

**FREE!!**  
PLEASE TAKE ONE

# YOUR CHIROPRACTOR



**MAY / JUNE 2014**

## 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**

## WARM UP OR COOL DOWN?

The question has been asked for decades...is it necessary to warm up or cool down before and after exercise? And if so, what should one do? What actually does it mean to warm up? Can't I just put a warm jacket on? And isn't cooling down just driving home from the gym with the air con blasting?!

Many people see the benefit in preparing their body for exercise, but often they don't do it correctly. So what should you do to warm up before exercise, or to cool down afterwards? Or is it the same thing? Much of the confusion comes from not understanding the difference between a warm up and stretching. Many believe that stretching before exercise prevents injuries, even though the clinical research suggests otherwise. In fact, stretching cold muscles could even cause a serious injury! A better interpretation is that a warm up prevents injury, whereas stretching improves flexibility and range of motion.

Instead of stretching, most experts recommend warming up with a brisk walk, light jog or sport-specific exercise, like kicking or throwing a ball. This type of light

movement increases the heart rate and blood flow to the muscles, warming up the body temperature. You can then do some very gentle stretches of your pre-warmed muscles before you continue on to your main exercise session.

Then, after exercise, cool down by slowing down your pace with some gentle walking. It is not advisable to just suddenly stop cold. Once your heart rate is returning to normal, take the time to stretch out the muscles you have utilised. Hold a given stretch only until you feel a slight pulling in the muscle, but no pain. As you hold the stretch the muscle will relax and you can then increase the stretch again until you feel the same slight pull.

Allow your body time to warm up before exercising and follow this with a cool down period after to recover. This will give you more out of your exercise session and in turn, more out of your body! And remember; always listen to what your body is telling you during your exercise program to help avoid fatigue or injury. Trust your body's prompts, exercise sensibly, and the benefits will be yours.



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# ENJOYING THE GOLDEN YEARS

There is currently a massive ageing population due to the fact that we are all living longer. It's great to celebrate that the majority of people are living extended lives but how do we ensure those additional years are good ones? The number of people aged 65 and over has doubled since 1980 and is expected to double again within the next few decades. Because of this, we need to focus on helping the older generation stay healthy and lead active lives. But how is this achieved?

Remaining physically active has a huge impact on overall health as we age. Movement brings a wealth of positive effects to the spine. Motion keeps us young and helps add years to our lives. A major difference between a "young" person and an "old" person is the ability to move correctly. Proper motion increases blood flow, builds muscle strength, improves bone strength, decreases muscle tension and provides relief from static body positioning.

Mental activity is also an important factor as we age. The old adage "use it or lose it" is highly accurate for both our physical and cognitive ability. This is especially relevant as people stop working and move in to their retirement years. All of a sudden, after years of requiring the brain to do numerous things on a daily basis, people find themselves at home, sometimes with not much to do, and their brain starts slowing down as a result. Finding mental stimulation through reading, puzzles, learning a new skill can allow the

brain to keep forming new pathways and connections and remain active.

Social interaction is another component that keeps us feeling younger than our years! Isolation can occur as people age and lead to a number of problems including inactivity and depression. It is important to maintain friendships or develop new ones by joining a local club or community group. This will provide not only entertainment and mental and physical stimulation but also companionship and joy.

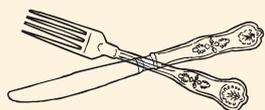
As with any age, a well-balanced diet along with drinking enough water has a big impact on our energy levels, gut health and overall vitality. Food sometimes becomes less important, especially if living alone and many people find their appetite decreases with age. This makes it even more important to ensure that what is being consumed is both nourishing and enjoyable!

And last, but certainly not least, regular Chiropractic care throughout one's elderly years offers

huge health benefits. Ensuring that the spine is functioning correctly as one ages can help prevent increasing stiffness and immobility. In addition, by allowing the brain and nervous system to communicate effectively, without any interference, gives your body the opportunity to function at its most optimal level – in spite of the ageing process.

So don't be scared of the years ahead – the best is often yet to come! But make sure you do all you can to ensure that you

are as fit, strong and healthy as you can be so that your elderly years aren't just golden... they're sparkling!



## Good Health on the Menu

### CHICKEN WITH RICE NOODLES

#### INGREDIENTS

(Serves 2-3)

- 2 skinless chicken breast fillets, thinly sliced
- 2 medium onions, chopped
- 2 cloves garlic, crushed
- 2 tsp grated ginger
- 1 tsp chilli sauce
- 1 tab soy sauce
- 1½ cups broccoli, chopped
- 200gm rice stick noodles
- 2 tab fresh chopped coriander



#### PREPARATION

Marinate the chicken in garlic, ginger, chilli sauce and soy sauce for 30 minutes.

