GM SPINAL CLINIC

Suite 1

40–42 Montgomery Street

Kogarah, NSW 2217

P: 9587 7999

F: 9587 2519

CHIROPRACTORS

George Kategiannis

B.Sc M.Chiropractic

Michael Theodosiou

B.Sc (Hons) M.Chiropractic

CLINIC HOURS

Monday to Friday	8.00am–7.00pm
Saturday	By appointment

Your health is our concern but your responsibility. If you are unable to keep your appointment, please let the clinic know as soon as possible, and be sure to make up your missed appointment.

Members: Chiropractor's Association of Australia

YOUR CHIROPRACTOR

FREE!! TAKE ME HOME

JANUARY/FEBRUARY 2019

Travel tips to **benefit your back**

With the summer season well underway, many of us will be packing our bags and making our way to our holiday destinations. It might be a tropical paradise just a plane journey away, or it could be across Australia to spend time with family and friends. Wherever your travels may take you, you're sure to be looking forward to the long, relaxing break over January.

However, long periods of sitting whilst travelling, the unfamiliar pillows and the uncomfortable mattress may create just enough discomfort for those little niggles to start up in your back and/or neck. Trying to relax is near impossible when you're having to deal with aches and pain. As your chiropractor may also be taking advantage of the summer season for a well-deserved break, it's worth noting what you can do to try and prevent or alleviate the pain that could put a dampener on your holiday experience.

If you're travelling long distances by car, it's a good idea to prepare yourself for the journey. As well as packing plenty of food and water, make sure your seat is in the upright position, and be sure your tailbone is positioned as far back on the seat as possible. By doing so, you're going to get the best support from the seat for your shoulders and head.

Once on the road, pull over and take a break every 1-2 hours. Use this time to stretch and roll your shoulders back in a circular motion to loosen tight muscles and remember to stay hydrated by drinking plenty of water as well.

If you've decided to head overseas for a well-deserved getaway, you will most probably be travelling by air. Plane journeys can often be uncomfortable, but there are a few things you can do that might help relieve back pain, should it arise. If possible, choose or request an aisle seat. Doing so can enable you to take regular walks up and down the aisle to stretch your legs without inconveniencing those seated beside you. You may also find that using a cushion for spinal support will help to maintain the natural shape of your spine against an often-uncomfortable plane seat.

Heavy carry-ons and over-stuffed shoulder bags cause your body to become unbalanced, so try to pack as light as possible. If you must take everything, rather than one large suitcase, using two smaller cases will distribute the weight more evenly when carrying them. Take extra precaution when lifting. Always lift with your legs and use your feet to pivot instead of twisting at the spine.

While you're away from home, sleeping in an uncomfortable bed may trigger additional levels of discomfort, aches, and pains. You may benefit from sleeping on your back or side and not your stomach, placing small towels under your side where the mattress may dip, and stretching after sleeping.

Don't let back and neck pain distract you from enjoying your holiday. Consult your chiropractor for further advice on how you might relieve/avoid pain and discomfort while travelling.

Take me home to complete our PUZZLE – check inside!

WORD SEARCH

BEETROOT
BRAIN
CHIROPRACTIC
COPPER
DISTANCE
EXERCISE
FIBRE
GARDEN
GLUCOSE
HEALING
HEALTH
MENTAL
NATURE
NERVOUS
NEUROBIOCHEMICAL
NEURONS
NITRATE
PELVIC
PERIPHERAL
PHYSICAL
PLANE
PREGNANT
SACRAL
SANCTUARY
SPINAL
SUITCASE
TAILBONE
TRAVEL
TREES
WALK

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

Beetroot, walnut and feta dip

Ingredients

2 medium beetroots, trimmed
4 tablespoons (50g) walnuts
40g reduced-fat feta
1/3 cup low-fat Greek-style yoghurt

To Serve

2 large carrots, peeled, cut into sticks
1 large cucumber, cut into sticks

Method

1. Preheat oven to 180°C and line 2 baking trays with baking paper.
2. Wrap each beetroot tightly in foil and roast on the baking tray for 35 minutes.
3. Place walnuts on the other tray and lightly toast in the oven for the last 5 minutes.
4. After 35 minutes remove both trays from the oven. Leave to cool.
5. Unwrap the beetroot from the foil and rub off the skin.
6. Chop beetroot and place in a food processor along with walnuts, feta and yoghurt.
7. Blend until smooth then refrigerate until ready to serve.

