

FREE!!
PLEASE TAKE ONE

YOUR CHIROPRACTOR



NOVEMBER / DECEMBER 2015

GM SPINAL CLINIC

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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

SURVIVING SUMMER TRAVELS

While relaxation is usually the goal of summer vacations, often the actual travelling itself can cause some problems. If you plan to head away on a road trip try these tips to make your travels more comfortable and enjoyable.

SUPPORT YOUR SPINE

Many vehicle seats are designed to provide some lumbar (lower back) and neck support, but they aren't usually specific to individual needs. Bring a small pillow or specially designed prop to provide you with extra support you need.

SIT STRAIGHT

This isn't usually an issue if you are the driver, but often passengers spend a lot of time gazing out their side window,

particularly when the scenery is nice! Enjoy the view but make sure you don't sit for a long period of time with your head turned only to one side.

TAKE REGULAR BREAKS

When you move or vary your position, muscles are much less likely to lock up. Regular gentle movement will also improve circulation. Stop the car to have a walk around and gentle stretch before your muscles feel exceptionally tight or uncomfortable.

STAY CALM

Sometimes driving on the open road can be a stressful experience. It requires a lot of intense concentration and at times this can create tension in your body. Take your time and try to enjoy it. You'll soon be at your destination and the holiday can begin!



WISE WALKING

Summer is on its way and there's nothing better than a walk on a nice day.

It's a great way to get your heart beating faster, your lungs breathing deeper and your muscles working harder. As an added bonus, by being outside, you also boost your vitamin D levels and get to enjoy some fresh air.

While there are numerous positives to walking, there are also a couple of things to be aware of. Always make sure you watch where you are walking so that you don't accidentally trip or fall. Watch out for slippery surfaces – clambering over rocks at the beach can be great fun but also brings an element of risk. Make sure you wear supportive shoes with good grip and that you are cautious with your footing.

It only takes one wrong step to cause a nasty gash, bruised bump or even a broken bone. Be mindful also when walking on uneven ground or a surface that puts you on a lean as



this can place additional stress on the joints and muscles of your feet, legs and back.

Hydration is another important factor to consider while doing any exercise, particularly if outside in the heat. Ensure that you have adequate water with you if you plan to engage in a walk of any significant length.

A hat and appropriate protective clothing is also a sensible idea so you can protect yourself from getting too much sun.

Finally, if walking alone, always let someone know where you'll be and what time to expect you back. If you prefer to walk in the cool of the evening make sure you wear something illuminated so that you can be seen by traffic and stick to busy areas if you are walking alone.

Keeping these things in mind will not only help protect you but will also enhance your walking experience. Grab your shoes and enjoy!

STAY POSITIVE



The mind-body connection is incredibly strong and what you think may often become your reality.

Numerous research articles have shown how negative emotions can harm the body. Sustained stress, fear, anger or anxiety can alter our biology and wear down the various systems in our body which may eventually lead to the development of certain illnesses. It has been suggested that a positive outlook on life strengthens the immune system, cardiovascular system (optimists have fewer heart attacks), and the body's ability to handle stress.

Often at times where things aren't going well it can be extremely difficult to think positively. However, being able to do so can actually enable you to cope better with the situation. Your outlook on life and the thoughts that go through your head can have a significant impact on both your psychological and physical well-being.

So, when things are getting you down how do you make the shift to feeling positive? Specifically doing something that you know you will enjoy is a great place to start. This might be catching up with a friend, eating something really yummy, watching a funny movie, or even some retail therapy! Whatever it is, make it a priority so that you actively bring something positive into your world. It's amazing the difference it can make to the rest of your day.

Clever CROSSWORD

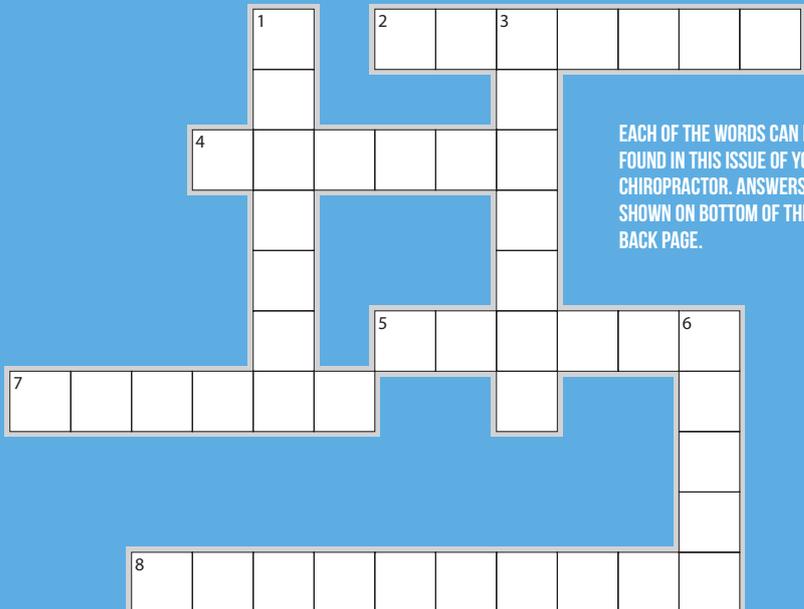
Down:

