

OUR CHIROPRACTORS

Dr Ian Edwards

BSc., M.Chiro.

Dr Terri Anne Kayrouz

B.ChirSc., M.Chiro

CLINIC STAFF

Sarah Hutchinson

Practice Manager

Shelley McDonald

Reception

Sarah Folwell

Dip.H.SC, B.H.Sc TCM(UTS), Cert.TCM (Beijing)

Massage Therapist

Justin Chau

Dip.RMT

Massage Therapist

Tanya Jones

Adv.Dip.Naturopathy

Naturopath

CONSULTATION TIMES

Consultations are by appointment.

Monday 8:00am – 6:30pm

Tuesday 8:00am – 6:30pm

Thursday 8:00am – 6:30pm

Friday 8:00am – 12:00pm

Saturday 8:00am – 1:00pm

YOUR CHIROPRACTOR

FREE!!
TAKE ME HOME

JANUARY/FEBRUARY 2020

Swimming for your life

If you're looking for an activity that has an array of health benefits, consider taking up swimming. It's a low-cost, low-impact, and relaxing activity that provides a full body workout.

The main advantage that swimming has over other physical activities is that the buoyancy of the water takes some of the stress off your body. Therefore it's a great low-impact exercise if you have an injury or condition that doesn't allow you to participate in more traditional types of exercise. Swimming also allows you to exercise for longer periods of time without additional pressure on joints and muscles.

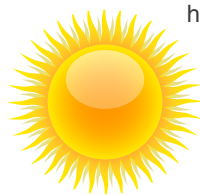
Swimming provides a great cardiovascular workout as well as a workout for nearly all of your muscles. It helps tone your muscles and builds strength and endurance. It can also improve balance, flexibility, co-ordination, and posture; all of which can help prevent an array of health problems.

While the physical benefits of swimming may be obvious, there are also hidden benefits such as being good for your mental health. Swimming helps to improve your mood and reduces mental tension and anxiety.

Before you dive into the swimming pool, remember to follow safe swimming behaviour. Make sure the environment you choose to swim in is safe, read the safety signs, speak to lifeguards for safety tips, swim with a partner, and swim within your capabilities.

If swimming laps doesn't appeal there are plenty of exercises you can do in the water without swimming. Pool-based classes such as aqua aerobics are a fun activity for all ages, especially if you prefer exercising in a group.

Swimming offers many physical and mental health benefits, and is an activity you can participate in your entire life, not to mention being a great way to cool down on a hot summer day!



Tips for summer safety

- ☑ **Plan your day** - try to avoid being outdoors between 11am and 4pm.
- ☑ **Keep hydrated** - drink plenty of water-the more you move the more you need.
- ☑ **Seek shade** - keep in the shade, or take a sun umbrella.
- ☑ **Avoid alcohol and caffeine** - they can make dehydration worse.
- ☑ **Cool off** - take a tepid shower or bath, or a dip in the water.
- ☑ **Eat fresh** - try eating cold, healthy foods such as salads or fruit.
- ☑ **Dress cool** - wear hats, and light, loose natural clothing.
- ☑ **Sunscreen** - choose an effective sunscreen, follow the application instructions.
- ☑ **Check others** - take care of others who may be vulnerable to heat.

WHAT'S INSIDE

YOUR BODY

- Energise with aerobic exercise
- What is a herniated disc?
- Golf and back pain
- Lifting correctly

NUTRITION

- All about Oats

Golf and back pain

Golf is a very popular sport for people of all ages, but it's also one that can cause many players back pain if a few precautions aren't taken. There are some key areas that can help prevent injury.

Warming up

A proper warmup before starting your round of golf can dramatically decrease the chance of back injury. Start by walking for ten minutes to warm the muscles and joints of the body. Then perform a light stretching routine specifically targeting the hamstrings, lower back and shoulders. After stretching, a few minutes of light swinging with a club (not full golf swings), will prepare the joints and muscles for twisting. And finally, some

Chocolate & peach nutty oat bars

These chewy, no-bake nutty chocolate bars are delicious and easy to make - perfect for a protein snack on the go!

