

Newsletter

Volume 1, Issue 1

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“What?....April already!”

Welcome to our first newsletter for the 2008, and a busy year it will be!

Plans for the year ahead include new front signage, and several small cosmetic changes out in the reception area. We will also be introducing some exciting new get-healthy programs which guide you through the sometimes daunting process.

As many of you are aware, Chris and Trudy announced the arrival of their son, Mitchell Timothy, on Jan 16th. He is proving a real trooper. His twin sisters, Tayla and Monique, take great pleasure in boasting their new brother to anyone within ear-shot!

We are trialing a 4-page newsletter for this issue, so please let us know what you think. If you would like to see certain topics covered in the future, please let us know. We'd love to hear your suggestions.

We plan to include sections that cover topics such as practical health tips, technique reviews, case studies and latest research news, to name a few.

Dr. Chris has been gradually introducing a new technique to the practice, Advanced Bio-structural Correction ('ABC' for short), which has been achieving excellent results. Over time, it is envisaged this will become the main technique used here at the practice, due to the brilliant results it brings. More on this in another section.

With school holidays fast approaching, be sure to plan ahead with your family's appointments as the appointment book tends to fill up quickly around the holidays.

Dr. Chris is in the process of developing our new web site. All going well, it should be up and running very soon.

The aim is to keep the site



Thankyou everyone for your gifts and well-wishes for Trudy and Mitchell over recent weeks. As you can see, he's now a thriving little fella, and already showing signs of a happy little personality. (Having a Dad as a Chiropractor definitely comes in handy!)

simple, informative, and easy to navigate, so we're keeping the 'bells & whistles' to a minimum. If you know someone who is considering coming to see us, this will be a good place for them to start, to have any questions answered. Go to: www.clovellyparkchiro.com (under construction!)

“Wellness” defined

“An active, lifelong process of assuming personal responsibility that empowers one to become aware of choices, make decisions and take action towards a more balanced, dynamically sustainable and fulfilling existence.”

This is the revised definition of “Wellness” by the Chiropractors Association, and is likely to be adopted across the board by other health professions, and government health departments. It may seem a little long-winded, however when you think about it, it's right on the mark.

Our current state of Wellbeing is the sum of all our choices, actions and personal philosophy towards our own health. Do your choices and actions promote, or neglect, your wellbeing?

Just Breath-Taking!



One of the consequences of a slouched posture is a loss of lung volume, and function. Individuals with more pronounced curves in their upper back, termed a kyphotic posture, or hyperkyphosis, are prone to reduced respiratory and cardiac function. (see picture right)

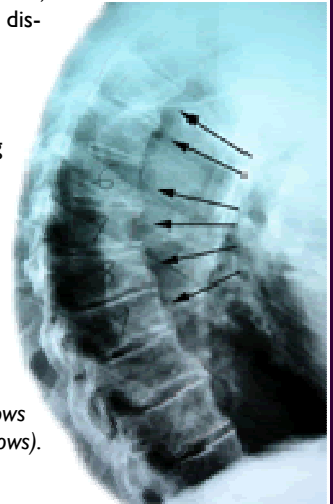
This condition is commonly seen in the elderly as their bone density in their spine reduces, and the bones develop a more wedge-shape, causing the curve. People with severe scoliosis also show a loss of lung volume.

In order to measure these changes in those patients most at risk, we are now using a spirometer, which is a very sensitive instrument for measuring lung function.

Two important values that we can now measure include 'predicted total lung capacity', and how well air can be expelled out of the lungs.

This diagnostic tool is commonly used to measure lung function in those with conditions such as asthma, emphysema, and other chronic lung diseases.

Chiropractic care goes a long way towards improving your spinal posture. As a result, you retain a larger lung volume, and better heart function because there is simply more room.



This picture shows severe kyphosis.(arrows).

**Thankyou!
A special
Thankyou to
all those who
have
recommended
us to family &
friends. We
greatly
appreciate it.**

Beat the Rush

“Greenridge AstraForte is a special preparation of traditional oriental herbs to support the immune system and to help restore good health. It helps to relieve symptoms of cold and flu and upper respiratory tract complaints.

