

The Spinal Column

Autumn 2017

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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.

To be or not to be?

Another year has passed and for many of us we begin the new year with great optimism, an opportunity to start afresh. The festive season while fun typically takes its toll and the need to get back into healthy routines is at the fore front of our minds at this time.

Health is one of those things that is often forgotten about until we don't have it. We then spend an enormous amount of resources reacting. There is an old saying that rings true here, an ounce of prevention is worth a pound of cure. In other words, it is far easier and cheaper to stay healthy than it is to deal with sickness.

The big question is, what do we need to do to stay healthy?

To answer this, we first need to look at what is health? Many of us will fall into the trap of thinking health is feeling good, in other words health is the absence of symptoms. While this is often the outcome of good health it does not define health. Health is correctly defined as the 100% function of our body in all its parts.

Now we understand what health is we can consider what is required to stay healthy. There are actually five key components to health and they are; nutrition, exercise, rest, positive mental attitude and finally optimal communication between the individual parts of the body.

In order to discuss nutrition we must first consider our origins. Modern humans are genetically identical to our hunter gatherer ancestors and as such, modern hunter gatherer tribes can give us great insight into a genetically congruent diet. What I mean by this is, we are designed to eat that which this earth provides, in its natural state and as fresh as possible. Furthermore, we are designed to drink what is naturally provided as well. Put simply that means we should be eating fresh fruits and vegetables combined with small amounts of wild game meat and we should be drinking water. Any deviation from this places a strain on our body and should be avoided where possible.

Exercise is also essential for

optimum health. Exercise assists in to optimisation of cardio vascular function, immune system function, brain function, muscle strength, optimal body fat and joint hydration and this is just the beginning. If you wish to be healthy it is essential that you exercise at a moderate level regularly. This can be achieved in a variety of ways and it is best to start with something you enjoy. Taking those first steps are often the hardest, so don't be too hard on yourself, consistency is the key. One hour of moderate exercise each day is a good goal if you aim to be healthy.

Just as exercise is essential, the good news is, so too is rest. Unfortunately, our modern lifestyles place far too little emphasis on this. It is recommended that we get 8 hours of quality rest each day. Just think about how good it feels when you get a solid 8 hours of sleep each night for a while. For many of us this is only possible when we are on holidays, but if you wish to be truly healthy, this needs to be one of your priorities.

Mindfulness is time dedicated to the mind. We should all be taking some time each day to practice meditation. A short period of time dedicated to quieting the mind each day allows us to focus on the positive things in our lives. This takes us to a conscious state of gratefulness; happiness is intoxicating!

The final step required for good

health is a nervous system functioning at its optimum. Please remember your nervous system is responsible for controlling the function of every cell in your body. By that I mean that your heart beats because the nervous system tells it to, your digestive organs process the food you eat thanks to the nervous system; we are able to move because of the nervous system. In short, this symphony we call life is conducted by the nervous system. Needless to say, the nervous system is pretty important. This is where chiropractic fits. Chiropractors are primarily concerned with the relationship between the nervous system and the spine and they correct spinal faults, called subluxations, to optimise the function of the nervous system.

As you can see, health is a lifestyle that requires constant effort, not the use of medication when you feel sick, this is like closing the gate after the horse has bolted.

If you are truly interested in health it is important to have your spine checked on a regular basis. If it has been a while since your last check, you might like to give the practice a call and book an appointment. We recommend a check at the very least every three months.

Yours in health,

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

Liver health... the key to a healthy body

For many of us the last few months have signified a time of many celebrations - firstly Christmas, then New Year and then into the Adelaide festival season - and along with these celebrations often comes a period of over-indulging. When the new year begins we often hear of resolutions of weight loss and healthy eating, but all too commonly these good intentions fall by the wayside as we travel through the year. So what can we do to improve our health after the golden glow of the resolutions has passed? The liver is one area of the body that has to work extra hard during these indulgent periods, so focusing on liver health is a good place to start.

The liver has a myriad of jobs to do within the body, with one of the major tasks being detoxification. As the name suggests, detoxification is the process of removing toxins from the bloodstream and rendering them down to manageable components for the body to then excrete.

