




**CHIROPRACTIC
FIRST**

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CHIROPRACTORS

Dr Esyllt Graham

B.App.Sc (Chiro), MSc Chiropractic (Paeds)



OFFICE STAFF

Lynda Riley (Office Manager)

Brooke Johnson (Chiropractic Assistant)

OFFICE HOURS

Monday

9:00am–12:30pm 2:30pm–6:30pm

Tuesday

2:30pm–6:30pm

Wednesday

9:00am–12:30pm 2:30pm–6:15pm

Thursday

8:15am–12:00pm 2:00pm–6:00pm

Friday

8:00am–12:00pm

Please note, these hours may vary in the short term while we recruit an associate Chiropractor.

We would love you to share our newsletter with a friend, neighbour, work colleague or family member when you have finished reading it.

YOUR CHIROPRACTOR

MARCH/APRIL 2022



WHAT IS SPINE MISALIGNMENT?



FIGURING OUT FIGS



COMMON TYPES OF CHIRO CARE



INCONTINENCE & BACK PAIN

The secret to healthy aging

You've likely heard of the term, "use it or lose it." But why is it so important to keep moving as you age?

Physical activity has a raft of benefits: stronger bones and muscles, healthy weight, better balance, a sharper brain, it may even delay the onset of dementia. It can also help protect against cardiovascular disease, diabetes, stroke, and some forms of cancer. It doesn't only have physical benefits; you may find a greater sense of happiness and improved quality of life and wellbeing. Recent research has shown that if you maintain a higher level of physical fitness it may actually slow the ageing process! The list goes on.

Yet, aging is associated with reduced levels of exercise. At a time when movement is essential, people tend to sit more; they might be concerned about injury or have physical barriers. Chronic health problems can make activity harder. While understandable, being active remains crucial. These issues can be overcome with a little help and planning.

There are simple guidelines to help you get moving, safely. For people aged 65 years and over, at least 30 minutes of moderate-intensity activity daily is recommended. Of course, it's even more beneficial if you can do more! Aqua aerobics, biking,

dance, tennis, and brisk walking are good examples. Team sports or group activities can help with motivation.

As well as aerobic exercise, muscle strengthening activities matter. Yes, you can hit the gym, but you can also do resistance training at home. Weights, body weight exercises, and resistance band workouts are perfect.

Use your major muscle groups – think arms and legs, chest and shoulders, back and core, and remember to include activities which help with flexibility and balance too.

In addition to structured exercise, being active throughout your day can also make a big difference – lifting heavy shopping bags, housework and digging in the garden all count.

If you have health problems or it's been a while since you've exercised, a checkup with your GP first is advisable. Then, you can start slowly and build up the time and intensity of your exercise over a course of weeks. The secret is just to begin; this is a journey not a race.

We can advise on the best types of exercise for your body and how to avoid injury. If you have any queries or concerns, please ask.



5 daily activity ideas

Take the stairs where possible.

Play actively with your grandchildren – hopscotch is great!

Park your car further away from the shops to add a little walk.

Put on your favourite music and dance.

Try games at social gatherings; ike pétanque or frisbee throwing.

Our newsletter is free - please take a copy with you

Figuring out figs

The edible fig has been around since ancient times – they're soft, juicy, and a little crunchy as they're full of tiny seeds. They can be eaten raw or cooked, and are delicious and nutritious. Dried figs are more readily available and taste much sweeter.



Fresh figs contain a wide variety of vitamins, but only in fairly small quantities. However, when it comes to essential dietary minerals, figs are incredibly nutritious, with high levels of essential elements like potassium, calcium, copper, magnesium and manganese. This is a good reason for eating them, and they can contribute to all-round good health. In particular they may support healthy digestion, decrease your risk of heart disease, and help manage blood sugar levels.

Drying figs concentrates these nutrients by lowering the water content; so if we compare the same weight of dried and fresh figs, the dried ones are much higher in dietary fibre, iron, and other minerals. Some vitamins can be destroyed by the drying process, so fresh figs are higher in vitamin C and vitamin A. Dried figs are, by weight, considerably higher in sugar and kilojoules than fresh figs, so they should be eaten in moderation.

