

Winter 2019

Hello everyone,

We have successfully hosted another **Women's Local Day Out** on 5.6.19. Once again the women laughed and enjoyed the day immensely whilst we raised \$6400 for Wonga Park CFA. Thank you to everyone that helped make this day fantastic! A special thanks to our Postmaster, Shane, Sarah and Jason from Linea of the Yarra Valley, Tanya and Scott from Homestead Kennels, Michelle, Aaron and volunteers from Wonga Park CFA, Lisa, Jenny and Fiona from Kellybrook Winery, Cheryl from Warrandyte Community Bank, Fletchers Real Estate and my wonderful crew from Jumping Creek Chiropractic. 40 women played on a fire truck, made a headpiece, learnt how to train a dog and fit a bra!

Spinal Health Week occurred in May. Each year our clinic supports this health promotion. Family and friends came along and were able to see how their spinal health was. We offer this service other times too. Patients are invited to come along to one of our Special Appointment Times. These are times we put aside to chat with patients and their friends or family about health issues. We offer a 50% discount on a spinal assessment. Please feel free to book in to one of these.

REST and SLEEP, why do we need them?

During the night our body does many processes including repair, renewal of cells and digesting food moving it through our digestive tract. Everything slows down, including our breathing, our heart rate and we recover from the days events. The brain removes built up toxins, proteins, and the laying down of long term memory occurs. When people don't sleep enough they move into Fight and Flight response all the time. This means their heart works harder, the bowel is working less, ie is sluggish, the sweat glands are more active and we can often be irritated by sounds, smells or bright light more. We breathe more shallow and we age faster in this state. Our memory can become impaired as does cognitive function with lack of sleep. We need a minimum of 7 - 8 hours of good sleep every night.

Dr Saundra Dalton Smith writes about the other areas of rest needed. She agrees with me that sleep is paramount but so too is rest needed from all these areas at times.

1. **Physical Rest** – Move, exercise and stretch however allow recovery time so healing and rejuvenation can occur.
2. **Mental Rest** - When you find yourself saying all the time "I should've.... Or I would" its a sign you need a mental clean out of your head. Use post it notes or write problems down before bed, so you feel you have done enough and can rest and sleep
3. **Emotional Rest** - If you are a high achiever you can give yourself an out and allow yourself to recover after a prolonged period of achieving. Rest from turmoil which will help you gain clarity and problem solving skills.
4. **Sensory Rest** – Technology is big sensory stress and drives anxiety. Practice no screen time for the last 1-2 hours before bed. Read a book or have a bath. Reduce stimulus especially through your eyes. You wouldn't shine a torch in a babies eyes for an hour before bed, so why do it to yourself?
5. **Creative Rest** - If you no longer see beauty in things or feel sour, allow time in nature to recover and be inspired again. Meditation and mindfulness helps every area of rest.
6. **Social Rest** - If you find you are mirroring people then go away from those people and have some fun with others.
7. **Spiritual Rest** - If you are not able to reflect or are feeling depressed, perhaps time with your spiritual self is the rest that is needed. Find that inner force to help you recover. Be quiet.

We need to make strong boundaries around each area of rest, to avoid burn out and to truly enjoy life.

When we rest you don't lose anything, you gain! You gain better memory, recover from injury and heal, decrease toxic build up in your brain, which is now linked with the development of Dementia, you will be more creative, have better concentration, make better decisions, be better at problems solving and gain the gift of reflection.

HEALTH INSURANCE - As t 1.4.19 health insurance companies were meant to be doing a tiered, more simple system. Most have this offer now available. All I can suggest is go to the government site and put in what you need and it will bring up ALL the health insurance companies offering and you can compare insurance companies with each other. It is easier than it used to be. ISelect only review a few companies not all. The link is privatehealth.gov.au

Chiropractic attack

Safe Care Victoria review is under way now. Chiropractic is being investigated as to whether we are safe to see children under the age of 12. This all came about from an advertising breach by a chiropractor that was then leaked to the media by Friends of Science in Medicine, to cause a public outcry. FOSM then rallied the State Health Minister to activate a review with SCV. This she did bypassing AHPRA who govern all the health professionals in Australia. Very strange and a very targeted bullying campaign has been played out. No other profession is being investigated.

The Chiropractic profession is regarded as one of the safest health professions in the world seeing 300,000 patients visit a week and 30,000 per week are children in Australia! Thank you to the people who replied to the government submission and those that signed the online petition.

Case Study

Mr F has been a long term patient on a 3 weekly maintenance schedule for a number of years. A keen cyclist Mr F unfortunately came off his bike after he was hit by a car in March 2018. When he first came in he'd seemingly only suffered from some general soreness and some severe bruising and swelling of his elbow.

Over the next few weeks it became apparent that there were some more underlying injuries that were beginning to present. This is something that happens very commonly with trauma, your body will prioritize the worst injuries and lower your awareness of the less immediate ones. What began to become apparent over time was that in fact the accident had caused a disc injury at the L5/S1 level. This presented as progressing heel and shin pain, some numbness over the top of Mr F's foot. What made this even more urgent was the fact that Mr F had booked a holiday to Italy a year before, and the deadline was fast approaching.

What happened in Mr F's case was that the less apparent injury to his lower back after the accident progressed over the following few weeks as the bruising in the rest of his body settled. This is what we term as a "Disc in Evolution" which means that sometimes the injury doesn't present fully at the time of the accident and progressively gets worse over the next little while. It's also important to note that although Mr F was on a regular maintenance schedule, sometimes we need to return to more intensive care in times of stress or injury, before returning back to our previous routine.

We received an email from Mr F's wife after returning from their overseas trip saying how fantastic it was and Mr F was able to do most of their planned activities, as well!

Note

Please note clinic hours available now.

Dr Louise Callaghan working Monday am, Tuesday pm & Thursday am

Dr Nick Gentile working Tuesday all day, Thursday pm & Saturday every 2nd week 8:30-12.

WomenWalk is a program for women experiencing disadvantage. I'm involved in this wonderful program through Fitted For Work. We are requesting any new or good used condition women's polar fleece jumpers or waterproof jackets sizes (8-20) please. They can be dropped in my carport on the wooden box. This would be greatly appreciated.



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 ACA, SOTO, ASRF Australian Academy of Functional Neurology, AAFN, NZ College of Research	Monday 9:00 -12:00 pm Tuesday 8:30 -12:00 pm 3:00 - 7:00 pm Thursday 8:00 -12:00 pm 3:00 - 7:00 pm Saturday 9:00 - 12:00pm (every 2 nd Sat)	Initial Cons. \$160 Subsq. Cons \$ 65 Family Rate Adult \$ 65 Children* \$ 51 *(One parent needs to be under regular monthly care)	Wed 24 th Jul 8.00-1pm Wed 21 st Aug 8.00-1pm Wed 18 th Sep 8.00-1pm Wed 16 th Oct 8.00-1pm Wed 13 th Nov 8.00-1pm Yea District Hospital Every 4 weeks
Dr Nicholas Gentile B.H. Sci (Ergo) B.H. Sci (Chiro)/Master Clin. Chiro. Member of ACA	jcchiropractic@bigpond.com www.agoodchiro.com.au	Prepaid Plan 12 appointments @ \$61 = \$732.00	9 Jumping Creek Road Wonga Park Vic 3115 Ph: 9722 1876