There are several ways that we can help support the liver in its detoxification processes, and some of these include:

Eating a wide variety of brightly coloured fruits and vegetables: These are full of antioxidants, vitamins and minerals as well as fibre, all of which help our liver's detoxification processes as well as elimination through the bowel.

Eating a moderate amount of good quality proteins: Proteins supply amino acids which are important for phase 2 liver detoxification. Look for organic and pastured meats, organic eggs, fish and shellfish, or beans and lentils.

Being wary of booze: Australian guidelines suggest that for healthy men and women, drinking no more than two standard alcoholic drinks on any day reduces the lifetime risk from alcohol-related disease or injury, but keep in mind that a standard restaurant serving of wine is on average between 1.4 and 1.6 standard

drinks, and a pint of full strength beer is on average 1.6 standard drinks. If you've overindulged over the festive period, try having a break from drinking alcohol choosing instead to drink filtered water or green tea, which are both helpful for detoxification.

Eating organic where possible: Organic produce isn't grown with synthetic pesticides or insecticides so choosing certified organic produce can help to reduce our exposure to these chemicals, as the chemicals we ingest need to be processed through the liver.

Swapping to chemical free: Makeup, personal care products, perfumes and household cleaning products can be a significant source of chemical exposure. Why not make this the year that you make the switch to more natural, chemical free alternatives?

There are numerous herbal medicines that can also be beneficial for supporting liver function, so if you are concerned about your liver health speak to your naturopath or health professional so they can discuss these options with you. As you make your way through this year remember that your liver is a remarkable organ with many important jobs to do within your body, so treat it kindly and notice the difference to your overall health.

References:

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Sarah

What exactly is my core?

In this edition of our newsletter/blog I have decided to address a question that almost everyone asks me - "Will doing sit-ups or planks help strengthen my core?". What I find to be the biggest issue is that most people aren't aware of what the "core" actually is. If I put this question out to people, many would respond with "abs, I guess". I do get the occasional "abs and obliques" despite not really knowing what the obliques do or that there are in fact two layers - internal and external obliques. There are many other muscles in the abdominal region that contribute to spine stability in varying postures as well as organ protection. But let me start at the beginning...

The part that most people think of as "abs" or the six-pack is the rectus abdominis. There are four muscles on the front of the abdomen that provide the flat and toned shape that you so often see on fitness bloggers' Instagram photos. The flat muscles on either side are the obliques (internal and external) and the transversus abdominis [in layman's terms: the muscle fibres run horizontally]. The six-pack muscles or rectus abdominis is a strap-like muscle that runs vertically down and attaches into your pubic bone. The function of the rectus abdominis is to flex your body forwards (ribs to hips).

The external obliques sit on top of the internal obliques. The internal obliques assist respiration by pushing the diaphragm into the chest cavity to reduce the volume of your air-filled lungs to produce exhalation. With contraction of the internal obliques your body rotates and side-bends. It works together with the external oblique muscle on the opposite side to achieve this. Let's give you

an example: the left internal oblique and the right external oblique contract as the torso flexes and rotates to bring the right shoulder towards the left hip. By knowing this, you should be able to begin answering the question posed above. You do not spend your life purely flexing your ribs to hips. You rotate, you side-bend and you combine movements! So just doing sit-ups alone will only strengthen part of your core.

There are also core muscles in the back, top and bottom of the abdomen. The multifidus muscles are very short muscles that control your fine-tuned movement of your spine to hold your posture. They are essential for spine stability. Working on pelvic floor muscles is not just for women! The pelvic floor and diaphragm ensures you have enough flexibility and keeps your lower back stable.

Considering the most popular phrase we hear in regards to low back pain is "I just bent to pick something up and my back went", what do you think needs to be worked on more? Exactly, your core. Your glutes, hamstrings and quadriceps are also important since these muscles attach to your pelvis and work to stabilize your pelvis and hips.

So how do you do this? Simply ask myself or Aaron and we can guide you towards the correct starting place. There are so many options for you to begin strengthening your core under supervision and it'll be fun!

Anette