Figs are high in dietary fibre, so they're very good for the digestive system; some people find that they're particularly helpful for managing constipation. The downside to that is that they can cause diarrhoea – particularly dried figs – so try adding them to your diet gradually so that you can monitor and manage any ill-effects.

Figs are high in vitamin K, which is a vitamin that helps control the way blood clots. This is essential in a healthy diet, but people who take certain blood thinners such as warfarin should aim to keep levels of vitamin K in their diet fairly consistent.

A misaligned spine: what is it and what can you do about it?

People sometimes talk about having a misaligned spine, but this can mean different things to different people. It's important to clarify what we, as chiropractors, mean by the term "misalignment". There are two ways this term is commonly used, firstly, when a joint is restricted or doesn't move as well as it should. Secondly, when there is an abnormal curvature or irregular posture within the spine.

Your spine is an amazing piece of engineering. A biological work of art! It's a column of bones, called vertebrae, with supporting structures such as discs to absorb shock and allow motion, ligaments to aid stability, and muscles for movement.

In a complex system, though, things can go awry. Imagine driving a car with its wheels out of alignment. Imbalance leads to problems like wear and tear. If you ignore the issue, or don't know it's there, it will slowly get worse. The same thing can happen with your spine.

Modern-day humans sit too much, lift and move incorrectly, and have poor posture. We may be ill, overweight, or eat unhealthily. Sometimes we grow in unusual ways. There are genetic reasons for our spinal health, too. These factors can cause strain on our spines, but how do you know if your spine is misaligned?

You might experience symptoms like headaches, migraines, fatigue, and pain in your back, neck, hips or knees. Your joints may feel stiff or inflexible. You may have poor posture; your body should be in a

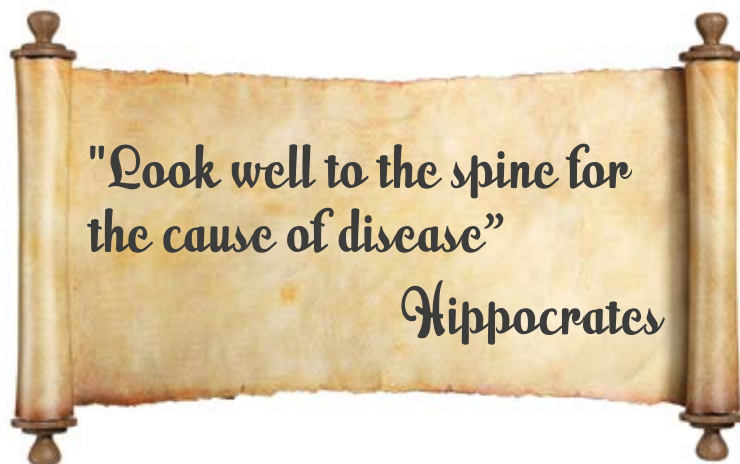
relatively straight line from your head down to your feet. However, sometimes you can't tell. That's why a chiropractic assessment is important.

Once you know you have a misalignment, what should you do? First, it's important to realise the process of mending is usually gradual. There's no instant fix or magic pill, you will need to commit to healing, and be patient. Some key approaches are proper posture, exercise and stretching.

Work on improving your posture. If you work at a desk, ensure your workstation is set up correctly. Sit less, this helps to ease the pressure on your sit bones and back. When you walk or stand, roll your shoulders up and then back so that you aren't hunched forward. Keep your chin tucked in slightly so that the back of your neck is long.

Stretch muscles regularly. The hamstrings, hip flexors, and chest muscles commonly become tight. Strengthen spinal support muscles; your back and core muscles help to keep your spine in alignment. The plank, bridges, crunches, and a wonderful exercise called the bird-dog help. The specific exercises you begin with will depend on your ability. Keep moving as much as possible too!

A healthy spine is crucial for your overall health. We can provide a spinal assessment and offer the best type of treatment for your spine. We can also teach you mobility exercises, and offer nutritional and lifestyle advice.



Common types of chiropractic care

There are currently over 5,000 chiropractors practicing within Australia. Extensive university education, clinical practice, and ongoing study all combine to produce the different approaches chiropractors use.

There are over 100 adjustment types to choose from. Regardless of the type, all techniques have the same aim: to help restore or enhance joint function.

