



CHIROPRACTIC FIRST

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CHIROPRACTORS

Dr Esyllt Graham

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B.Sc(Chiro) B.Chiro



OFFICE STAFF

Lynda Riley (Office Manager)

Maggie Sturges (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

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

JANUARY/FEBRUARY 2023



CARING FOR BABY
& YOUR BACK



A SMART LITTLE
BERRY



BACKPACK
BURDEN



CAN PAINKILLERS
HELP?

New facts on remarkable fascia features

Have you heard of fascia? If you haven't, you're not alone; this tissue type is present throughout your body but there isn't a lot known about it.

What is fascia?

The old-school definition is that fascia is formed by layers of connective tissue that act as a 'packing tissue' for your organs, muscles, and bones. However, recent research is changing the way we view this incredible tissue.

A 2018 article published in the British Journal of Sports Medicine describes fascia as a "continuum of loose and dense fibrous connective tissue that permeates the body and enables all body systems to operate in an integrated manner." In other words: fascia is made up of different types of tissue that connect every part of your body and allow it to function in a unified way.

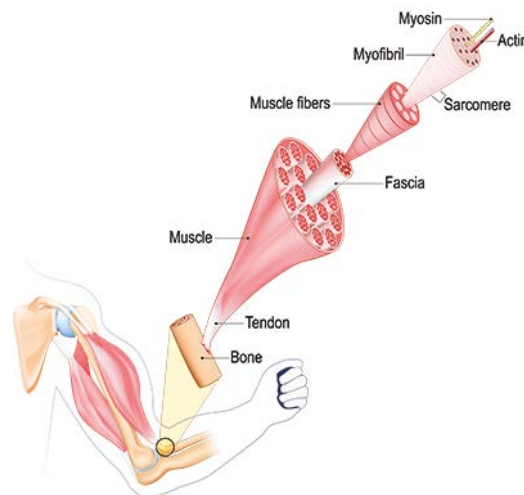
What does fascia do?

Fascia has many essential roles. By attaching to certain tissues it provides stability and strength, separates muscles, and enfolds and supports organs and nerves. It also contains a substance that allows the fascial layers to slide smoothly over one another. Just like lubricant in an engine, this stops various parts in your body from becoming stuck, damaged, and dysfunctional.

Fascia also appears to be linked to musculoskeletal pain, proprioception (the sense of where your body is in space), and your lymphatic system – essentially a drainage system in your body which plays a major role in your immune defence.

Can you improve fascial function?

Fascia thickens and becomes 'sticky' from: lack of physical activity, injury – including repetitive strain injury (RSI), and aging. Although we can't stop aging, we can reduce the chronic low-grade inflammation (dubbed inflammaging) that often accompanies it; and we can improve our lifestyles.



Choose a healthy diet filled with fresh fruit and vegetables, leafy greens, wholegrains and high-quality protein. Move often, stretch regularly and maintain good posture.

If you suffer from an injury, aim to repair the damage. Manual fascial techniques can effectively release "stuck" fascia so they once again slide. Foam rolling can improve mobility in the deeper fascia and also increase slide between fascial layers. Exercise regularly. Try Pilates, Tai chi, or yoga.

Keeping your fascia healthy has many benefits; you'll be able to move easily, have more flexibility and experience less pain. Ask us if you have any questions... and stay tuned for more information!

New research is finding out more and more about the essential roles fascia plays in our bodies, and the importance of keeping it functioning well for optimal health.

Our newsletter is free - please take a copy with you

Lighten up!

The burden of the school backpack

As school heads back for another year it's the ideal time to check your child's backpack.

Ill-fitting, oversized and heavy bags can strain the spine and trigger neck and back pain and headache.

It's important to get this right! If you're unsure about your child's bag, or whether they're wearing it correctly, ask your chiropractor for advice.

The backpack should:

- be appropriately sized for your child, with a padded back and shoulder straps
- sit at the top of their hips with hip belts to distribute the load
- weigh no more than 10% of your child's body weight (including contents).