Also provides temporary relief from bronchial cough and may assist during convalescence and while rebuilding stamina and endurance. “



Astraforte is our most demanded immune booster leading up to the cold & flu season. “It’s kind of like putting your immune system on steroids!”-Dr. Chris “This really does work to help shake colds and flu’s a lot quicker.”

With the abrupt cool changes now around, it’s a good idea to get started on a small regular dose to help you fight off any signs of the cold or flu.

Mirror, mirror on the wall.....



Better posture means better heart and lung function, and more energy!

Try this little exercise.

Stand in front of, and facing, a large mirror. Now, with your eyes facing forwards, take a deep breath in, then breath out, slump, and relax, with your eyes still looking forward.

You will notice your upper body wanting to slouch. Your chest will sink, your shoulders will roll forward, and your head will be thrown forward. This represents a more honest picture of your posture. It shows how well, or not, your body can resist gravity.

Now, whilst staying slumped, try these two things: first, take a deep breath in then out, then, turn your head from side to side, as far as

you can.

Now straighten up your posture, then repeat the deep breath, and then the head turn.

Notice how much deeper you can inhale, and how much more your head can turn?

When you have good posture, you can maintain a more upright stance, with less effort. Exercise that includes gravity-resisting weight routines, helps your body to keep a better posture with less effort.

For tips on which exercises can be better for helping your posture, and reducing the effects of gravity, ask Dr. Chris.

Start at the Beginning....

A common question we are asked is "Can Chiropractic help babies?" The answer is a resounding "Yes!"

The most common problems that can be helped include: difficulty sleeping, poor feeding habits, constant crying, and colic.

Being able to feed and sleep well, are the two fundamental things a baby needs to do. And if these are happening, then it translates into more sleep for mum and dad.

Fixing these problems in babies is very, very simple. Often, parents can be taught some simple, and very effective

little tricks that can make a world of difference.

Dr. Chris' patients range from babies to only a few days old, to 800kg horses—so the ability to adapt techniques is something he is very experienced in.

Have you ever seen CPR demonstrated on a child? Instead of pumping the chest very firmly like you would an adult, it is done on a baby with 2 fingers and very little pressure.

In the same way, any adjusting needed for babies, is extremely gentle, and looks more like a 'gentle poke' with a finger.

More often than not, it is babies' tailbones (sacrum) that needs correcting. Their tailbone is still made of five separate, moving bones. They haven't fused yet.

Problems here can be the cause of a lot of crying in babies, however is easily corrected.

We don't charge for treating babies under 12 months—it's our way of ensuring they get a good start to life. So if you know someone who's baby isn't letting them get much sleep, send them in! A good night's sleep could be just around the corner!

Tip!

When you purchase your Chiropractic contoured pillow, write the date on the cover tag so you know when to replace it (every 12 months).

Impaired Insulin Receptor Sensitivity—A key to weight loss

Insulin is secreted by our pancreas when our blood sugar levels get too high. Most cells in the body have receptors on them for insulin. When the insulin molecule attaches to the receptor, the cell starts to respond. What is important to note is that fat cells respond differently from other cells. Fat cells go into "storage" mode, when there is insulin present, whilst other cells simply absorb more sugars from the blood.

How do your insulin receptors stop working effectively? Very simple.

Reduced insulin receptor sensitivity **occurs when you don't exercise, and when you are overweight.** Insulin receptors become less sensitive, and are fewer in number. This is very similar to what happens if you lie in bed for a few weeks; your muscles start to atrophy. Some will know this as a "use it or lose it" phenomena.

When your insulin receptors become desensitized the only way your body can adjust is to make MORE insulin. Once your body releases insulin it immediately starts to **inhibit your fat-burning** hormone called *hormone-sensitive lipase*. This hormone is responsible for releasing fat into your bloodstream to be utilized as fuel. Once this enzyme is inhibited, your body is unable to burn fat and will then begin utilizing amino acids from your muscle and carbohydrates as fuel.

