, and -9

As omega-6 and -9 are already abundant in most people's diets, ensuring adequate omega-3 intake is usually the most important goal. The best dietary source of omega-3 is oily fish, but it can also be found in walnuts, flaxseeds, and chia seeds. The term 'oily fish' includes mackerel, tuna, sardines, and salmon – all of these are an excellent addition to a healthy diet.

Omega-3 supplements may be useful for some people; but should be high quality, and only taken in addition to a healthy diet – the wide range of nutrients found in food cannot be properly replicated by pills.

The World Health Organisation recommends eating two portions of oily fish per week, not only for its omega-3 content but also for vitamins A, D, and B, its lean protein content, and a range of other minerals and essential nutrients.



**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.

*Our newsletter is free! Take a copy with you.*