Caring for baby without hurting your back

Congratulations! Becoming a parent is a beautiful, profound experience. But your body takes a toll as it changes to accommodate and give birth. There are hormonal changes, an increased body weight, a further forward tilt of your pelvis and your lower back curve, or lordosis. This loads your joints, ligaments, and tendons, increasing the risk of pain and injury.

Then, after birth, you'll be lifting, dressing, bathing, and moving a baby averaging 2.5–4.5 kilograms. As they grow, so too, does their weight. Fortunately, as their weight increases you've had time to heal and strengthen. But if you haven't yet healed, this adds to the risk of spinal dysfunction and pain. With this in mind, how can you avoid backache?

Moving your baby will soon become second nature, so it's wise to develop correct lifting techniques. If your child is on the floor, bend your knees, squat, and bring your little one close to your chest. Tighten your core muscles, then push up with your legs – not your back – and try not to twist.

Consider a baby wrap and then a supportive carrier to offset some of the workload. Perched on one hip is not ideal.

When bottle or breast-feeding, sit in an upright chair, bring baby towards your chest and cradle them comfortably. Use a pillow to support the weight of your baby. A pillow designed for breast-feeding is a wonderful tool to protect your back from strain.

As your little one grows, think about how you move them. Once they're big enough to sit in a highchair, remove the tray when



lifting them in or out. When transferring bubs in and out of the car, take them out of the car seat first; it might seem easier to lift them in the seat, but it's not easier for your spine.

When you're ready, begin to gently strengthen your deep core muscles. Rectus diastasis – the separation or “splitting” of the abdominal muscle – affects up to 60% of people at some point in their postnatal journey. Strengthening your core may repair this problem. Regular walking can also aid recovery, plus, heading for a stroll can boost your mood and fitness.

Your chiropractor can advise on suitable ways to strengthen and exercise during and after your pregnancy; and discuss treatment options for low back and pelvic pain.

Being a new parent is challenging enough without having to deal with backache. Observing these simple tips will help to minimise the risk of back pain and allow you to enjoy every moment with your little one.

Festive berry ice 'cream'

This berry dessert not only looks stunning, but it's healthier than traditional ice cream and very easy to make.

Serves: 8

INGREDIENTS

250g raspberries, partially frozen
300g plain Greek yoghurt
2 tablespoons maple syrup
½ cup freeze-dried blackcurrants, lightly crushed
½ cup walnuts or pistachios, chopped (optional)

TOPPINGS

25g dark chocolate, grated, flaked, or in chocolate curls
Fresh or frozen blackberries and mint sprigs

INSTRUCTIONS

Place the raspberries and yoghurt in a blender and process until smooth. Stir in the blackcurrants, maple syrup, and nuts (if using).

Spoon the mixture into a loaf tin or round tin and freeze until set (about 3 hours). Remove from the freezer for 10 minutes before serving. Decorate with your choice of toppings.

Tip: For a creamier texture try part-freezing the mixture, then whisking and returning it to the freezer. It can also be made in an ice cream maker.



What's your body telling you?

As you read this start to think about and pay attention to your body. It may be trying to tell you something.

Just as with your breath, you can pause and tune into how your body may be feeling. Our bodies tell us a lot about how we might feel in that moment.

For example, feel your jaw or your shoulders in this moment — what do you notice? You may be carrying a lot of tension and stress in your body that you are unaware of.



Our shoulders can hold a lot of strain so take a moment to breathe in, hunch your shoulders up and let them relax as you breathe out. How does that feel?

Try this quick tension relieving technique again before you go to sleep tonight.

Blackcurrants – a smart little berry!

For centuries blackcurrants have been thought to have medicinal benefits, but recent scientific research has confirmed the powerful healing and protective properties of this remarkable fruit.

Blackcurrants have been found to have significant health benefits; particularly in the areas of age-related diseases, brain function and exercise. They contain very high levels of Vitamin C, responsible for maintaining our immune system, healthy skin and hair, and other essential processes. They also have high levels of antioxidants which are known to help protect against many diseases.