Serve beetroot dip with carrot and cucumber sticks.

Walk to **wellbeing**

How often do you find yourself coming up with an excuse not to exercise? With not enough hours in the day, it's probably more often than you'd like to admit.

Even though walking is a free activity that can help to improve your spinal health as well as your mental and physical wellbeing, it's not something that everyone sets time aside to do. Often, the commitment of work, family, and social lives can mean basic exercises fall by the wayside.

Rather than get into the habit of not walking at all – why not try to incorporate it into your day without having to set aside time? It's easier to walk without thinking than you may realise.

CHANGE UP YOUR TRANSPORT

If you don't live far from the office, but you find yourself driving every day, why not make a change? Consider walking to work every day or every second day. If you live further out, try parking away from the office, so you at least get a brisk walk.

LUNCH TIME EFFORT

Do you work through lunch? Indulge in sweet treats and sugary coffee on your break? Instead, grab a colleague or friend and go for a walk around town. You can refresh yourself for the second part of the day while also benefiting your mental and physical wellbeing.

SOCIAL TIME

Do you usually meet a friend for lunch when you catch up? Swap the meal for a walk. Going for a half-hour walk with a friend to catch up on the latest gossip is a great way to spend time together with the added benefit of exercise! Of course, there's no reason why upon returning home, you can't sit down for a well-deserved coffee and sandwich together.

If you want to improve your health – both mental and physical, then incorporate a 30-minute walk into your schedule every day. Consult your chiropractor if you need advice on how to kickstart your new walking regime.

The impact of **chiropractic care** on pregnant women

Pregnancy can be an emotionally and mentally overwhelming time for expectant mothers who may also face a range of health challenges. Could new studies show that chiropractic care is viable for improving quality of life during pregnancy?

A new quality of life-focused project was carried out by Dr. Joel Alcantara, involving the satisfaction of pregnant women receiving chiropractic care with the Webster technique. The survey aimed to work out whether women who received chiropractic care had any sleep disturbances, pain, fatigue, depression, and anxiety, before and after seeking chiropractic help. The survey focused on a specific treatment, the Webster technique, which aims to reduce sacral subluxation and ease neuro-biochemical pelvic function.

GETTING TO KNOW THE WOMEN

A significant part of the study involved getting to know the study participants – working out who they are, and the general type of person who would seek chiropractic treatment during their pregnancy. The group consisted of 343 people with an average age of 30.96.

On average, all women also sought chiropractic care 25 weeks into their pregnancy, and 75 percent said their primary care provider knew about their consultation.

The study goes into extensive detail on a number of points, as well as the reasoning for visiting a chiropractor in the first place. Out of all study participants, 41 percent wished to receive wellness care as well as relief for musculoskeletal pain.

WHAT DID THE STUDY SHOW?

One of the main goals of the study was to also establish the quality of life of women before and after chiropractic care during pregnancy – a dramatic difference from studies in the past. All patients reported as having a "fairly good" quality of life overall, but baseline and re-evaluation data showed vast differences.

The most promising of these discoveries was that some women noted reductions in their fatigue levels, sleep disturbances, and pain. There was also an increase in social participation, but very little difference in anxiety and depression levels.

The use of a study type with self-reporting data can mean there is some bias, but the knowledge that participants were "highly satisfied" with their chiropractic care shows some promise in the field of using chiropractic care to improve quality of life during pregnancy.

When treating pregnant patients, chiropractors often use adjustable tables and apply techniques that avoid unnecessary pressure on the abdomen. Patients may also be given safe exercises and stretches to do at home.

While there is still some way to go before research can safely say chiropractic care is beneficial for pregnant women, studies such as this show promise and solid data toward making chiropractic one of many valid wellness and treatment options. Consult your local chiropractor if you would like to know more about chiropractic care during pregnancy.

Getting back to **nature**

Everyone knows that trees play an integral part in the world, but could they play a more personal role in your life? Studies say yes.

From giving creatures a place to live, children a place to play, and everyone a tool for reducing greenhouse gases, it's clear to see that trees more than play their part in the world. Their effects are far-reaching, and with new research coming to the fore, humans are becoming less likely to "pave paradise and put up a parking lot" than they ever were before.

As scientists delve more into mental health topics, they are beginning to see a link between trees and mental health – with a hypothesis on a human's connection to nature and its benefits. Early results show that your relationship with nature is often portrayed in environmental behaviours such as recycling, composting, and growing a garden.

