




# CHIROPRACTIC FIRST

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CELEBRATING



30 YEARS

## CHIROPRACTORS

**Dr Esyllt Graham**

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

**Dr Jayme-Lee Smith**

*B.Sc(Chiro) B.Chiro*



## OFFICE STAFF

Lynda Riley (Office Manager)

## 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

SEPTEMBER/OCTOBER 2022



**HEADACHES FROM YOUR NECK**



**PUT A SPRING IN YOUR STEP**



**YOUR BODY'S BALANCING ACT**



**THE SEEDY SIDE OF PUMPKIN**

## Improving your nervous system - naturally

Your nervous system is complex and essential. Your brain, spinal cord, and nerves — the parts that make up this system — are constantly at work. This allows you to adapt to your inner and outer worlds. In health, this promotes wellbeing.

Your nervous system has two components: the central nervous system (CNS) and the peripheral nervous system. Your brain and spinal cord form the central component. The nerves that branch from your spinal cord into your arms, legs and torso form the peripheral component. You can think of your nervous system as your body's electrical wiring.

The peripheral nervous system consists of two main parts: the autonomic (ANS) and the somatic nervous systems (SNS).

### The autonomic nervous system

As the name suggests, the ANS is automatic as it functions without conscious thought. Glands and organs are regulated by this system: sweat glands and salivary glands switch on when needed, your heart beats, lungs breathe, and your gut digests.

The ANS has two branches: the sympathetic nervous system and the parasympathetic nervous system. You may have heard of the sympathetic system referred to as the, "fight or flight", or stress response. When this is activated – like when you get a fright – your body prepares for survival: your heart rate speeds up, digestion slows, muscles tense. Unfortunately a prolonged stress response can adversely affect your health.

The parasympathetic nervous system (PNS) is referred to as the "rest and digest" system. When PNS activity is heightened, energy is free for health and healing.

### The somatic nervous system

The SNS is the part of your peripheral nervous system that controls skeletal muscle function and enables the voluntary control of movement. It's what allows you to kick your leg and scratch your ear. This system also sends information from your eyes, ears, and skin to your CNS so you can interact with the world: to see, to hear, and to feel.

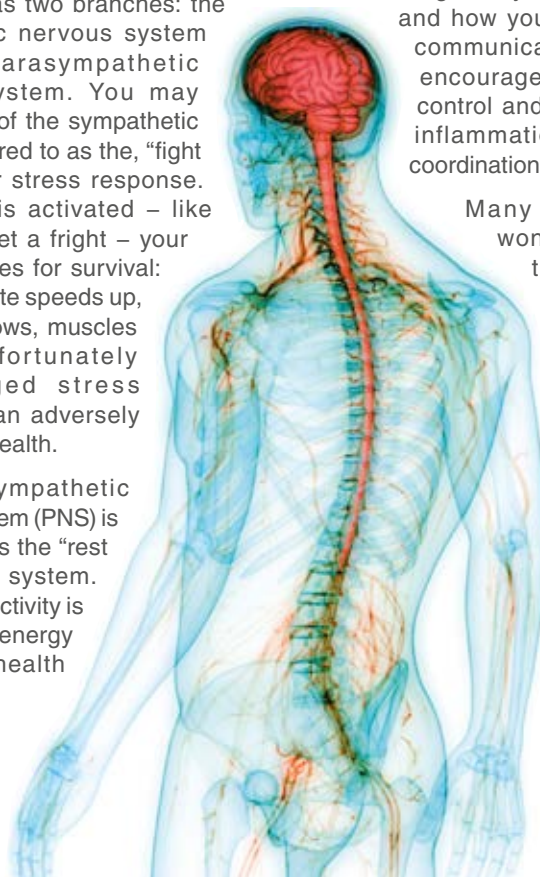
### Chiropractic care

Clearly, your nervous system is vital to your health. So, how might chiropractic care improve the way it works? How might we calm your stress response and restore natural function and health?

Our goal is to ensure your spine and nervous system are functioning as best as possible. We look for areas in your spine that aren't working correctly and could be causing interference to your nervous system. We may use specific techniques called adjustments.

Spinal adjustments may help make positive changes to your breathing and heart rate, and how your body, brain, and nerves communicate. These changes might encourage relaxation, boost muscle control and strength, reduce pain and inflammation, improve balance and coordination, and reduce the risk of injury.

Many of our patients report wonderful results, some that they didn't expect. This is a result of improved nervous system function. No wonder then, that spine and nerve health lies at the heart of chiropractic!