Antioxidants and aging

One area in which blackcurrants excel is in their polyphenol content – these are antioxidants, which are known to help protect against many diseases. The types of antioxidant in blackcurrants surpass those in most other fruits; they're anti-inflammatory, antibacterial, anticancer, and help protect against heart disease and the diseases related to ageing. Plant polyphenols can also help protect your skin, meaning that eating more blackcurrants along with a healthy diet could make you look and feel healthier for longer!

Brain benefits

A new scientific discovery by Associate Professor Dr Jian Guan of the University of Auckland, has found that New Zealand blackcurrants have high levels of a chemical known as cyclic Glycine-Proline (cGP). This is an important brain nutrient, essential for your overall body health and particularly for keeping brain function healthy and normal as you age.

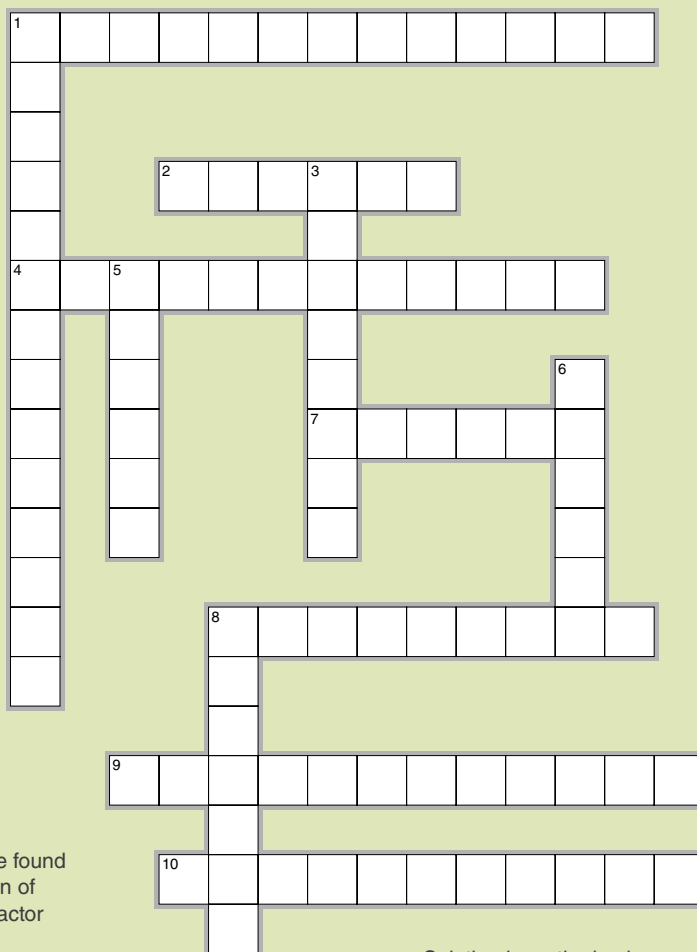
Exercise booster

Scientists have found that drinking juice from New Zealand blackcurrants before exercising could increase your motivation to exercise and to stick to regular exercise practices. Blackcurrant extract has also been found to help heart function and lower blood pressure during exercise such as brisk walking.

Blackcurrants can easily become a part of your diet; they can be eaten raw or cooked and are widely available frozen, freeze dried, or as a powder. This concentrates the nutritional benefits of the berry without adding more sugar.



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Answers can be found
in this edition of
Your Chiropractor

Solution is on the back page

ACROSS

1. Relating to your mind or mental processes.
2. Stands for non-steroidal anti-inflammatory drugs.
4. Chronic low-grade inflammation that often happens with age.
7. To lessen the quality, strength, or effectiveness of something.
8. Occurring immediately or soon after childbirth.
9. A berry with powerful healing and protective properties.
10. A lack of water in the body from inadequate intake or loss of fluids.

DOWN

1. The sense of where your body is in space.
3. Your body's ability to resist a disease.
5. Connective tissue that enables your body systems to operate in an integrated way.
6. A physical injury or wound to your body.
8. A series of precise movements that stabilise and strengthen your body.

APPOINTMENT REMINDER

Your next appointment is on _____ at _____
Date Time

Painkillers: will they support my treatment?

Suffering from pain is difficult. It's quite natural to want to remove discomfort quickly. This often leads our patients to ask about painkillers. Let's answer from a chiropractic perspective.