This will cause you to become abnormally hungry, especially for sweet foods, which further feeds this vicious cycle. The key is to have **LOW levels of insulin** so your body can produce large amounts of hormone-sensitive lipase and burn fat all day. Your body will need less insulin the more you exercise, and the less sweet foods you consume. This way, your fat cells go from "storage" mode, to "burning" mode.

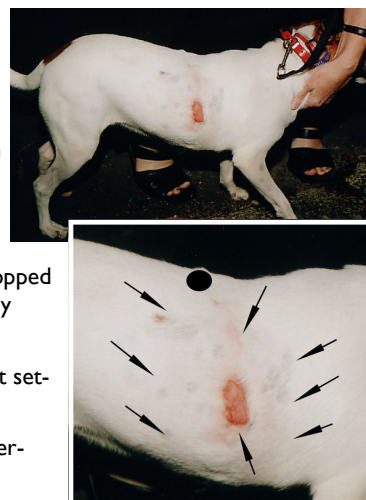
Getting to the Cause

This dog presented with a very sore, red area as shown, often described by vets as a "lick granuloma", where the dog tends to lick the area so much, that it will make the skin very raw. Often because it feels itchy, tingling and/or pins and needles.

You'll notice that the area affected forms a band around the waist. This band corresponds with the path of the nerves leaving the spine where the black dot is. By adjusting this part of the dog's spine, the nerve supply to the skin returned to normal. The skin stopped itching, and the dog stopped licking it. After 2 adjustments, over 2 weeks, this area quickly returned back to normal, healthy skin.

You can understand that if we just applied topical cortisone to the raw skin, it may help it settle a little, but doesn't fix the cause. Not by a long shot.

This is a case I often use when lecturing on Animal Chiropractic to vets, so they can understand that checking the nerve supply first, should be the highest priority.



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CLINIC**

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Clinic Hours

	Morning	Afternoon	Evening
Monday	9am - Noon	3pm - 6pm	
Tuesday	9am - Noon	2.30pm - 5pm	6pm - 8pm
Wednesday	Closed		
Thursday	10am - Noon	2.30pm - 5pm	6pm - 8pm
Friday	9am - Noon	2pm - 4pm	
Saturday	8.30am - 10.30am	11am - 1pm (Animals)	

Please Note

- We are closed on the first Saturday of the month.
- PLEASE do call us if you can't make your appointment. To have a waiting list for appointments, and then not have people turn up is very frustrating. Those identified as "repeat offenders", may be asked for a non-refundable part pre-payment for each appointment they make. (Hopefully this won't need to happen).
- Remember that babies under 12 months old are free of charge.
- Mutual Community members please note that we are looking into getting on their preferred provider list. We'll let you know once it is confirmed.

KIDS! - Don't you just Luv 'em?

A boss wondered one day why one of his absent and most valued employees had not phoned in. Having an urgent problem with one of the main computers, he dialed the employee's home phone number and was greeted with a child's whisper.

"Hello?"

"Is your daddy home?" he asked.

"Yes," whispered the small voice.

May I talk with him?"

The child whispered, "No."

Surprised and wanting to talk with an adult, the boss asked, "Is your Mommy there?"

"Yes."

"May I talk with her?"

Again the small voice whispered, "No."

Hoping there was somebody with whom he could leave a message, the boss asked, "Is anybody else there?"

"Yes," whispered the child, "a policeman".

Wondering what a cop would be doing at his employee's home, the boss asked, "May I speak with the policeman?"

"No, he's busy ", whispered the child.

"Busy doing what?"

"Talking to Daddy and Mommy and the Fireman," came the whispered answer.

Growing more worried as he heard a loud noise in the background through the earpiece on the phone, the boss asked, "What is that noise?"

"A helicopter" answered the whispering voice.

"What is going on there?" demanded the boss, now truly apprehensive.

Again, whispering, the child answered, "The search team just landed a helicopter."

Alarmed, concerned and a little frustrated the boss asked, "What are they searching for?"

Still whispering, the young voice replied with a muffled giggle... "ME ."