**Chiropractors hold in-depth knowledge about the body, especially the spine and nervous system.**

*Our newsletter is free - please take a copy with you*

# Could your neck be causing your headache?

Headaches aren't all the same. There are a range of types, each with a different cause. The term cervicogenic headache is specific. "Cervico" refers to the neck, or more precisely the cervical spine. "Genic" means produced by. The literal translation then, is a headache caused by the neck.

## How do you know you have a cervicogenic headache?

Cervicogenic headaches can mimic migraines, so it may be difficult to tell them apart. The main difference is a migraine headache is seated in your brain, and a cervicogenic headache comes from your cervical spine (neck).

Your head may hurt on one side, and pain can extend from your upper neck or skull forward and around your eye. Moving your neck can intensify pain, and there may be tenderness when you touch your neck and skull on the headachy side.

## How can chiropractic care help?

Effective treatment depends on finding and addressing the root cause. Makes sense, right? You wouldn't treat a broken arm with a sticking plaster or a kidney problem with a new pair of shoes. However a diagnosis of cervicogenic headache is often missed, which means effective treatment can be missed too. But there is hope...

By assessing the joints of your upper neck we can detect dysfunction. We can identify "stuck" and painful joints. This is an effective way to determine whether your neck is the likely source of the headaches; to know if a headache is cervicogenic in nature. Certain muscles at the front of your neck, shoulder, and face can also feel tender. Pressing in particular spots can refer pain to the headache's location.

Once correctly diagnosed, treatment can begin. This may include chiropractic adjustments, soft tissue work, exercises, or other approaches. We will recommend the most suitable treatment for you depending on the assessment findings, your condition, and your preferences.

## Is treatment safe?

Yes, chiropractic care is safe and this includes treatments to the upper neck. We commonly provide treatment for the cause of some headaches in our practice, including the cervicogenic type.

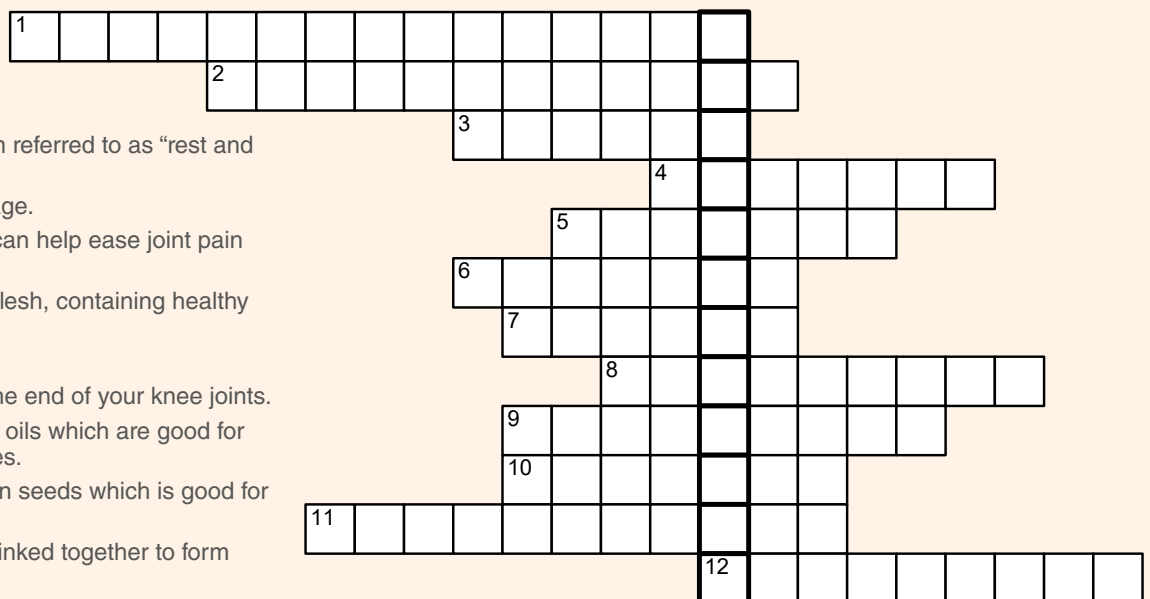
The majority of patients with cervicogenic headache experience no side effects from their treatment; however some people may have mild discomfort. This has been shown to pass quickly. Many patients report a reduction in the intensity and frequency of their cervicogenic headaches.

If you think your headaches may be caused by an associated neck issue, speak with us. A diagnosis of cervicogenic headache may lead to fewer headaches and less pain, or even getting rid of it for good!