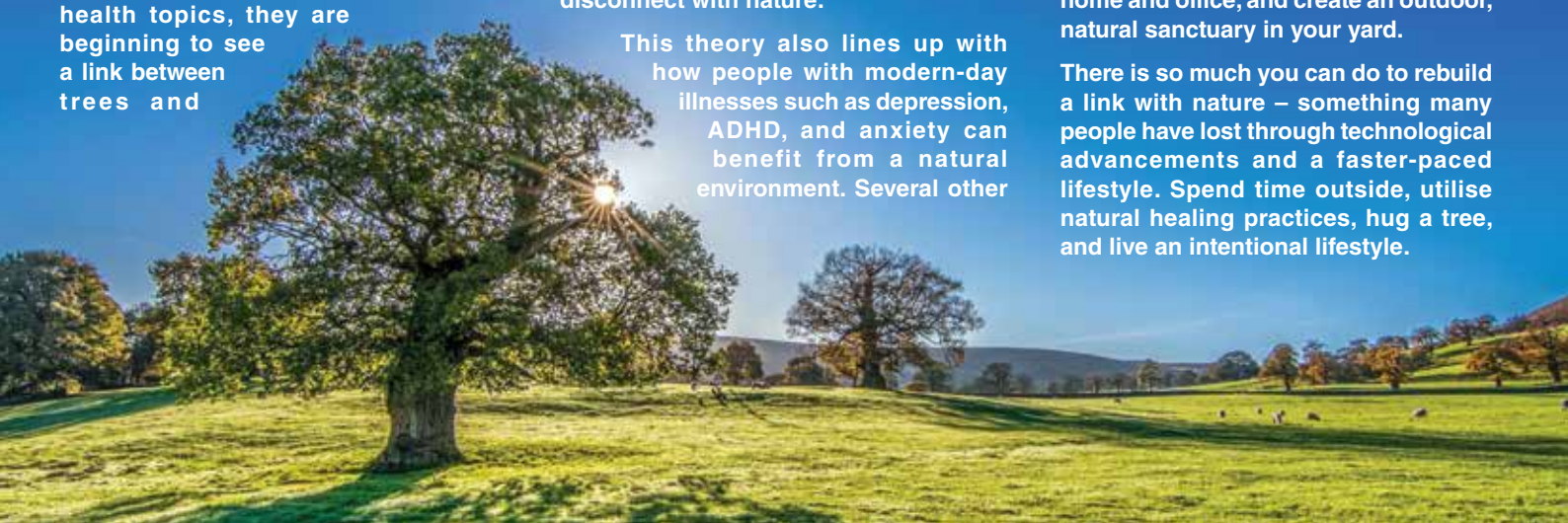
What that same research also finds, however, is that more and more people are losing that connection with nature, known as nature deficit disorder. The term comes from a book called the Last Child in the Woods by Richard Louv, outlining mental and physical consequences of a disconnect with nature.

This theory also lines up with how people with modern-day illnesses such as depression, ADHD, and anxiety can benefit from a natural environment. Several other studies covering nature and emotions also reiterate this notion – such as positive feelings when walking through nature and faster healing with natural views in hospitals.

WHAT CAN YOU DO TO GET BACK TO NATURE?

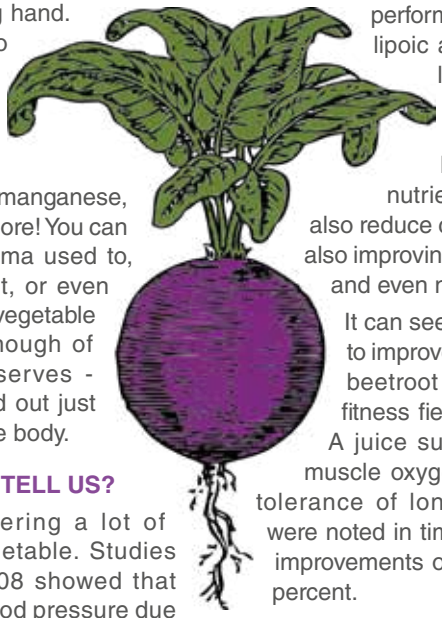
Knowing that a connection with nature can be beneficial for your mental and physical health means it's crucial to do all you can to forge and maintain that link. Take the scenic route to work, plant a garden, include plants in your home and office, and create an outdoor, natural sanctuary in your yard.

There is so much you can do to rebuild a link with nature – something many people have lost through technological advancements and a faster-paced lifestyle. Spend time outside, utilise natural healing practices, hug a tree, and live an intentional lifestyle.



