

FREE!!
PLEASE TAKE ONE



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

SPRING IS IN THE AIR

AFTER A LONG, COLD WINTER IT'S EASY TO FEEL A BIT FLAT.

The dark cold days do little to motivate one to get outside or get moving and energy levels can consequently drop. Sometimes it could be days at a time where you wrap up and stay inside which is simply not good for your health. Not to worry, spring is just around the corner and it's time to celebrate the days getting longer and warmer! If you've hibernated over winter now is the time to get out and about. Instead of spending most of your day inside, moving from home to your

car, your car to your office and then back again at the end of the day, let's get some fresh air!

There are lots of ways to start becoming more active outside. Exercising outside is a great place to begin as it should be something you're hopefully been doing regularly throughout winter anyway. So instead of heading to the local gym, why not set out for a walk, run or bike ride? If you're a team player then perhaps arrange a game of tennis or cricket with friends? Any physical activity that gets your heart and lungs working harder is fantastic for ridding you of cabin fever!

However, if you're feeling like something more relaxing but still want some fresh air then why not organise a picnic or BBQ? Invite your friends or family and enjoy the added benefit of social interaction and laughter. Or, if it's a lazy Sunday afternoon then perhaps a game of cards or reading a great book on the deck is your ideal way to get some fresh air. After a few months spent mostly inside your body will love being closer to nature. The warmer seasons are calling so it's time to get outside and enjoy!



GET OUTSIDE AND ENJOY THE SPRING AIR

INSIDE

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TEXT NECK

“TEXT NECK” WHO WOULD HAVE THOUGHT THAT CELLPHONES COULD CREATE SUCH A COMMON PROBLEM THAT IT HAS ITS OWN TERM!

Texting has received a lot of criticism in recent years for distracting drivers causing them to harm themselves or others. But a far less public and condemned side-effect of constant texting and other device usage is the fact that extended use of handheld devices can actually damage your health over time.

While the use and technology of our cellphones seems to be increasing, so does our poor posture. The variety of tasks we can now perform on our cellphones encourages us to stoop our heads, roll our shoulders forward and slouch while we surf the web or check our email. This poor posture puts additional stress and weight on the spine and muscles that are attached to it.

Text Neck is the modern day term for the more classical health condition known as Forward Head Posture. When Forward

Head Posture begins to develop and our head begins to move forward away from its balanced position, the weight of our head begins to increase.

This frequent forward position causes changes in the spine, supporting ligaments, tendons, and musculature. Long term, it can put pressure on our internal organs and start to affect our breathing, digestion and even how we cope with stress.

REDUCING THE RISK

To reduce the risk of text neck start by trying to hold your phone at eye level as much as possible and try not to spend more than 20 minutes at a time on a phone or tablet.

It may seem difficult at first but there are usually much better things you could be doing with your time. You may think your whole life is on your device, but in actual fact your life is waiting for you to come and join it!



FINDING THE SUN

At this time of year it's natural to be longing for the heat of the sun. We've had a few colder months and everyone is keen to get outdoors and enjoy the warmth and beauty of natural sunlight. In fact, it's actually really important to make the most of the sun during winter as controlled sun exposure has numerous health benefits. One of the most important of these is providing us with vitamin D.



Often labelled “the sunshine vitamin,” vitamin D is really a steroid hormone that provides an amazing number of health benefits. The Food and Drug Administration’s (FDA) recommended level of daily vitamin D is 1,000 IUs, which is the equivalent of 10 to 15 minutes of sun exposure. A healthy supply of vitamin D promotes bone growth and can help prevent illnesses such as breast and colon cancer, inflammation, and multiple sclerosis.

Regular exposure to sunlight can also lift your mood. Through enjoying a short period of time in the sun, you naturally increase the serotonin levels in your body, making you more feel more happy, active and alert. Finding time to have a spell in the sun in winter is therefore a great way to help you avoid the winter blues!