With that said, there are some more common treatment options. Spinal adjustments may be delivered by what's called a high-velocity, low amplitude (HVLA) thrust. Tools or specialised tables might form part of the therapeutic picture. Some techniques provide light touch to specific points on the body. Spinal mobilisation may be used. A mixture of approaches might be appropriate. Let's look at some of the most common techniques.

Adjustments that use HVLA thrust involve applying a controlled manual impulse directly through a joint. You'll notice that your body is positioned carefully to enable a small movement at a specific point. You might hear a popping sound; this is caused by a small pocket of gas being released from the joint. This safe sound is common; however, its presence or absence doesn't determine the effectiveness of your care.

Mobilisation is used for the same reason as HVLA adjustments; to help improve joint function. However, the process is different; mobilisation uses a repeated rocking movement. Think of this like repetitively stretching a joint in a particular way.

As well as, or instead of HVLA or mobilisation, your chiropractor might use other types of care. Customised tables that are designed to optimise your adjustments. Aids, like blocks or traction machines help to realign the spine. Purpose-built hand-held instruments are used to help joint motion. Specific touch, soft tissue therapy, heat and ice, ultrasound, electrical stimulation, taping, or laser, are examples of ways to move, relax, and heal your body.

In essence, chiropractors have a vast array of techniques at the ready. We don't use a "one size fits all" model; your plan will be developed after an in-depth consultation, examination, and scans if needed. Everyone's needs and conditions are different, that's why it's important to talk honestly with us – your active involvement will help us to establish your tailored treatment plan.

Baked camembert with figs and walnuts

Celebrate fresh fig season with this easy oven recipe. The sweet and savoury flavour of the figs is delicious, and pairs perfectly with the camembert. It looks spectacular – for very little effort! Serve as an appetiser to share, or a party snack.

INGREDIENTS

- 4-6 fresh ripe figs
- 1 whole camembert
- 1/3 cup walnut halves
- 4 rosemary sprigs
- 3 Tbsp runny honey
- 2 Tbsp balsamic vinegar

INSTRUCTIONS

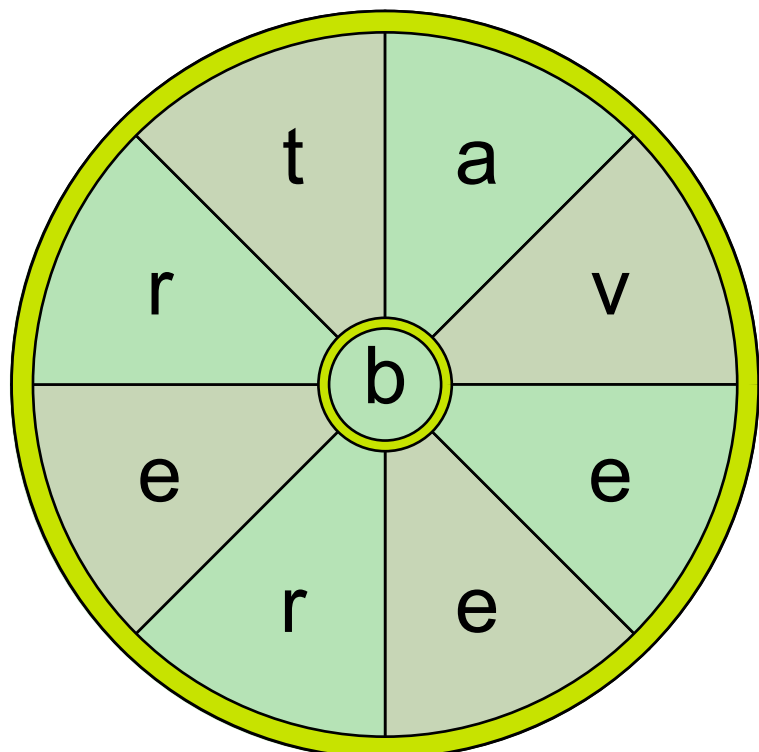
1. Preheat the oven to 180°C.
2. Unwrap the cheese and put it in the middle of a large baking dish.
3. Cut the figs into quarters or halves and place cut side up around the cheese. Scatter walnuts over.
4. Cut the rosemary sprigs in half and tuck between and on top of the figs and cheese. Mix honey and balsamic vinegar together and drizzle over everything.
5. Bake for 15 minutes or until the figs are golden and caramelised, and the cheese just starts melting.
6. Serve warm with sourdough or crusty bread.