What you didn't know **about beetroot**

Like most fruit and vegetables, beetroot is packed full of essential nutrients to give your body a helping hand. However, there is so much more to this newly categorised superfood.



Beetroot contains protein, calcium, iron, Vitamin A and C, folate, manganese, zinc, copper, fibre, and more! You can pickle it like your grandma used to, steam, boil, and roast it, or even eat it raw. This versatile vegetable does not get nearly enough of the spotlight as it deserves - especially when you find out just how beneficial it is for the body.

WHAT DOES SCIENCE TELL US?

Scientists are discovering a lot of about this humble vegetable. Studies on hypertension in 2008 showed that beetroot could lower blood pressure due to its high nitrate levels. Two years later, another study reaffirmed this. Regarding dementia, scientists are making headway here too. Consuming a high nitrate diet, including beetroot, means that blood flow and brain oxygenation were improved in the aging population, potentially helping to slow down dementia. The study was carried out at the Wake Forest Translational Science Centre.

Beetroot even helps with digestion, inflammation, diabetes, and athletic performance. As it contains alpha-lipoic acid, it can lower glucose levels, and with high fibre content, it can promote healthy digestion. Beetroot's powerful nutrient known as choline can also reduce chronic inflammation while also improving sleep, memory, learning, and even muscle movement.

It can seem strange for a vegetable to improve athletic performance, but beetroot is creating waves in the fitness field for that reason as well. A juice supplementation improved muscle oxygenation, leading to better tolerance of long-term exercise. These were noted in time trials with performance improvements of as much as 2.7 and 2.8 percent.

If you are looking to make changes to your diet, then there's every reason to give beetroot a try. However, be sure to consume it as part of a healthy, balanced diet. Beetroot juice may cause red urine and faeces, and improperly stored beetroot juice can be harmful due to high levels of nitrate. Consult a health professional if you have any concerns or questions about making dramatic changes to your diet.

The nervous system made simple

The human nervous system is extremely complex – how it works can be understood easily if we see it in terms of a transport network made up of three main elements: the brain and the spinal cord (the central nervous system), and the nerves cells throughout the body (the peripheral nervous system).

The spinal cord is the motorway that travels to and from the brain, and nerves are the roads that carry messages to and from every part of the body to the brain via the spinal cord. The brain receives and interprets the messages and then takes action. If you burn yourself, nerve cells at the burn site will send a pain message to your brain, which will instruct your muscles to move away quickly to prevent further injury. These messages travel almost instantly – a healthy brain can react to stimuli in one hundredth of a second.

The central and peripheral nervous systems are made up of billions of neurons (or nerve cells), which are supported by highly specialised cells that hold the neurons in place, supply them with oxygen and nutrients, and destroy bacteria, viruses and other microorganisms that cause disease. The spaces between neurons are called synapses, and neurons are linked to each other with chemicals called neurotransmitters.

Because the nervous system controls and coordinates movement it is vital to keep it healthy and functioning. The main essence of chiropractic is a concentration on the spinal cord to diagnose and treat problems that affect the rest of your nervous system and your body as a whole.

You can also keep you and your nervous system healthy by:

- Eating regularly to keep up your neurons' glucose levels.
- Including vitamins B-12 and D and healthy fats in your diet.
- Not smoking or drinking too much alcohol.
- Sleeping well to help you focus and improve your memory.
- Exercising your brain with activities like Sudoku.
- Avoiding repetitive movements and toxic chemicals.
- Managing chronic stress – it produces cortisol which over time can harm your body and your brain.

Disclaimer: All text and images published in this newsletter are for general information and educational purposes only. It is not a substitute for professional advice. Always consult a registered health professional regarding any health-related diagnosis or treatment options.

PRACTICE UPDATE

ON ARRIVAL AT 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 appointment schedule is designed specifically to obtain the best possible results. Please be sure to make up any missed appointments.

Should you wish to change an appointment, we would appreciate as much notice as possible so that other patients can be offered your time.

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.

FEEDBACK

We are here to serve you. Please speak to your chiropractor or the staff about any concerns you may have.

We see your constructive comments as helping us to help you and others.

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.

HEALTHY HINTS

EAT fish twice a week.

DRINK at least a litre of water a day.

WALK, swim or cycle for 20 minutes three times a week.

***THEN....* YOU'LL FEEL BETTER!**

Read the newsletter and test your knowledge - complete the PUZZLE!