

The Spinal Column

Summer 2016

King William Road Chiropractic

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Consulting hours

Mon.	8-12	2-7
Tues.	8-12	2-6
Wed.	8-12	2-6
Thurs.	8-12	2-6
Fri.	8-1	2-6
Sat.	9-12	

Our Commitment to you

Our aim is to provide efficient and effective health care through the removal of vertebral subluxations in a friendly and caring environment.

Furthermore we are committed to providing the knowledge that will allow our patients to make informed decisions concerning their health.

Chiropractic... Lifestyle or Cure?

Recent media articles have questioned the validity of chiropractic. More specifically, it has been suggested that several chiropractors have indicated on their website that they can provide a cure to many ailments, and that without adequate research, this is akin to quackery.

It is my thought that any modality claiming to cure something may well be stretching the truth. More commonly a "cure" is in fact management of symptoms, so in this sense I agree with the reports. There is no doubt that these claims need to be justified and the chiropractors involved should be made to do so. But to claim that chiropractic is quackery on the basis of claims made on the website of a few practitioners is completely unwarranted and quite frankly unprofessional. **It brings us to the question of whether chiropractic should be classified as a lifestyle choice or a cure for disease?**

To answer this we need to look at the two alternative views on health care. On the one hand we have the symptomatic model which suggests we are exhibiting signs or symptoms of disease, ie. If its not broke, don't fix it. While on the other hand we have the model that suggests that a healthy lifestyle that encourages behaviours that promote health is the only way to be and stay healthy, ie. an ounce of prevention is worth a pound of cure.

We at King William Road Chiropractic firmly view

health from a lifestyle perspective.

We appreciate the inherent recuperative powers of the body. It's not the dressing you put on the cut that heals the cut, it's the body. We understand that all healing is done by the body alone. Health care merely assists the body in this role. We also know that symptoms often appear very late in the progression of a disease - a heart attack is all too frequently the first sign of heart disease.

In recognising this, Chiropractic as practiced at King William Road Chiropractic, focuses on proper spinal mechanics promoting optimal function of the nervous system through the reduction of subluxation induced irritation. Given that the nervous system is responsible for controlling the function of every cell, tissue and organ in our body, it is very important to have a properly functioning nervous system if we are seeking true health. Dorland's medical dictionary defines health as the optimum function of all of the cells all of the time. A body that functions better heals better and is less likely

to get sick in the first place.

Subluxations, defined in chiropractic as a positional change of a vertebra of the spine resulting in a loss of normal movement which leads to changes in nervous system activity, are often sub-clinical. Meaning that although they exist, they don't produce any obvious symptoms. This means that they often go undetected and the negative effects on the nervous system are not recognised.

Regular chiropractic spinal checks help to promote a spine free of subluxation which allows the nervous system to do its job more efficiently resulting in better function of the cells, tissues and organs of our body making us healthier.

This then becomes a lifestyle choice similar to eating healthy food and regularly exercising.

So in short, chiropractic is not a cure for disease, but when used appropriately, can most certainly assist in the prevention and management of disease.

Aaron

Complimentary Initial Spinal Screen

The bearer of this voucher is entitled to a complimentary initial spinal screen designed to detect the presence of nerve interference as a result of faulty spinal mechanics.

Call King William Road Chiropractic on 8357 9229 to arrange appointment.

www.kwrchiropractic.com.au

Immunity, it's yours, why not keep it?

When I was a child, all I thought about immunity was whether I was stuck in bed at home from school feeling crummy or feeling fantastic and being able to run around at the playground. As a teenager I thought immunity only had to do with white blood cells, lymph glands or whether you washed your hands often enough. The biggest question is - how does the body know when something is affecting it that shouldn't be there?