Cook noodles according to instructions.

Stir-fry onion in a little oil until it begins to soften. Add the chicken and broccoli and stir-fry until cooked. Add noodles and coriander and mix to combine over medium heat. Extra soy sauce may be added if needed.

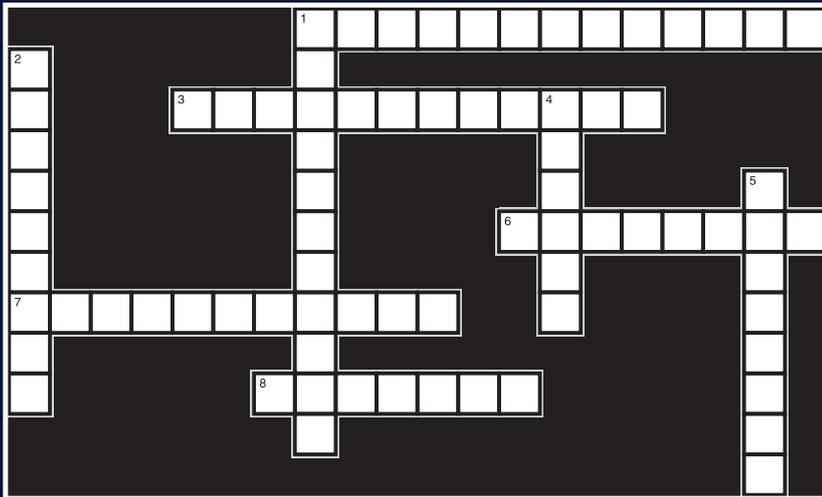
# Clever CROSSWORD

## Across:

- Who are trained to find areas of the spine where there is misalignment of bones?
- Stress can sometimes be \_\_\_\_\_.
- What is chiropractic about?
- Social \_\_\_\_\_ keeps us feeling younger.
- What should you be aware of during all of your daily activities?

## Down:

- Getting up from your desk and moving around helps increase what?
- What is the occupation of the two men being chased by a grizzly bear?
- Which system can chronic stress damage?
- What brings a wealth of positive effects to the spine?



ANSWERS ARE SHOWN ON BOTTOM OF THE BACK PAGE.

**LAUGHTER**  
is the best medicine

Two biologists are in the field following the tracks of a radio-collared grizzly bear. All of a sudden, the bear crashes out of the brush and heads right for them. They scramble up the nearest tree, but the bear starts climbing up the tree after them. The first biologist starts taking off his heavy leather hiking boots and pulls a pair of sleek running shoes from his back-pack. The second biologist gives him a puzzled look and says, "What in the world are you doing?"

He replies, "I figure when the bear gets close to us, we'll jump down and make a run for it."

The second guy says, "Are you crazy? We both know you can't outrun a full-grown grizzly bear."

The first guy says, "I don't have to outrun the bear, I only have to outrun you!"

## HOW ARE YOUR STRESS LEVELS?

From the time you wake in the morning until the moment your head hits the pillow again that evening you are go, go, GO! For some unknown reason there never seems to be enough hours in the day and there always seems to be more to do than ever before. You race through each day and fall asleep revising your to-do list for the next day. You toss and turn through-out the night and wake exhausted with no choice but to start the same busy day all over again. Does this sound familiar?

It's a busy world we live in and it's getting busier every minute so it's vitally important that we ensure our stress levels are manageable. So what is stress exactly? Stress = physical, emotional and chemical responses occurring in the body due to (sometimes overwhelming) stresses one perceives. Internal conditions such as emotional upset, pain or illness as well as external circumstances, such as a death in the family, or financial problems can cause stress. Even positive experiences like a new baby or job promotion can provoke stress.

Today research is suggesting that up to eighty percent of all illness is stress related, or, at the very least, illness is exacerbated by stress. While stress is a part of life and at times difficult to avoid, if these stresses occur one after another, your body may not have adequate time to recover. This long-

term "stress-response" state can, over time, start to damage all of the body's processes and systems. Chronic stress can damage the immune system, making people more susceptible to colds, flu or other infections.

Another effect of chronic stress is prolonged muscle tension and contraction. This muscle tension creates uneven pressures on the bony structures of the body, often leading to the misalignment of the spine and irritation to the nervous system. This, in turn, has an impact on your body's ability to heal as well as its ongoing response to future stressors. It becomes a vicious cycle as your body struggles to cope and you start to experience poor health.