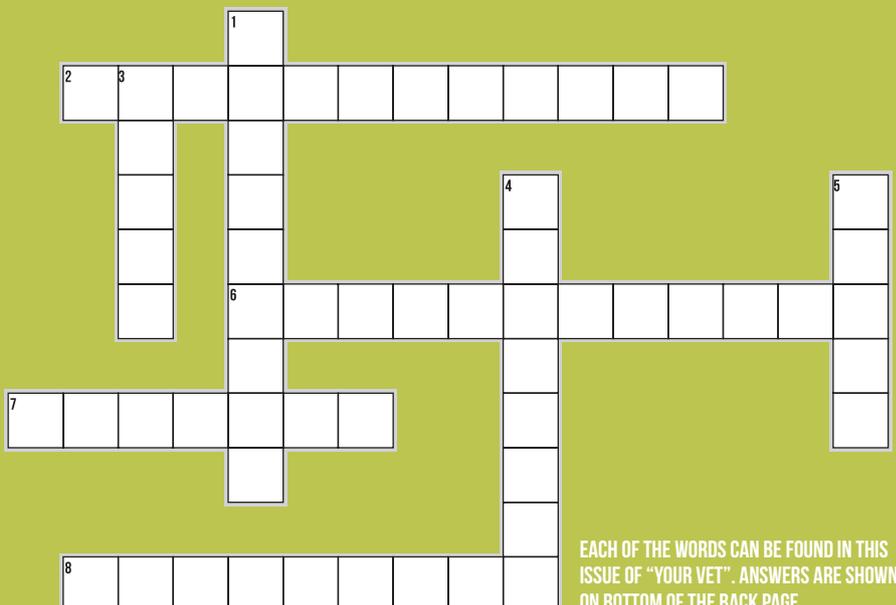
Clever cROSSWORD

Down:

- _____ is a physical disease.
- 3 & 5. Physical activity that gets your _____ and _____ working harder.
- _____ cause a warning signal telling you there is dysfunction within your body.

Across:

- _____ assessment can identify areas of disconnection and correct these.
- Vitamin D can prevent _____.
- The body is an amazing _____.
- Cellphones can cause changes in the spine, tendons & supporting _____.



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

SIZING UP SYMPTOMS



THE BODY IS AN AMAZING MACHINE. WHEN THINGS GO ASTRAY, IT GENERALLY DOESN'T JUST SHUT DOWN WITHOUT WARNING, LIKE A LIGHT BULB BLOWING. INSTEAD IT SENDS US LITTLE SIGNALS LETTING US KNOW THAT SOMETHING IS AMISS.

Symptoms are your body's way of letting you know that there is a problem. Your body sends physical signs and symptoms to alert you to deeper imbalances. Taking the time to figure out what your body is trying to tell you is always better than simply popping a pill and hoping the symptoms just go away. In reality, this is just diverting your brains attention from the problem.

You might feel better, but the problem remains and your health continues to diminish. Ideally, we want to get to the cause of the problem, not just suppress the symptom (although very unpleasant) which is the end result of ill health.

But many people ignore these subtle signs that their body isn't functioning at its best or even worse, think that their symptom is "normal" "common" or "age related." Symptoms are the warning signal telling you there is dysfunction within your body. Not unlike the engine light on your vehicle dashboard! Remember, the problem isn't the light bulb (symptom) itself - it is the problem causing the engine light or symptom to come on. This is where chiropractic can help!

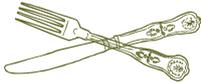
The nervous system heals, controls, regulates and coordinates the function of your ENTIRE body. Therefore, it is crucial that it is working properly. If you are symptomatic, once your system is functioning more optimally it is likely that your body will no longer need to send you these signals as you've dealt to the underlying cause.

So what if you don't have any symptoms? Does that mean you're healthy? Health is a state of optimum physical functioning,

spiritual enlightenment, social well-being, and mental aptitude. Health is not merely the absence of symptoms; it is about how well your body is functioning. When a tooth is decaying, you don't feel any pain until the decay has invaded the tooth and it needs filling. By the time you feel physical diseases such as cancer, diabetes, heart disease or arthritis, they may have been manifesting for 10-25 years. In 60% of cases of cardiovascular disease, the first symptom is either a heart attack or death. People with heart disease and cancer may feel fine in the early stages, but their bodies are not functioning properly.

Even though you may feel 'fine,' a chiropractic assessment can identify areas of disconnection and correct these areas so that they function properly. Chiropractic works with the body's own ability to return it to its natural state of balance so that it can heal from the inside out. Remember that you were born to be healthy!

Stop dampening down the signals your body is sending you and start listening and taking action. When you keep your body's life energy flowing by removing any interference you will express the health potential you were meant to express!



Good Health on the Menu

BANANA PORRIDGE

A delicious spring breakfast with a touch of wholegrain goodness.