## HIDDEN WORD

Find the hidden word in the bold squares by filling the answers of the clues in the puzzle. Answer is on the back page.



1. Part of the nervous system referred to as "rest and digest" system.
2. The cells that make cartilage.
3. The root of a plant which can help ease joint pain and stiffness.
4. A fruit with creamy green flesh, containing healthy oil good for joint health.
5. Best or most effective.
6. The cartilage that sits at the end of your knee joints.
7. A fish containing omega-3 oils which are good for your heart, brain and bones.
8. A mineral found in pumpkin seeds which is good for all round body health.
9. The small bones that are linked together to form your spine.
10. Even distribution of weight either when moving, standing or sitting.
11. A naturally occurring substance found in your bones that helps your body build cartilage.
12. Tough connective tissue found in your joints, nose and ears.

## Toasted savoury pumpkin seeds (pepitas)

These tasty seeds can be sprinkled on to many savoury dishes for extra flavour and crunch; or they make a 'more-ish' energy-filled snack. Here are two versions to try.

### Tamari pepitas

1 cup hulled pumpkin seeds  
2 tsp of \*Tamari  
Pinch of cayenne powder  
(if you like it spicy)

### Spicy pepitas

1 cup hulled pumpkin seeds  
1 small dried chilli - finely chopped  
1 clove garlic - crushed  
½ tsp salt  
½ tsp sugar

\* Tamari is a sauce made from fermented soybeans. It has a thicker consistency and a richer flavour than soy sauce.

### Method (for both)

1. Toss the pumpkin seeds in a dry non-stick frying pan on medium heat. Keep tossing them until they're just starting to brown evenly. This only takes a few minutes.
2. Add the remaining ingredients into the pan and mix with the seeds.
3. Continue to cook and stir until most of the seeds take on a medium brown colour and are fully coated – once this happens, take off the heat and leave to cool. They can be stored in an airtight jar for several weeks.



## The seedy side of pumpkins

Pumpkins and other types of squash are a seasonal treat, but pumpkin seeds can be packaged and enjoyed year-round. Pumpkin seeds, also known as pepitas, are small in size but big in vitamins, minerals, and important nutrients.

Pumpkin seeds are low in carbohydrates but high in good fats and fibre, which makes them a great plant-based source of nutrients. The main nutrients found in shelled pumpkin seeds include:

### Fibre

Essential for a healthy digestive system; some forms of fibre can also help you achieve a healthy balance of fats in the bloodstream.

### Fat

Not all fats are equal so don't be put off; the kinds of natural oils found in pumpkin seeds are essential for carrying nutrients and for a healthy diet.

### Phosphorus

This mineral has many functions, such as keeping your bones and teeth healthy, filtering waste and repairing tissue and cells.

### Manganese

Has numerous roles in your body, including maintaining healthy collagen, arteries and nerves.

### Iron

Pumpkin seeds can contribute a useful amount of iron to your diet.

### Protein

Pumpkin seeds are a great plant-based source of healthy proteins.

### Magnesium

One of the best natural sources of a mineral that can often be lacking in the Western diet. It also has many roles in your body: bones, blood, arteries, digestive system, nerves, kidneys, liver, hormones and brain all rely on magnesium for proper function.



Pumpkin seeds are readily available from shops and are usually shelled, but you can also get them unshelled. Toasting your pumpkin seeds means that they're crisp and tasty, and cooking them makes some nutrients easier to absorb. They're versatile – making a healthy addition to salads and baking. Products such as pumpkin seed oil and butter can be found on shop shelves, but these seeds are more commonly eaten as a tasty snack.

## Your body's balancing act

Have you ever wondered how you're able to stand, bend, or dance? Most of us can perform these actions without thought. But this seemingly simple ability is a complex feat of engineering. After all, we have so many moving parts. Why don't we fall down? The answer lies in balance.

Balance refers to the ability to keep your body centred, and stable and upright when you move. The balancing act requires your brain, eyes, joints, muscles, and inner ear to work together. Constant fine tuning is needed to stop you from falling.

Imagine yourself walking. As one foot hits the ground, information is sent to your brain: what you see, hear, and the sensations you feel. Your body and brain must process everything quickly, because in a moment you'll shift to your other foot. The data will need to be updated.

Good balance provides the freedom to function, exercise, and move; which enables you to be strong, agile, and energetic. You can remain independent, confident and fit – which also improves your mood.

The good news is that certain exercises can build muscles which help with balance. See below for two exercises; if they're difficult, use a chair or wall for support. Never risk falling – if you're concerned about your ability to balance, please see us for advice first.