1. Walking outdoors helps boost your _____ D levels.
3. Walking helps your lungs breathe deeper, and your _____ work harder.
6. Your _____ needs supporting, when travelling long distance in a car.

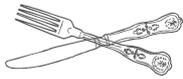
Across:

2. What is your body's way of notifying us that we're out of balance?

4. Chiropractic care can help you develop healthy responses to _____.
5. You should take regular _____ when driving long distance.
7. A positive outlook on life can help strengthen the what system?
8. Strength training is a type of physical exercise using _____.



EACH OF THE WORDS CAN BE FOUND IN THIS ISSUE OF YOUR CHIROPRACTOR. ANSWERS ARE SHOWN ON BOTTOM OF THE BACK PAGE.



Good Health on the Menu

CHICKEN RICE PAPER ROLLS

A delicious snack with a hit of fresh veg.

Ingredients:

- 1 tbsp vegetable oil
- 2 chicken breasts
- 1 chilli, chopped
- 2 cups shredded cabbage
- 1 large carrot, grated
- 2 spring onions, grated
- 100g glass noodles
- 1 tsp sesame oil
- Mint
- Coriander
- Rice paper sheets

Method

1. Heat oil in pan and cook chicken breasts
2. Remove from heat and shred with a knife and fork
3. Boil water and pour over glass noodles until cooked. Drain, mix with sesame oil and set aside

4. Have a bowl of boiling water ready to assemble your rolls
5. Working with one at a time, soak a sheet of rice paper into the boiling water until malleable, remove and place on a dry, clean tea towel
6. Place a small handful of chicken, noodles, cabbage and carrot in the centre of the circle – add a little chilli, spring onion and herbs
7. Fold both ends of the circle down and then roll from one side to the other to form a spring roll shape
8. Set aside and continue with remaining mixture
9. Serve with dipping sauce like soy, coriander and lime juice



LAUGHTER
IT'S THE BEST MEDICINE

I worked in a health food store once. A guy came in and asked me, "If I melt dry ice, can I take a bath without getting wet?"

People who complain about the way the ball bounces usually dropped it.

People can be divided into three groups: Those who make things happen, those who watch things happen, and those who wonder what happened.

There is always something to be thankful for. If you can't pay your bills, you can be thankful you are not one of your creditors.



There is no time like the present for postponing what you ought to be doing.

A STRONGER BETTER YOU

Strength training is a type of physical exercise using resistance to induce muscular contraction which builds the strength, endurance, and size of your skeletal muscles.

When properly performed, strength training can provide significant functional benefits and improvement in overall health and well-being. Strength training commonly uses the technique of progressively increasing the force output of the muscle through incremental weight increases and uses a variety of exercises and types of equipment to target specific muscle groups.

Strength training can be very enjoyable and has many benefits:

MAINTAIN A HEALTHY WEIGHT

Strength training is a great way to increase your metabolic rate as muscle is more metabolically active (burns more calories) than fat. It also increases your lean muscle mass and overall strength, helping you to have more energy and work out for longer.

IMPROVE YOUR PERFORMANCE

Strength training is a valuable addition to someone that is already physically active but wants to take their sport or activity to a higher level. Strength training can give you that extra energy and power needed to excel.

Many high level athletes use resistance training to enhance their skills.

PREVENT INJURY

One of the best ways to prevent and heal injuries is to strengthen the muscles around them as this greatly improves posture and provides joints with more support. This can help protect the body from sport-related, as well as day to day injuries.

FEEL GREAT

Nothing is more satisfying than the feeling of a great workout! Weightlifting or strength training helps people feel good and it has been discovered that it may even improve some symptoms of depression. Strength training can also help you age more gracefully, as it keeps you alive and vibrant while the improved physique often boosts self-esteem and confidence.