INGREDIENTS

- ¾ cup peanut butter
- ⅓ cup honey
- 4 Tbsp coconut oil
- 1 tsp vanilla extract
- ¼ tsp salt
- 2¼ cups wholegrain rolled oats
- ½ cup of almonds or walnuts, chopped
- ½ cup dark chocolate chips
- ½ cup chopped dried peaches

INSTRUCTIONS

Line a 21cm square tin or glass container with baking paper.

Combine the peanut butter, honey and coconut oil in a saucepan, over medium heat. Bring to a simmer and take off the heat. Keep stirring to ensure the mixture doesn't burn.

Mix in vanilla and salt, and then add rolled oats, dried fruit and chopped nuts, and mix together. Set mixture aside for about five minutes to cool slightly before adding chocolate chips, so they keep their shape. Press mixture firmly and evenly into the container, and chill in the fridge.

Remove mixture from container, place on cutting board, and cut into bars or squares. Store in a sealed container in the fridge for up to a week.



practice shots on the driving range. Start with some easy pitch shots, then small irons before progressing to larger woods. Muscles that have been stretched gradually are much less prone to injury.

Your swing

Golf is a unilateral sport; most players swing either right or left handed. This can cause an imbalance in the muscles, ligaments, and tendons that protect the spine. These imbalances can lead to muscle tightness, muscle spasm, and even chronic pain. A simple tip to help avoid these imbalances is to take several swings with your opposite hand during your warm up and at least every other hole during the round.

Good balance, even weight distribution, and developing a correct technique for the swing can reduce stress to your lower back. When you first start to play golf it's

advisable to take lessons or advice from a sport professional to help you achieve the correct posture.

Strength training

Strength training is sometimes overlooked by many golfers, or not considered very important, but it should be performed by all golfers. Be sure to focus on core strengthening exercises. Planks, cat-cow yoga poses, push-ups, and body weight squats are all simple, effective ways to start a core strengthening routine with no weights or gym membership needed. Of course a good weightlifting and/or yoga routine can help take your core fitness (and golf swing) to a new level.

If your technique has you missing rounds of golf due to nagging back pain, consult your chiropractor. Take care of your body and your golf handicap might just benefit as well!

Energise with aerobic exercise

We know that those who exercise and follow sensible healthy lifestyles live longer, healthier lives. More specifically, aerobic exercise is great for improving overall body function, stamina and fitness, but many people are unsure what it involves and how much to do.

What is aerobic exercise?

Sustained, low to moderate intensity exercise such as brisk walking, swimming, jogging, cycling, dancing, or any other activity comprising continuous energetic movement is known as 'aerobic' exercise. This means that it triggers the body's oxygen use in the muscles to generate energy and burn calories.

How much should I exercise?

It depends on your starting point; if you currently do little exercise, start off gradually and progress towards an optimal exercise regime. Going straight from sedentary to serious sustained exercise can increase your risk of injury, or just prove so difficult and unenjoyable that you give up. It's hard to say how much to exercise exactly; some health authorities recommend around three hours per week, spread out over several days. It's okay to adapt the length and intensity of the exercise to suit your ability.

Any increase in your fitness level is a good thing; so be guided by your body, and gradually build-up the amount of aerobic exercise you do until you're comfortable with your fitness and schedule.

Is it good for me?

Regular aerobic exercise is a great way to stay in shape and excellent for improving cardiovascular function—the health of

the heart and blood vessels. If you're looking to build significant muscle mass however, aerobic exercise will need to be supplemented with high intensity exercise like weight training.

Aerobic exercise is achievable for many people as it can be adapted to suit most levels of ability and mobility; plus it can be a social activity. Many people find it easier and more enjoyable to exercise with a friend or in a group, and physical activity and socialising are both linked to good mental health.

If you have a specific health condition that might be affected by a sudden change in activity, remember to consult your health professional before you start.



What is a herniated disc?

