September 2011 Newsletter

“I take Aspirin for the headache caused by the Zyrtec I take for the hayfever I got from Relenza for the uneasy stomach from the Ritalin I take for the short attention span caused by the Scopederm Ts I take for the motion sickness I got from the Lomotil I take for the diarrhoea caused by the Zenikal for the uncontrolled weight gain from the Paxil I take for the anxiety from the Zocor I take for my high cholesterol because exercise, a good diet and regular chiropractic care are just too much trouble”
– Seen on a t-shirt by Cyndi Omeara

Put the spring back in your step!

Say good bye to the winter and hello to warmer weather and sunnier days. Time to spring clean your house and tune up your body with a chiropractic adjustment!

Springy hand exercises

Here is a simple little exercise to assist in rebuilding wrist and hand function after an injury (or if you want more hand strength and dexterity). Follow the picture sequence and repeat 6 – 10 times, several times a day. When it gets too easy, get a stronger rubber band, or wrap it two or three times around if a stronger one isn’t available.

1. 2. 3. 4. 5.

Pirate-craktor day for kids!

SCHOOL HOLIDAYS - Monday 26th of September

Aarrggghhhhh!! The story behind the Pirate-craktor.
Well thanks to Miss Emily for sharing her excitement in being part of our office. One day when she had a typical 2-year-old stack - she got up, dusted herself off, and set to tell her parents she needed to go to the "Pirate-cractor". Thanks Emily for the inspiration.

For our special chiropractic for children day - we will be all dressed and decorated in the Pirate theme. Encourage the kids to dress up and bring them to the office for a check up. FREE Chiropractic check up and Tune for kids new to the office.

Why: We believe checking children is one of the most important things we do as Chiropractors. Let’s see if we can help the kids avoid some of the problems their parents have.

Who: Kids Aged 0 to 12 (Year 7 primary school)
Existing families and new families are invited

How: Please make an appointment with the reception or call 46391060
Chiropractic Care and the Elderly

Why Is Chiropractic Care So Important For The Maturing Adult?
Chiropractic care is extremely important for the maturing and elderly adult because of the dramatic changes that occur in the spine with increasing age. As we age, spinal discs, joints, ligaments, muscles and other spinal tissues become weaker, less hydrated, more fibrous, and less able to withstand normal strain. As a result, spinal pain from spinal degeneration (arthritis) becomes more prominent, tissue injury from relatively benign events occurs, and the time to heal from injuries increases.

Modern chiropractic procedures take into consideration the nature of the aging spine and the many abnormalities present to provide an effective, safe and non-invasive treatment plan. Through the use of 21st century gentle adjusting techniques, physical therapies, and incorporation of stretching and exercise programs spinal pain is reduced, spinal stresses are decreased, flexibility and mobility are improved, and degeneration is minimized.

What Benefits Does Chiropractic Care Provide For The Maturing Adult?
Routine chiropractic care has a number of benefits which are especially important for maturing adults:

- Spinal and extremity pain relief
- Decreased stiffness and muscular spasms
- Increased mobility and range of motion
- Straighter posture
- Increased balance and coordination
- Increased sense of well being
- Increased energy
- Enhanced tissue healing
- Decreased tissue inflammation
- Decreased arthritis and arthritic joint pain
- Minimized spinal stress and tension
- Reduced risk of fall injuries

Dr Kelly Holt, one of the chiropractors Dr Sandie worked with at the New Zealand College of Chiropractic Research Department, is currently completing his PhD on “falls risks” in the elderly and how chiropractic care affects the cerebellum (the control centre for balance). In the elderly population there is an increased risk of falling and once this has happened it is likely to occur again. Dr Holt is investigating how chiropractic can help to decrease this risk by making changes to the nervous system through chiropractic adjustments. He has already published an article on this topic: Holt KR, Noone PL, Short K, Elley CR, Haavik H; Fall risk profile and quality-of-life status of older chiropractic patients, J Manipulative Physiol Ther, 2011 Feb;34(2):78-87.

Another chiropractor Dr Michael Hall, who spoke at the Parker Chiropractic Conference, has found that stimulating the small muscles on the side of the spine (the multifidi) by taking your arms out the side of your body while ensuring your head is centred over your shoulders (not forward of your body) helps to send better messages to the cerebellum which helps you keep your balance among other things.

Healthy heart food for women by Ari Kennedy www.sensiblebite.com

Heart disease is not really something people associate with women. But statistics provided by the American Heart Association (AHA) show that in 2007 a woman a minute lost her life because of it. Women have some gender specific risk factors that men do not have. Preeclampsia, gestational diabetes and pregnancy complications double the risk of heart disease later in life. The foods you choose to eat can help lower your risk. Here are the AHA recommendations.

1. Follow the DASH diet
The DASH diet is designed for people with high blood pressure and emphasises healthy portion sizes and eating a wide variety of food. Visit http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf for more information.

2. Eat less salt
The AHA recommends consuming less than 1,500mg per day (less than one teaspoon). Most of the salt we eat is hidden in bread and processed foods, so start by reducing your consumption there. Table salt is another culprit but surprisingly less so than processed food.

