



Spine Alive

NEWSLETTER



AUGUST 2010

Thank you: It has been a fantastic past 6 months for so many different reasons. We are privileged to be nominated for the third year in a row for a Business Award, of which we won in 2008 and was a finalist in 2009. So here's hoping, that we will be that successful this year. We are so grateful for your nominations and votes. It definitely makes us feel great about what we do every single day.

After all the wonderful comments about the building, after over a year in our new location, we were also very excited about being nominated for a Heritage Award for Infill Development (a new build in a Heritage Streetscape), and we won!! It sure did make the stress of building the clinic worth it. So thank you again, for all your positive remarks about Palmer House, the home of Spine Alive.

Another massive thank you has to go to all the patients that have supported all the charity events and fund raising efforts that we support, from the Biggest Morning Tea (which was a resounding success) for the Cancer Council, Australian Breastfeeding Association, RSPCA, National Trust, Can Assist and the many other smaller local charities, sporting or school groups.



Spine Alive news:

Where do I start...

William is growing so quickly, running around like a crazy, but very happy little boy.

If you haven't noticed yet, I am getting fatter again as Haimish and I are expecting a little sister for William, due early December. For a lot of you, who went through the pregnancy and beyond with William, I have the same intention of working right up to the day and returning shortly after. So far both baby and I are feeling great and developing well.

We have some great new products available to help the chiropractic adjustment and or acupuncture treatment become more effective, such as pillows, orthotics, back supports and supplements. So when you are in next, have a look, ask questions, and make sure you are supporting your spine even when you leave the clinic to give longevity to your treatment.

Andrew and I will be carrying out some Spinal Care Classes starting in the coming months – read more about it in Andrew's section of this newsletter.

We will be carrying out a patient survey in the coming months to see if we can improve and further our services or environment to make your experience not only effective but enjoyable.

We are delighted to wish our beloved Nicole a very happy 21st Birthday on the 25th August, so make sure you wish her a big happy birthday when you see her!

Alison

The way to get the best results!!

Unfortunately life gets very busy and can also be very unpredictable. When you make an appointment, please try and honour that appointment or give us as much notice as possible (more than 12 hours) so that we can avoid turning people away or putting off that very much needed appointment for someone else. So, to try and help you remember your appointment, we are doing SMS reminders to everyone that has a mobile number in our system. If this is not something that suits you please let us know and we will remove your reminder from this system. We hope this will also help people run on time and reduce the waiting time. At the end of the day, it doesn't affect us so much, but it may affect those people that are in a hurry or have families or jobs to return back to.

There is some fantastic information in Rebecca's section, one thing she mentions is following your recommended treatment plan which will give the most optimal results. This applies to short term plans, long term plans, maintenance or corrective care, for acupuncture or chiropractic. Missing your appointment or putting it off for a few days to a week may not seem that much but it can make a massive difference to your future results. Just think about it, would someone get fit as quickly if they put their personal trainers appointment off by a week. Please try, no matter what your schedule to make your appointment within 24 hours of your original appointment, it will just make your progress so much more effective.

Alison

Orthotics



Medical 3/4 Orthotics: These are a good option if you have the time and the diligence to change your orthotics from one pair of shoes to another.



Full Length Orthotics: For those who need good arch support and will generally keep them in the one pair of shoes.



Catwalk Orthotics: Great for the ladies that are naughty and wish to wear those lovely high heels or boots, but still want to have the right support.



Custom made Orthotics: These orthotics are for people that need a custom made orthotic. They may have slightly more complicated cases that need some specific modifications, which off the shelf orthotics do not provide.

Pillows



Complete Sleeperr: A great pillow that provides neck support for different postures, and is adjustable to different body sizes and shapes.



Travel Pillow: If you cherish a good night's sleep and don't want pain whilst on holidays. The travel pillow will travel with you.



Family Pillow Junior: A good start to supporting your child's neck, good for ages 4-8. Larger sizes available for older children.

Supplements



Calm the Spirit: Dates back to 1638AD, will not exorcise demons, however it will settle the nervous system and help with insomnia, anxiety, menopausal symptoms, mouth ulcers and recurrent cystitis.



Stress Relief 1: Based on a Chinese formula dating back to 1151AD, these beautiful herbs can help alleviate stress, enhance and rebalance hormones, relieve headaches.



Sports Injury: Enhances healing time of soft tissue trauma, slow healing injuries, lumbar muscular sprains and bone fractures.

Back Supports



Posture Noodle: A fantastic and very portable lumbar support to help maintain good posture.



Back Hugger: A great back support that can be transported to many different chair/car seat profiles and is soft but supportive for your lower back.



Lumbar Roll: A soft lumbar support to stay on the car seat, or desk chair.



Flo Back Model 2 back only: An alternative full spine support to help those less supportive chairs, it will help to decrease your spinal pain.

Ice Aid: A necessity for all freezers, for all those injuries – sporting or otherwise. Way better than using a slab of meat or a bag of peas, as it is reusable.



Sacroiliac Belt: Great for supporting an unstable pelvis that doesn't seem to hold the adjustment, also good for pregnant women. This item is to be used only under chiropractic supervision.