One of the most often misunderstood conditions, and a frequently asked health question is “what is a herniated disc?” It’s a common condition which commonly occurs in the lower part of the spine and is often referred to as a “slipped disc”.

Between each vertebra in the spine lies a spinal disc. These spinal discs have three main functions. They

- act as ligaments to help hold the vertebrae together.
- provide slight mobility in the spine.
- act as shock absorbers for the daily stresses the body is put under.

Each spinal disc has a semi-liquid or jelly-like centre surrounded by cartilage. This cartilage is arranged in rings, similar to the inside of a tree when you cut it in half.

When a disc is herniated, the “jelly” in the centre breaks through the cartilage rings and forms a “bulge” or “herniation” on the outside of the disc. This herniation can cause major health issues by putting pressure on the adjacent spinal nerves, causing pain and possible dysfunction of the organs that the nerves control.

Disc herniation is usually caused by an injury of some sort such as a car accident,

overuse as a result of repetitive movement over time, or even just by lifting incorrectly.

There are several risk factors that can increase the likelihood of someone having a herniated spinal disc. These include smoking, lack of exercise, sitting for long periods, and being overweight. Spinal discs can also lose some of their water as a person ages, which makes the discs less supple and more prone to cracking.

Symptoms related to a herniated disc vary. Some people can experience slight localised pain, while others experience severe shooting pain into the arms or legs. Organ dysfunction can also occur in some individuals, as a result of pressure on the nerves that control the organ.

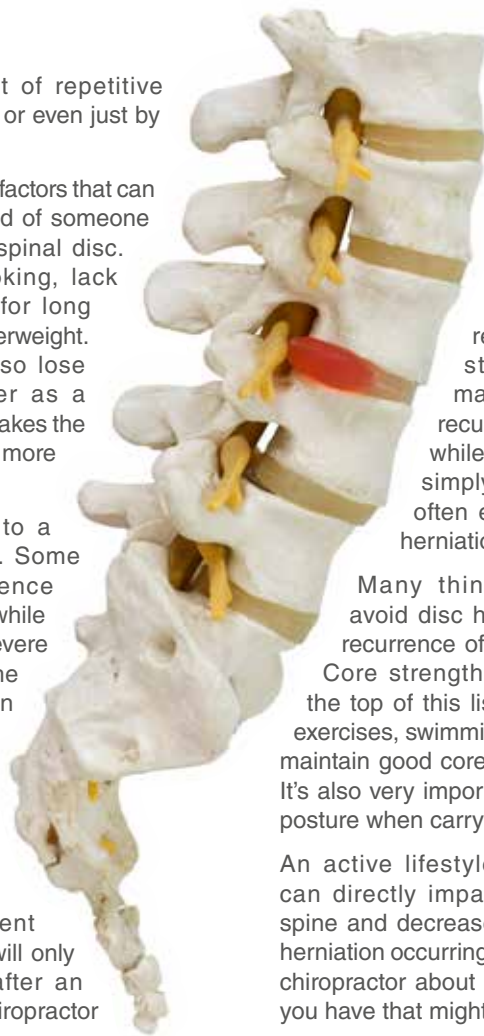
Appropriate treatment of a disc herniation will only be recommended after an examination. Your chiropractor

is trained and qualified to provide professional health advice on suitable treatment options.

Although damage to the disc may heal, often the disc does not return to its full original strength. As a result, many people experience recurring back injuries even while lifting a light object or simply bending over. It can often end in a more serious herniation as a result.

Many things can be done to avoid disc herniation or prevent a recurrence of an existing herniation. Core strength and flexibility are at the top of this list. Yoga, strengthening exercises, swimming, and walking all help maintain good core strength and flexibility. It’s also very important to maintain correct posture when carrying out daily tasks.

An active lifestyle and a healthy diet can directly impact the health of your spine and decrease the chance of a disc herniation occurring. Seek advice from your chiropractor about concerns or symptoms you have that might be related.