3. Avoid trans fats
Trans fats increase the risk of heart disease. They are used by the food industry to lengthen shelf life of fats and reduce the need for refrigeration. The fast food industry uses frying oil that contains trans fats because it lasts longer. Also trans fats are present naturally in milk, beef fat and lamb fat.

4. Watch your cholesterol intake
The AHA recommends consuming less than 150mg per day. Cholesterol containing food include:
- One egg yolk contains 300mg (but don't stop eating eggs, they are really good for you, just maybe eat one every other day)
- Butter contains 300mg per 100g
Makes about 25
125g unsalted butter, softened
1/2 cup (110g) caster sugar (use raw caster sugar for a healthier option)
1/2 cup firmly packed (100g) brown sugar (Rapadura sugar is the healthier option)
1/2 tsp vanilla extract
1 egg
1 1/4 cups (110g) rolled oats (quinoa flakes for gluten free)
1 cup (150g) plain flour (can use gluten free flour)
2 1/2 tsp bicarb soda
1 cup (150g) roasted hazelnuts, peeled, chopped
175g good-quality dark chocolate, chopped

Preheat the oven to 170°C. Line 3 baking trays with baking paper. Using electric beaters, beat butter, sugars & vanilla until pale & thick. Beat in egg until just combined. Using a wooden spoon, fold in oats. Sift flour, baking powder, soda & 1/2 teaspoons salt (Celtic or Himalayan is the healthiest) over the mixture, then fold in. When almost incorporated, fold in the chocolate & hazelnuts. Using an ice-cream scoop, scoop balls of dough (about 1 heaped tablespoon) onto the prepared tray 4cm apart. Flatten slightly, then bake (in 2 batches) for about 10mins or until golden. The cookies will feel soft, but will crisp as they cool. Recipe from Delicious magazine
Dr A. O. Hart Kennedy
Dr Hart had a great week in Kingaroy at the Veteran Motorcycle Rally for pre-1919 motorcycles. He finished the week with no problems, although many of the others had minor mechanical mishaps. No prizes or medals were given out, only the pride and joy of riding motorbikes. There were 130 odd riders from every state and territory in Australia. Dr Hart’s 1915 Sunbeam will now receive a full strip and rebuild where necessary to be ready for the trip from Perth to Sydney next March. When Dr Hart is not away on holiday, he will be working his usual Monday & Thursdays.

Dr Tracy Kennedy-Shanks
Dr Tracy & Glen were fortunate enough to have a holiday in August. They travelled to Perth for a meeting then used that as a starting place to drive up the coast of West Australia from Perth to Broome. They stopped at all the little towns and enjoyed swimming with the dolphins in Monkey Mia, saw “Red Dog” at the outdoor cinema in Broome, and managed to go fishing without losing the car in Broome. The highlight for Glen was a visit to the Hutt River Provence where they had their passports stamped with visas. It was a relaxing time and they thoroughly enjoyed themselves. Dr Tracy has also been busy with Chiropractic association events and they attended an event with “Kenny” as the guest speaker. Congratulations also on Dr Tracy being elected as president of the Chiropractic Association of Australia, Queensland branch.

Dr Tracy’s regular days are Tuesdays, Wednesdays and Saturdays. Dr Tracy is also in the office on Wednesday afternoon to take x-rays.

Dr Chantal Henderson
Dr Chan is looking forward to attending an intensive Cranial Seminar during October on the Gold Coast. This is a continuation of the chiro-dontic work for Jaw and head symptoms. Dr Chan always comes back to work with new skills and information.

Spring Salt Magazine (Sunshine Coast Lifestyle Magazine) features one of her Humpback Whale Photos on the front cover. (There should be a copy floating around the office). She is also excited to have finally, officially started the long process of putting her Patagonia book of photographs together. Thanks also to Dr Chan for sharing her carnival photographs on the walls in the office this year.

Dr Chan works Fridays & alternate Saturdays.

Dr Meghan Keleher
Dr Meghan had a busy August with family birthdays and in particular Claire's 6th, which required a pink bedroom renovation with fairies. Very bright! In September Dr Meghan she will be having a week holiday with her family to rest and relax before the birth of the new addition. Dr Meghan will be reducing her days in the office as we get closer to the ‘due date’ but she is keen to be here for our special ‘Pirate-craktor day’.

Dr Meghan is working Tuesday & Friday with alternate Saturdays.

Dr Sandie McIntyre
This month Dr Sandie will be heading to New Zealand for the rugby world cup. She will be watching the Australia vs. Ireland game in Auckland. It's just a quick trip but will be enough time to catch up with friends as well. Dr Sandie is adding a few days to her work week over the next few months as Dr Meghan takes time for maternity leave.

Dr Sandie will be working Monday, Tuesday, Wednesday & Thursdays every week.

Student update – Kirstie, Ellen, Luci
Kirstie and friends are attempting the Melbourne Half Marathon on October 9 this year and are raising money along the way for the Cerebral Palsy Education Centre. We wish the students all the best for such an ambitious event. Ellen and Luci are fully into the swing of the first year and are keen to learn all they can about chiropractic – we will be seeing them again in the office later in the year.