As chiropractors, we believe that your body has an innate ability to heal. You are, in fact, your own incredible healer. When healing is obstructed, the right interventions can unlock this ability, however we believe medications can interfere with this process. To understand this we first need to look at how pain works.

Your body has pain receptors or nerve endings which are designed to feel sensations in different areas – such as your skin and internal organs. Eventually, all nerves make their way to your spinal cord and then to your brain. Basically, different areas in your brain process and interpret the signals from the nerve fibres to work out the cause and location of the pain, identify any risks of further damage and how much pain you feel.

You could say that when you are injured or uncomfortable, it doesn't actually hurt – it's your brain making you think

it hurts. It's your body's way of saying, "Hey, there's a problem here... stop!" It's meant to urge you to keep the affected area safe so it can heal.

Painkilling medication, by definition, aims to block these signals. When you don't get the "help" signal, it's easier to push yourself. You might falsely believe that you're better because you don't notice discomfort and this may lead to further damage. It's also important that you are able to describe your pain to help identify the cause.

Chiropractic care is non-invasive, non-pharmaceutical, and is based on the diagnosis and treatment of dysfunction. Or disease. Adjustments may restore motion to the joints of your spine, pelvis, and extremities, and may help with pain.

Pain doesn't have to rule your life. Non-drug therapy – like chiropractic – is the first option we recommend you consider for both effectiveness and safety. The goal is to live your life to the fullest, where you're in control of the pain and it doesn't control you!

"The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease"

Thomas Edison

CROSSWORD SOLUTION

ACROSS: 1. PSYCHOLOGICAL 2. NSAIDS 4. INFLAMMAGING
DOWN: 1. PROPRIOCEPTION 3. IMMUNITY 5. FASCIA
6. TRAUMA 8. PILATES
7. IMPAIR 8. POSTNATAL 9. BLACKCURRANT
10. DEHYDRATION

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.

Our newsletter is free - please take a copy with you

PRACTICE UPDATE

Welcome to the New Year. I wonder what you have planned for 2023? I love the "clean slate" that a new year offers. The opportunity to start afresh.

In January 2022 I decided on "buoyant" as my word/theme of the year. I have it in big letters on my home office vision board – and it's a useful reference when the going gets tough. I imagine myself in a life vest, bobbing up and down, conscious that although some of the waves around me are scary, that I can rest in the awareness that I have the capacity to be buoyant.

I'm currently pondering my word for 2023. If you're curious, ask and I'll share.

It was wonderful to enjoy quality time with Aleta and Blake, Mum and my sisters in NZ in November. We went on a 5 day adventure to Russell, a quaint town, 250km north of Auckland, steeped in NZ's early history. Highlights included a 19km hike one day, a sumptuous degustation dining experience, the Kerikeri markets where we met up with an old friend, and a day out in the Bay of Islands where we walked 7km around Urupukapuka Island climbing the equivalent of 120 flights of steps and swam at the aptly named Paradise Bay. I'm very grateful to Dr Jayme-Lee, Lynda and Maggie for caring for you in my absence.



Most of you will have met our friendly front desk assistant Maggie. Maggie is settling into her new role. She loves hearing about the progress you are making.

In her leisure time Maggie enjoys drawing, painting, and craft activities. She was an avid soccer and volleyball player until a knee injury brought high level sport to a halt. Maggie loves being in nature and bush walking. Maggie has had a variety of career experience prior to joining our team. You may be surprised to discover some of the hats she has worn!

Dr Jayme-Lee's excitement is mounting as her volunteer adventure to India is close. There is still time to contribute to Hands on India. Please visit <https://hands-on-india.raisely.com/jayme-lee-smith>

We know that she'll gain some valuable skills, both professionally and personally. Dr Jayme-Lee will be away from February 20th and will be back in the practice on March 14th.

I've got a 60th birthday to celebrate! Although I was born in January, I've chosen a long weekend in early February to get together with our adult offspring and their partners, we'll play, eat delicious food, and make memories to reflect on as the next decade unfolds. If you have any advice to share on making the most of this season in life I'm all ears.