When you add Chiropractic care to your health care routine, you give yourself an amazing opportunity to help the body "re-set" itself physically. Chiropractors are trained to find areas of the spine where there is misalignment of bone(s) that have resulted in a "blown fuse," affecting the nerves and therefore the overall health potential of the body. When these bones are re-aligned by the Chiropractor, the "circuit" is restored, communication is re-established to the body and it heals to its best capacity. This is a natural and noninvasive way to increase and maintain your health.

Your Chiropractor may also be able to assess your specific needs for additional support,

such as nutritional advice, massage, relaxation techniques and exercise...to name a few. Chiropractors recognize that each person has the privilege and responsibility to make and implement personal choices in their health care that will help them and their family achieve their health and long-term quality of lifestyle goals. Chiropractic can help you develop healthy responses to stress, reducing potential physical damage and live a more balanced, healthier lifestyle.



# SIT UP STRAIGHT!

We have all been told since childhood to "sit up straight." But it's easy to get into bad habits. When our day gets busy and we're glued to our desk our abdominal and back muscles can fatigue, allowing us to slouch. This puts abnormal load and pressure on your joints which can then stress the rest of your system and lead to poor health.

Being aware of your posture during all of your daily activities is the best way to ensure you are using good body mechanics. Millions of people spend a large amount of their time sitting at their desk. Desk work can be tough on the back - especially if proper body mechanics are not being used. Use the following guidelines to help minimise the impact of sedentary work:

- Avoid sitting in one position for long periods of time. Get up and move as often as you can. This will not only help relieve stress on your spine, it also helps increase circulation and decrease muscle fatigue.
- Be aware of your posture. Are you sitting correctly? Recheck throughout your day.
- Make sure the surface you are sitting at is at the correct height for you so that your forearms are at 90 degrees to your upper arms.

- Ensure that your chair is supportive and at the right height for you so your feet can touch the ground. Use a footstool if necessary.
- Adjust the height of your monitor so you are looking straight ahead, rather than down.

It's easy to incorporate the principals mentioned above into your daily life. It may seem unnatural at first, but if you keep at it, they will very easily become routine and your body will thank you for it.



# I DON'T HAVE A SORE BACK.... SO WHY SHOULD I SEE A CHIROPRACTOR?

Chiropractic isn't actually about pain...it's about function! How do you know if you're functioning as best as you can? Do you ever think about what your kidneys or liver are doing on a daily basis? Or maybe how strong your immune system currently is? More often than not you won't know there's an issue until after a symptom develops, often once the problem has been there for some time. Chiropractors look for areas in your spine that aren't functioning correctly and are putting pressure on your nerve system – this is called a vertebral subluxation. As this interferes with the communication between your brain and all the different parts of your body it is vitally important to remove vertebral subluxation before it affects your health.

Chiropractic goes much deeper than the aches and pains that sometimes give us grief. The stress that we are subjected to in daily life and the habits we keep are some of the biggest contributions to vertebral subluxation...which can then contribute significantly to poor health.

The key to maintaining optimal health is to keep your nervous system functioning at 100% by being free of interference. When everything is in synch and working at full power, the body can't help but be healthy! But when the system starts breaking down, so does the body.

Research has shown that Chiropractic care has much more to offer than just improved physical wellbeing. By providing your nerve system with an "interference check" and helping it develop better operating strategies, the following has been shown to be achieved:

- Improved Physical Wellbeing
- Improved Emotional Wellbeing
- Greater Life Experience
- Positive Lifestyle Changes

Chiropractic has the power to switch your body back on and allow it to function at its best. This, in turn, provides you with the opportunity to live a life with a body free of interference and full of potential.

Down: 1. Circulation; 2. Biologist; 3. Overwhelming; 4. Immune; 5. Movement  
 Across: 1. Chiropractors; 2. Posture; 3. Function; 4. Interaction; 5. Posture; 6. Posture; 7. Interaction; 8. Posture

## ANSWERS TO CROSSWORD

### RECIPE COMPETITION: BE IN TO WIN A \$50 SHOPPING VOUCHER

Choose from either **Woolworths**, **JB Hi Fi** or **Dymocks Book Stores**.

Simply email us your **favourite recipe**, with a full list of ingredients and cooking instructions to be in to win!! The winning recipe will be featured in the **September Your Chiropractor**.

Email your recipe, name, address, phone number and the clinic you attend to: [cliniccompetition@gmail.com](mailto:cliniccompetition@gmail.com) with the subject heading 'May Chiro 2014'.

Entries must be received by 30/06/2014.

**THAT'S IT! GOOD LUCK!**

## 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!