WORD SEARCH

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

- CARDIOVASCULAR
- OXYGEN
- SEDENTARY
- MUSCLES
- AEROBIC
- EXERCISE
- CHOLESTEROL
- POTASSIUM
- CONSTIPATION
- FIBRE
- HAMSTRINGS
- HERNIATED
- DISC
- LIGAMENTS
- UNILATERAL
- SPASM
- CARTILAGE
- VERTEBRA
- POSTURE
- ANXIETY
- MOOD
- SUNSCREEN
- STAMINA
- FITNESS
- ENERGETIC
- ZINC
- PROTEIN
- IMBALANCE
- TENDONS

Lifting correctly

Follow these tips to avoid injuring your spine, or straining your lower back when lifting.

- » Place your feet shoulder-width apart, one foot slightly ahead of the other.
 - » Squat down carefully by bending at the hips and knees—avoid bending your back.
 - » If additional support is needed, put one knee on the floor and the other in front of you, bent at a right angle in an almost kneeling position.
 - » Lift slowly by straightening your hips and knees—don't use your back or twist your body.
 - » Keep your back straight, your chest outward and your shoulders back as you lift.
- » Look straight ahead—this helps keep your upper back straight while having a slight arch in your lower back.
 - » Keep the item at belly button level, and as close to your body as possible.
 - » Change direction with your feet and keep your shoulders in line with your hips as you move forward.
 - » Squat with your hips and knees only as you put the object down, to avoid bending your back.



All about oats

You may think of oats as just a filling breakfast, but they are also widely recognised for their many nutritional and health benefits.

Oats are an everyday Australian staple; they're usually eaten in the form of rolled oats or oatmeal, but are also an integral part of muesli, baked goods, and health bars. Australia is a world leader in oat production, responsible for delivering high-quality milling oats to the international market.

Health benefits

Conclusions from research carried out over several years' link regular oat consumption with lower cholesterol, and a lower risk of coronary heart disease and colorectal (bowel) cancer.

Nutrition

Oats provide a range of important vitamins and minerals. These include iron, phosphorus, potassium, zinc, copper, selenium, manganese, magnesium, and B vitamins. Oats are also a good source of protein and fibre.

Fibre

Choosing foods high in fibre helps digestion and prevents constipation. The Heart Foundation recommends that adults should aim to eat 30 grams daily. One cup of oats contains 7.5 grams of fibre, while still being

less than 300 calories. A high fibre diet may also help reduce the risk of obesity, type 2 diabetes, and heart disease.

Fibre and colorectal cancer

Studies from Britain and the Netherlands involving almost two million participants, found that people who increase their daily intake of soluble fibre by ten grams reduce their lifetime risk of colorectal cancer by 10%.

Blood pressure / cardiovascular disease

Studies have found that a diet including plenty of wholegrains such as oats may be just as effective at lowering blood pressure as taking anti-hypertensive medication. Lower blood pressure can in turn help to reduce the risk of cardiovascular disease.

Cholesterol and coronary artery disease

The conclusion from a number of studies found that eating foods made from unrefined oat sources such as whole or rolled oats, oat bran and oat flour may help reduce the risk of coronary heart disease by lowering high levels of LDL or 'bad' cholesterol without affecting HDL or 'good' cholesterol.

Oats are delicious, nutritious, versatile, and easy to consume as part of a healthy, balanced diet. Why not add them to your shopping list.

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.



Penshurst
CHIROPRACTIC CENTRE.

135 Penshurst Street
PENSHURST, NSW 2222

P: 9570 5999

OUR CHIROPRACTORS

Dr Alisa Williams

B.AppSc., M.Chiro

Dr Terri Anne Kayrouz

B.ChirSc., M.Chiro

Dr Fiona Hutchinson

BSc(Hons), M.Chiro

CLINIC STAFF

Victoria Hutton

Reception

Melanie Kiehne

Adv.dip.Naturopathy, Adv.Dip.Nut.Med

Naturopath

Renee Egen

Massage Therapist

CONSULTATION TIMES

Consultations are by appointment.

Monday 2:30pm – 6:30pm

Tuesday 7:30am – 11:30am

Thursday 7:30am – 6:30pm

Saturday 7:30am – 11:30am