The body has an incredible ability to distinguish between the body's own cells, recognized as "self" and foreign cells, or "non-self". Every molecule in your body carries distinctive molecules that identify it as "self", therefore not being rejected by the body's immune defences. Any substance that is capable of triggering an immune response is known as an antigen or pathogen. This can either be a virus, bacterium, fungus, parasite or even a portion or product of one of these organisms. When the immune system realizes that there is a cell or organism in the body carrying molecules that brand them as "non-self", they tell all their mates to be on high alert.

In some unfortunate cases, the immune system makes the horrible mistake of confusing "self" for "non-self" and launches an attack against the body's own cells or tissues. This is what happens in an autoimmune conditions. Examples of this include migraines, asthma, sinusitis, eczema, rheumatoid arthritis, lupus, coeliac disease, gut diseases such as IBD, Crohn's disease, ulcerative colitis and diabetes mellitus. Tissues or cells from another person (except an identical twin) also carry "non-self" markers and will be rejected. This is why tissue transplants are often rejected by the body.

So what is the best way to keep your immune system working at its best?

The most important thing to remember is that the immune system is controlled and regulated by the nervous system. Chiropractic adjustments may reduce nervous system irritation allowing greater regulation of the body and immune system allowing it to perform at its best.

The next most important consideration for optimum immune function is to ensure that your diet consists of plenty of vegetables together with smaller quantities of fresh fruits and free range grass-fed meat. Avoiding processed foods and refined sugars is also recommended. When possible try and eat organic foods. The addition of fermented foods is also very important. Why? Because it is a fantastic source of good probiotic bacteria! These are an absolute necessity for good gut health and immunity and are particularly helpful in the management of autoimmune conditions. Try adding some sauerkraut, kimchi or miso to your diet. It's delicious and your gut will love you for it!

Attempt to get at least 30 minutes of exercise most days, even if it is just a nice leisurely walk around the block. This has been shown to increase the immune system substantially.

Getting enough sleep is absolutely essential too. This is the time the body repairs its cells and your sympathetic nervous system can finally take a break.

Finally, chronic stress is one of the biggest causes of decreased immunity in our modern world. By learning to manage stress, you may find your immunity improving immediately. I suggest learning some relaxation techniques such as yoga or meditation.

With your body functioning at its optimum, it can heal you as it should, when it should. Your health is your responsibility, so why wouldn't you have it functioning at its best?

Anette

Frozen Bananas... A delicious (and healthy) summer treat!

Summertime is well and truly upon us and this year it's certainly brought us some sweltering heat. That true summer heat is the perfect time for frozen treats and there's no better treat than ice cream! Commercial ice cream can be laden with sugar and filled with artificial flavours, and making traditional ice cream at home can be a time consuming process. I've got a simple alternative that's fast, involves minimal ingredients, contains no dairy, gluten or added sugar and can be made without an ice cream machine – it's simply frozen bananas!

Now, this might not sound all that exciting, but ripe bananas that have been sliced and frozen can make a delicious, creamy version of ice cream. Bananas are a good source of dietary fibre as well as being high in potassium, a mineral that we use for water balance in the body as well as for muscle and nerve activity. Simply add them to your food processor and whiz them up for about 4 or 5 minutes or until they're smooth and creamy, scoop into a bowl, and enjoy.

If you find that your bananas aren't sweet enough for your liking you could add some honey or maple syrup to taste, or if you prefer it a bit creamier in texture try adding some coconut cream to the mix. For added flavour, try adding a pinch of cinnamon or some vanilla extract. Fancy a chocolate hit? Add some good quality cocoa powder to your frozen bananas before you process them, and if you're feeling really indulgent stir through some extra good quality, chopped dark chocolate before serving. You can also add different frozen fruits to create new flavours – try frozen banana and frozen mango with passionfruit pulp stirred through, or frozen banana mixed with chopped fresh strawberries.

So next time you've got some ripe bananas sitting in your fruit bowl slice them up and pop them into your freezer, so you can quickly whip up a bowl of banana 'ice cream' next time you feel like a treat!

Sarah