Are you a Word Wheel Wizard?

See how many words you can conjure up using only the letters within the word wheel. Each word must include the centre letter.

Can you find the 9-letter word? Hint: the bones that form your spine.



1 - 10 words: NOVICE

11 - 25 words: SORCERER

26+ words: WIZARD

APPOINTMENT REMINDER

Your next appointment is on _____ at _____
 Date Time

Urinary incontinence and back pain



Do you experience involuntary urine leakage? Does sneezing or coughing make matters worse? Do you feel embarrassed and wonder if anything can be done?

Having trouble with bladder control is common. This condition can strike anyone; however, it's more common in certain groups. Around 80 per cent of women suffer from urinary incontinence (UI), especially after childbirth and menopause. Statistics point to only a low chance of recovery. So, what's being missed?

Chiropractors know that the "parts" of the body aren't separate. Every piece is linked. Research into how back pain or back issues may affect or cause UI still isn't clear, but a few studies have found some possible connections. In fact, it may be more than that; the presence of one condition appears to make the other more likely.

Relief could be within sight if it's possible to help both conditions at once. Chiropractic research and clinical results show chiropractic care can be an effective treatment for a sore back. But, could adjusting the spine also help urinary incontinence?

A small 2012 study published in the Journal of Chiropractic Medicine described the outcome of 21 female patients under chiropractic care. All had urinary incontinence to varying degrees, along with low back or pelvic pain. Chiropractic adjustments and other treatments were given. Joint functions and muscle problems were addressed. The symptoms of UI resolved in ten of the patients; there was a marked improvement for seven people, and a slight improvement for four.

The researchers followed-up with these patients two to six years after the study ended. For each person, the improvements of UI remained stable. That is, the benefits continued. For years! The results of this chiropractic study do offer some hope but more research is needed.

If you suffer from urinary incontinence, speak to us. Chiropractic care may offer a natural, safe, non-invasive way to help you find respite and recovery.

** If back pain and incontinence happen suddenly at the same time, it can indicate a serious problem that requires immediate medical attention.*

Disclaimer: The information in this newsletter is not intended to be a substitute for professional health advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your chiropractor first.



There is only one thing I am certain of as I write this today (26th January). We're all in for some surprises and challenges this year. We've spent the past two years bobbing along, often merrily, in the isolated state we call home. The storm that is COVID-19 is both increasing in velocity and decreasing in severity.

I wrote a blog recently about having a theme 'word of the year'. It's a creative exercise I find acts as a good compass when there are decisions to be made – "does this response/action/thought fit with my word?"

I chose the word 'buoyant' this year and it has already been seriously challenged! I'm not going to give up on it though.

It was a timely reminder that, even with the best of plans, storms will come. These days our weather apps give 'severe weather warning' when storms are approaching our location. However, the worst metaphorical storms of life that suddenly surround us and threaten our peace/well-being/vitality, possibly our health, often arrive without warning. We don't have time to 'batten down the hatches', to make it to shore, so how can we practice being buoyant?

Once I found some inner calm, I remembered that I had a robust life jacket. Also known as a 'buoyancy vest'. Ah, there is that word again. Coming to my rescue. I am enjoying listening to 'Tracking Wonder' by Jeffrey Davis. In a chapter on connection, he mentions having a 'nourish pack'. A person, or people you can turn to when the going gets tough. He asserts that all people who overcome adversity have a nourish pack. I know I do. Please remember the team here are eager to be part of your nourish pack. An adjustment can calm the nervous system and may stimulate a positive immune response. Many people breathe easier after an adjustment. You may appreciate some nutritional support for healing.

Sadly, Dr Taneta resigned recently. She too has been navigating some unexpected storms and we wish her a full and speedy recovery. Dr Caitlan has come to our aid. Many of you will have met her previously. She is an experienced Chiropractor who supported us with excellence in 2020.

www.vitalitywithesyltt.com