Ingredients:

- 1 banana, sliced
- 1 cup blueberries
- 1 tbsp ground cinnamon
- 1 tsp grated nutmeg
- 2 cups organic rolled oats
- 4 cups low fat milk
- Honey
- Mixed unroasted walnuts and almonds

Method

1. In a small saucepan combine oats and milk and cook on a medium to low heat for 15 minutes or until most of the milk has been absorbed and the porridge is soft
2. Add banana, blueberries, cinnamon and nutmeg and turn off the heat, stir for one minute
3. Place porridge in a bowl and sprinkle with nuts
4. Drizzle with honey



LAUGHTER
IT'S THE BEST MEDICINE

How much "Healthy Choice" ice cream can I eat before it's no longer a healthy choice?

I joined the gym recently. They had a sign that said "free weights." So I took a few home.

It would save me a lot of time if my supermarket had an aisle marked "unhealthy junk!"

True friendship is like sound health; the value of it is seldom known until it is lost.

Remember the tea kettle, though up to its neck in hot water, it continues to sing.

Practical people would be more practical if they would take a little more time for dreaming.

TENDONS VERSUS LIGAMENTS

WALK, RUN, SKIP OR JUMP. WE OFTEN DON'T GIVE A SECOND THOUGHT TO MOST MOVEMENT. WE JUST DO IT.

But have you ever wondered what holds your bones together and allows your joints to perform these movements safely and easily?

Ligaments and tendons are part of the musculoskeletal system and they each come in all shapes and sizes. Ligaments and tendons are both made of dense layered collagen fibers, called fibrous connective tissue. Although collagen tissues are sturdy, applying excessive force on either the ligament or tendon can cause serious injuries.

They both serve very important functions to the joints and bones. Together, ligaments and tendons keep the musculoskeletal system stable and ensure that movements are fluid and effective.

Tendons connect muscle to bone and work harmoniously with muscles to move joints. Tendons keep the musculoskeletal system stable and allow it to function effectively as they transmit force from muscle to bone.

They consist of dense fibrous bundles encased in a protective sheath. This sheath increases the stability of tendons and their resistance to tearing and they are capable of withstanding great loads.

As with any other biological system, tendons respond to a carefully measured load by increasing functional capacity. This means that if you subject them to weight-bearing movement, they become stronger and more resistant and function improves. However, if tendons are subject to an excessive load (like the constant stop and go movements used in netball, tennis or rugby) or repetitive movements at work (like keyboard overuse) they can become irritated and inflamed.

Though similar to tendons, ligaments serve as connectors, linking the ends of bones together at a joint. They are cable-like structures composed mostly of long, stringy collagen fibers. These fibres create bands of tough, fibrous connective tissue that help to stabilise the joints they surround and allow you to walk and move without falling apart! Their function is to balance movement with stability, and to strengthen and stabilise the joint in a passive way.

Ligaments are slightly elastic, so they can be stretched and gradually lengthen, increasing flexibility, although they do not stretch very far. If stretched beyond a certain point, ligaments can become over stretched and compromise the integrity of the joint they are supposed to be stabilising. The term double-jointed actually refers to people who have extremely elastic ligaments, which allow them to move their joints into more extreme positions than most people.

While movement may feel like a simple process when you're doing it, it's actually quite complex. In order for movement to occur, the muscles, bones, tendons and ligaments must all work together in response to signals from the brain. If there is any disease or condition that interrupts the nerves' signals, or if there is any injury to any of these structures, movement can be hindered. This is why it is vitally important to look after all the various structures in your body so that they can work effectively together to enable your body to do what you want it to.

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!

THE MIND/BODY CONNECTION

Our mood can vary depending on a lot of different components. Stress, diet, exercise, chemical overload, sleep and many other lifestyle factors can impact how we feel, think and behave. Our emotional states can be very powerful and can even make us sick if not dealt with. It is often very difficult to separate the mind from the body, even if we are not consciously aware of this connection. Your body naturally responds to the way you think, feel and act.



The good news is, because of this immensely strong mind/body connection it is therefore possible that when you correct one, you can in affect correct the other! The purpose of chiropractic care is to bring balance to the nervous system, the control centre of the body, by correcting subtle disturbances in nerves with specific adjustments to spinal bones. Your body is an amazing machine that is completely connected from head to toe, left to right and inside to outside. Nervous system balance creates more control in the body and awareness so the body can begin to release proper hormones and chemical messages at the correct times to create better balance in emotions and mood. Feeling grumpy or low? Get your spine checked today!

Down: 1. Arthritis; 3. Heart; 4. Symptoms; 5. Lungs.
Across: 2. Chiropractic; 6. Inflammation; 7. Machine; 8. Ligaments.

ANSWERS TO CROSSWORD