INCREASE BONE DENSITY

Older adults, especially women, lose bone density with age. A sedentary life makes bone loss worse and can lead to osteoporosis. By doing regular strength training, research has proven that you can both increase your bone density and work to prevent osteoporosis.

Given the numerous benefits, it's hard to find a reason not to put some time and effort into improving your overall health with strength training. By incorporating strength training into your exercise routine just 3-5 times a week, you can begin to see a change in your



body and health. If you struggle with the idea of working out with weights alone in the gym there are many group options that can be just as beneficial like pilates or circuit classes.

On the other hand, if the gym doesn't appeal at all then consider working out at home with a simple routine of push-ups, pull ups and squats. Using your own body weight is a perfect resistance work out. Look at your options and pick the one that is going to work best for you. Remember, the best work out is the one you do!! Find something you enjoy and get started on incorporating strength training into your routine today.

CHRISTMAS CHALLENGES

The year has nearly been and gone, it seems like Easter was only yesterday and the shops are already bringing out the Christmas decorations!

You know the next few months of the year are only going to get busier as Christmas approaches and you can already feel the tension beginning to build in your body just thinking about it. Christmas is meant to make us feel good, but it increasingly does the opposite. Instead of a joyful event, it simply becomes a time of pressure, stress and anxiety. But what we really want is for the festive season to be a time when we can focus on our health and well-being, and that of our family.

It has been documented that a concerning amount of people get stressed enough over the Christmas period that they go on to suffer ill-health and relationship strain as a result. It is no surprise or coincidence that there is a significant rise in demand for a range of health services, including chiropractic care, early in the New Year. But there is hope! Here are three straightforward tips for having a happy, and healthy, Christmas:

SHOPPING

Avoid undue strain through overloading your back and neck with heavy bags of Christmas

goodies. Make sure you balance the weight of the bags evenly in each hand or use a trolley wherever possible. If it's looking like it will be an all-day event make sure you wear sensible, supportive shoes, take regular breaks and stay hydrated. Ideally do several, small trips rather than one long, over-loaded trip and don't forget how much can be ordered online these days which can be a great way to avoid the crowds.

SITTING

Sitting glued to the television or new gaming gadget can be appealing during the holiday period but when doing this for prolonged periods it may cause a build-up of tension in your spine. Even sitting reading a great book for too long can take a toll on your posture. Take regular breaks, move around often and stretch regularly. Ensure your chair has good spinal support and that you are not slouching or sitting awkwardly.

SIMPLICITY

Ensure that your expectations of Christmas are realistic. You can greatly reduce your stress levels by accepting that there is no such thing as perfection and focus simply on having a fun day. Work on creating a relaxed atmosphere in which everyone shares the load in terms of preparation and enjoy the experience of working together as a team.

By following these suggestions you can hopefully reduce the amount of stress



on your body and focus on what matters most... spending time with your loved ones. And, if you're struggling with gift ideas this Christmas and frustrated at buying things for people that they just didn't need then consider referring someone you love to their local Chiropractor. Make it a Chiropractic Christmas and ensure those you care about are functioning at their most optimal level so they too can live a healthier, happier life.

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!

YOUR PERSONAL SMOKE ALARM

We have been conditioned our entire lives to believe symptoms are bad and should be eliminated as soon as possible.

We are bombarded with advertising encouraging us to take pills that instantly remove pain, so we can get back to daily living. This seems so logical and is such a comforting concept that we never have any need to question it.

But what if the symptom is there for a reason? What if pain isn't the problem? Imagine if it was nothing more than a message, a warning sign, letting us know something is wrong, or out of balance. What if this is our body's way of communicating with us, telling us exactly what we need to know to be safe? And what might happen if you were to remove that symptom, without understanding the message?

Should we ignore important messages from our bodies? What would you do if a smoke alarm went off in your house? The noise is so loud and irritating that you can no longer concentrate but instead of investigating the cause of the alarm, you simply remove the battery from the unit. Sure, the house is now quiet and you can carry on with your life for now, but is this a sensible solution? Not if your house is about to burn down!

Remember, symptoms are our body's way of notifying us that we are out of balance in some way. By removing your pain and choosing to ignore your body's attempt to communicate with you, you are simply sweeping the issues under the rug and never dealing with the actual problem. Instead, look to investigate the underlying cause and determine what it is that your body is desperately trying to tell you. That way you can make the changes required to really correct the problem, rather than just silencing the smoke alarm!

Across: 2. Symptom; 4. Stress; 5. Breaks; 8. Resistance.

Down: 1. Vitamin; 3. Muscles; 6. Spine.

ANSWERS TO
CROSSWORD