

Jumping Creek Chiropractic

Dr Louise Callaghan, Chiropractor

Winter 2018

Hello everyone. Winter has finally arrived!

We had a fantastic day for our Women's Local Day Out on Wednesday 30th May. The day exceeded our expectations!! The women loved it! There were smiles and laughter all day. Especially when 87 year old Nancy bought the tandem skydive, then donated it to one of the young CFA fires!

The women moved from one business to the next throughout the day. One of the businesses was the Wonga Park CFA. The women were instructed there that they had to perform a full drill in all the gear, connecting the hoses to the truck and getting on the truck ready for service! It was a hoot! Some CFA members were required to be "runners" for our more elderly ladies.

Another host business was Shani Alexander, our local artist. The women went to Shani's beautiful studio where they all contributed and learnt about themselves as they painted onto a canvas. The canvas was later auctioned and the proceeds went to the CFA.

Another host business was Jumping Creek Chiropractic. They arrived at our place where they experienced some beautiful oils, yum food and a shot of Basica or Ningxia Red to prepare their brains for learning. The women learnt about how the brain and body works then performed an examination on each other.

The final stop, Kelly Brook Winery was for all of us to come together including any business that were a host or had contributed to the show bag. Lisa, at Kelly Brook Winery had the fire lit and welcomed us all for a delicious light lunch, wine and fun.

The focus of the day was community, fun and businesses being generous. All boxes were ticked. Thank you to all my team for supporting my idea to do this. Thank you to Bendigo Bank for helping out and to the businesses that hosted the event and the businesses that contributed to the show bags. Hopefully, we will do this each year or something similar. It was definitely fun! We raised \$2,600 for the Wonga Park CFA.

NEWS

Spinal Health Week was an opportunity for FREE spinal assessments. We extended this week at JCC to help those wanting to tap into it, to do so. We saw lots of new patient mums, dads and kids. It was a very busy week with the two things going on!

Great news Dr Nick Gentile is staying on permanently! Nick has been a great asset to the clinic and we look forward to many years together. We will be opening up Saturday mornings in the next month or so also. Another announcement is Jo our new Chiropractor's Assistant who started her first week "running" due to the launching of Women's Local Day Out the same week, doing a great job. Thankyou Jo for stepping up to the task.

Talks:- Throughout the following months we shall be holding talks on brain function assessment, how to use therapeutic oils and exercise. Please call Kristy or Jo to book in.

Getting through sleepless nights by Dr Nick Gentile

The World Cup is upon us again! So that means lots of sleepless nights and high stress situations. So what does that mean for your body? There's going to be lots of Cortisol flowing through your body at times when it shouldn't be, and if that's not bad enough a lot of our practice members are going to be dealing with Uni and School exams. That means it's time for Dr Nick's easy tips for getting through sleepless nights;

1. Go for a walk. There's only one way that you can lower Cortisol in your body, and that's through movement. That means after you've finished a tense game or a big study session spend some time going for a gentle walk to burn up that Cortisol.

2. **Limit your caffeine.** Although it can be tempting to reach for the coffee cup in the early hours of the morning the interruption to your rest is going to be 2 fold. Not only does caffeine keep you awake it's also a diuretic, which means you'll most likely wake up to use the bathroom once you've fallen asleep.
3. **Download some podcasts.** It can often be difficult to settle your mind after a long day of cheering or studying so a good little trick is to download some podcasts that interest you to listen to while your drifting off to sleep. This will help keep your focus off all the excitement of games and exams, and the best part is most podcast apps have a sleep timer too!
4. **Powernap.** Nothing beats a 15 minute nap if you're struggling to get through the day after a long night of cheering (or studying.) The reason 15 minutes is the magic number is because that's enough time to recharge your batteries without the drowsiness associated with a longer deeper sleep.

So hopefully using these tips you'll be able to get through the next 5 weeks.

PATIENT OF THE MONTH

Mrs L came in for an initial assessment about five weeks ago after her sister in law recommended us. She looked frail, old and was in a great deal of pain and very anxious. For the past 3 years she has experienced extreme financial stress which was impacting her also.

She was suffering with severe neck and head pain which was there constantly night and day. She began experiencing migraines lately. She had pain in both her shoulders, lower back, difficulty concentrating, had a dry mouth and dry eyes.

On examination her neck, shoulders, lower back were not functioning properly. Her response to instructions I gave were not accurate or smooth and the timing was out for most tasks. She struggled to do the examination. She told me the next time I saw her, that she was very unwell after the initial examination. We began treatment and she has not looked back!

One appointment she came in and told me she thinks she is making saliva again! We were both so excited. Ms L looked different also. Her face looked younger and tremendously less stressed. She was moving more freely and wasn't in pain in her neck, head, shoulders and lower back! She has since reported her concentration and confidence is also much better. Mrs L still has a way to go to regain motion throughout her spine but she is absolutely thrilled and so am I.

Throughout her treatment I have been also doing some neurological rehabilitation exercises. Chiropractic care has helped Mrs L to move out of Fright and Flight mode and allow her brain to heal, hence the production of saliva occurring, sleep and concentration improvement and better function throughout her spine.

Every time Chiropractors adjust the spine we are activating your nervous system and brain. It's absolutely fantastic to watch, every time we go to work.

JUMPING CREEK CHIROPRACTIC	WONGA PARK CLINIC HOURS	FEES	YEA CLINIC HOURS
Dr Louise Callaghan B.App.Sc/ B.C.Sc (Clinical Sc) DACNB Member of CAA, SOTO, ASRF Australian Academy of Functional Neurology, AAFN, NZ College of Research	Monday 9:00 -12:00 pm	Initial Cons. \$155 Subsq. Cons \$ 60	Wed 27 th Jun 8.00-1pm Wed 25 th Jul 8.00-1pm Wed 22 nd Aug 8.00-1pm Wed 19 th Sep 8.00-1pm Wed 17 th Oct 8.00-1pm
	Tuesday 8:30 -12:00 pm 3:00 - 7:00 pm	Family Rate Adult \$ 60 Children* \$ 46 *(One parent needs to be under regular monthly care)	Yea District Hospital Every 4 weeks
Dr Nicholas Gentile B.H. Sci (Ergo) B.H. Sci (Chiro) Master Clin. Chiro. Member of CAA	Thursday 8:00 -12:00 pm 3:00 - 7:00 pm	Prepaid Plan 12 appointments @ \$56 = \$672.00	9 Jumping Creek Road Wonga Park Vic 3115 Ph: 9722 1876
	jcchiropractic@bigpond.com www.agoodchiro.com.au		