### Balance Walk

Lay a straight length of wool or string on the ground. Raise your arms out to the side. Start at one end and walk, toe to heel, along the line.

Aim for 15 to 20 paces.

### The Stork

Stand and raise one leg, shifting your body to find your balance. Hold this position for 15 to 30 seconds. Repeat on the other side. When you feel confident, perform this exercise again with your standing knee bent.





## PRACTICE UPDATE

My word of the week as I write is **'uitwaaien'**. Please don't ask me to pronounce it! It is a Dutch word referring to the act of going out in the wind, getting fresh air in your lungs and your thoughts in order. Walking in blustery conditions (of which we've had ample), is believed to be good for body and mind, keeping the stresses and strain of daily life in check, lifting your mood. Here's me practicing uitwaaien ☺



I'm currently reading "The Power of Regret" by Daniel Pink. It presents thought provoking ideas.

In chapter 7 Pink illustrates the compounding effects of small choices or habits. Are you familiar with compounding benefits that reap financial rewards? If you regularly put a sum of money in an interest bearing account AND add the interest to the amount invested, over time it grows exponentially. It may be a small amount of money each week, and not yield much in the short term, however this accelerates in the medium term and explodes in the long term if you keep up the habit.

It turns out that the same effects are seen with small choices related to eating, exercising, studying and reading. What small choice can you boldly make today that will bring compound benefits to your health and life in the future?

Chapter 8 moves onto boldness regrets. The question is posed, "do we retreat into comfort or pedal into uncertainty?" I view myself as more of a sailor than a pirate. I tend to be cautious and scared of risks. Although as I reflect on the opportunities I've embraced through the decades, I can see that I am more courageous than I give myself credit for.

Thinking about boldness, this quote by the great German playwright and thinker Johann Wolfgang von Goethe came to mind.

***"Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it."***

You'll be missing Brooke at the front desk, as we do too. Brooke was offered a job at the high school, where the hours fit in well with her three children. We wish her the very best in her new role. By the time this goes to print we'll be welcoming a new Chiropractic Assistant to the practice.

## APPOINTMENT REMINDER

Your next appointment is on \_\_\_\_\_ at \_\_\_\_\_  
Date Time

## Keeping your cartilage healthy can put a spring in your step!

Cartilage is a connective tissue. Yes, it connects parts of you together, particularly your joints. Cartilage can be compared to a squash-able sweet. Whereas a boiled lolly cracks under pressure, a jelly baby bounces back.

There are three types of cartilage: elastic, fibrous, and hyaline. Elastic cartilage provides strength and stretch. Like the cartilage in your nose and ear. Fibrous cartilage is strong; its toughness providing protection against friction. It's the type that forms the menisci within your knee and the discs between your vertebrae. Hyaline cartilage is thin, yet provides some strength and cushioning. This type of cartilage extends over bony surfaces, like those inside your joints.

But, cartilage can become damaged by injury, disease, or wear and tear. Tissues heal best when they have ample blood supply to deliver healing nutrients, but cartilage lacks blood vessels. This makes recovery slow and potentially incomplete.

The human body is an incredible healer, however when it comes to cartilage a little extra help can deliver good results... Or safeguard against damage in the first place.

A nutritious diet can support joint health. Eat generous amounts of oily fish, such

as sardines and salmon, a variety of vegetables, fruits, whole grains, walnuts and Brazil nuts, avocados and olive oil. Limit your consumption of poultry, red meat and full-fat dairy products.

If you can't get enough from your diet, supplements may help. Fish oil, glucosamine, chondroitin sulfate, curcumin, devil's claw, and ginger may decrease cartilage destruction or provide relief from cartilage-related ails. While they may not offer cartilage repair, some have been shown to protect chondrocytes — the cells that make cartilage — and reduce joint soreness.

Exercise can also help; it encourages your joints to "turn on" the genes linked to cartilage and bone cell production. What type of exercise should you do? Try any low impact activity that uses your limbs and maintains or improves fitness, like walking, swimming, cycling, or using an elliptical trainer. Speak to us first if you have any concerns.

It's also wise to maintain optimal joint function. A healthy joint is less likely to become damaged and will heal more easily. From a chiropractic perspective, regular care may prevent damage. Many of our patients also report relief from cartilage-related conditions following adjustments.

If you're carrying extra weight you're putting more pressure on your joints. A healthy diet and exercise can help with weight loss - and your joints will feel the benefits!



## HIDDEN WORD

CERVICOGENIC

**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*