A key to keeping your spine healthy

There are so many factors to good health. Such as a healthy diet, regular exercise and mental wellbeing. One of the most important factors that is often neglected, is our spinal and nervous system health. If this is looked after, then it is much easier to look after the other components of our health, and you are likely to have less pain (bonus!!).

There are two main points I wish to mention,

- 1: For those of you that haven't been in for some time, a check up can iron out a few small issues to keep you pain free.
- 2: Good posture is imperative. We can adjust you and help you function better, but unless you are doing positive things in between the appointments such as sitting or standing up straight, then we can only have a limited or less long lasting effect. We can't follow you around and remind you all the time, so it is up to you. When the spine is in correct posture then the spinal cord and nervous system can flow more effectively, which makes your body work better. It also gives your spine some shock absorption properties, to help reduce the impact of gravity and reduce the irritation in the spine – which means less pain and reduced wear and tear. But, if you want the treatment to be effective, by all means slouch away!!

Anyway enough nagging, otherwise we will have nothing to nag about when you come in for your next appointment!

Alison

Your Spine – an Owner’s Manual

“I just don’t get how it happened!” This often comes up when discussing back or neck pain. The spine is such a complex structure and until it stops working and gives us pain we often just take for granted that we will be able to bend forward to put our shoes on, or turn our neck far enough to see the car beside us.

But once you have experienced a “bad back” your perspective changes- even if at first it is only a little.

Still the question of “how did it happen” comes up. More important though, is the question of “how can I prevent or decrease the chances of this happening again?”

A big part of that answer is to better understand how your spine works, what actually goes on inside and how the spine, the muscles and the nerves actually work together. You don’t have to know it all, but by seeing and understanding a few key things it can help prevent the same mistakes from occurring again and again. This is why we explain patients x-rays and posture photos. But sometimes it helps to see, hear and experience other examples and demonstrations.

So let me ask you: Would you like the chance to understand a little more about how your spine works?

Perhaps you want to know why and how chiropractic is helping you in ways you hadn’t expected –Why do I sleep better after being adjusted?

Why has my indigestion improved?

Why is my balance improving?

Why do I have to adjust the rear view mirror when I hop back in the car after my adjustment?

Do you want to know how you can make some small changes in habits that can go on to have big effects on how you function and feel?

If the answer to any of these is yes – then we have some good news.

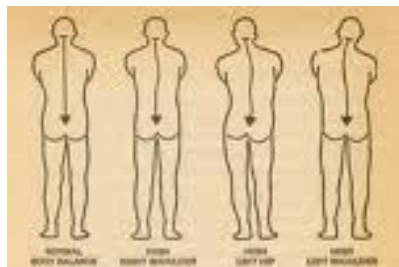
Alison and I thought we would put together a short, entertaining yet informative evening (yes chiropractic can be entertaining) where we can show you more detail, give you actual examples and provide demonstrations.

These Spinal Care Classes will be open to everyone and will be **FREE** of any charge. You can bring your partner along, someone who is interested in chiropractic but unsure of what to expect, or even just a friend to keep you company.

The times and dates of these Spinal Care classes will be displayed at reception in the near future. There will be limited space and we will be taking bookings to ensure there is enough seating for everyone who attends. If you are particularly interested in attending, just let the girls at reception know and they will contact you with the dates and times as soon as they are confirmed.

It’s a great opportunity and I hope to see you there.

Andrew



Acupuncture

Many people will first experience acupuncture for pain relief, usually for muscle or joint related pain.

Acupuncture is also a gentle, effective and natural approach to help with balancing your hormones.

In today’s society, we are all exposed to preservatives, colours & chemicals in our food, environmental toxins & pollutants and various degrees of stress. These factors all contribute to putting our bodies under more pressure to eliminate the extra toxins from our system and also putting our hormones out of whack.

Painful, irregular periods, infertility (male and female), acne, abdominal bloating, fatigue, headaches, mood swings, night sweats, irritability and depression are all common symptoms that many women (and men) experience, indicating various levels of hormone imbalances.

The most simple yet important action that you can do for yourself when it comes to helping your hormones is eating good fresh nutritious food on a daily basis that is free from additives, preservatives and chemicals. Practicing good daily habits when it comes to your food, water intake, exercise, rest, relaxation and recreation will all contribute to you feeling so much better.

Traditional Chinese Medicine (TCM) which consists of acupuncture, Chinese herbs and nutritional supplements will also help you to get your hormones back on track. A series of acupuncture sessions and herbal medicines are prescribed for a certain amount of time depending on the nature, severity and duration of your condition.

In cases of fertility problems, in TCM it is recommended that you and your partner take a minimum of 3 months to prepare for conception, mainly through dietary changes and exercise. Giving your body time to repair and heal is so important to getting the results you deserve.

It seems that everyone wants to be “fixed” overnight without making some basic changes to their health, such as drinking more water, eating well and exercising. Unfortunately, acupuncture does not translate to “abracadabra.”!!

To ensure that you experience the best possible results, please try to stick with your recommended treatment plan. You will be extremely pleased with the short and long term outcomes of treatment.

The old saying “what you put in, is what you get out” applies to many aspects of life – work, sport, relationships, education etc and I think this is particularly relevant to our state of health.

Rebecca

