

Jumping Creek Chiropractic

Dr Louise Callaghan, Chiropractor

Autumn 2018

Hello everyone, it's great to be catching up with everyone. The clinic is up and firing on all cylinders with Dr Nick Gentile and myself. I will continue to work Mondays and Thurs am's and Nick will work Mon, Tues and Thurs. I'm offering Raindrop Technique in the clinic now.

Raindrop technique is an amazing technique I've just learnt. 100 drops of oils are used on your body over a 45 minute appointment. The technique is from ancient biblical times using the special anointing oils.

The oils we use are from Young Living Oils. They are therapeutic oils. Young Living Oils are distilled at low temperatures, at low pressure and for a long time. They are bottled immediately in inert substances like brown or blue glass or stainless steel and stored that way. They have nothing added and nothing taken away from that process. It's wonderful to find something with such high integrity. Other oils are often heated high and fast and have petrochemical or other synthetic products added to them to give greater shelf life and keep transport cost down. They are only interested in the smell. Young living oils are interested in the therapeutic value of the oils.

There are two types of oils in a plant. Essential oil and fatty oils also called vegetable oils or fatty acids.

Essential oils in a plant give nourishment, protection from pathogens, fungi, viruses and bacteria whilst giving balance and harmony. They are called "essential oils" and are vital for the plant to survive. They are usually in small ring molecular formations and enter the cell membrane of a plant just like the oils do when used on us. Essential oils are mixtures of hundreds of compounds. For example orange oil contains 34 alcohols, 30 esters, 20 aldehydes, 14 ketones, 10 carboxylic acids and 36 varieties of terpenes.

Fatty oils on the other hand are found in the seed or reproductive organ of a mature plant. Fatty oils are used by the plant for future generations to grow. They are larger molecules. They are greasy because they are long chain molecules. A plant gets started living by using this fatty oil.

While we are here we can chat about the difference in fatty oils acids. Trans fatty acids and Cis Fatty acids. Trans fatty acids are just a different molecular formation that has been made by MAN. The fat from the plant has been hydrogenated (which means hydrogen has been added to liquid vegetable oils) and synthetically altered. This makes them more stable and hence have a long long long shelf life! Then they are stored in plastic in the supermarket! It's referred to as dead food! It has no nutritional benefit to us as humans or our animals.

When fat from a plant gets into our cells the cis fatty acid keep the cells flexible with a strong membrane allowing strong healthy conduction with healthy protein production and replication of the cell occurring. The cell is healthy.

When Trans fatty acids are eaten, they stiffen the cells outer lining in our body, the membrane and interfere with cellular function. Eventually leading mutation or death of the cell. If this is your brain cells or arteries being stiffened it can be having a huge impact. Trans fatty acids products, are margarines and manufactured cooking oils. Biscuits, cakes, lollies ie anything not made at home these days, will usually have been made with trans fatty acid oils!! Trans fatty acids may cause atherosclerosis, which is the thickening of the artery walls! They were promoted as a healthy option & are not!

Spinal Health Week – Chiro Can Help

Mon 21st May – Thurs 31st May 2018

Free Spinal Assessments

Note :-

What you do and what you don't do determines your destiny – chose – decide

Did you know in 120 days approximately you will have new blood cells in your body. In 5-7 years your body is not the same body due to rejuvenation and reproduction of new cells. As a Chiropractor we impact your brain and nervous systems to help with rejuvenation, and hence for neuroplasticity occurs.

Just think, if you knew, you were going to live to 100, would you do anything different? Decisions now will impact your health for decades. Have you parents aged well? You are the same gene pool, so is there anything you would do differently than they have done to age well?

Therefore to be well for a long long time I suggest you eat well, organic as much as possible, move well, have regular chiropractic care, exercise and think well!

It is not what life throws at you that determines what happens, but how you respond that determines your future.

Chiropractic is a low risk health service seeing up to 300,000 patient visits each week in Australia.

Patient of the month...

Ms. M is 62 years old and came to us with a history of health complications stemming from a history of Osteoporosis. She has suffered from several fractures over the last 10 years including her humerus (upper arm bone) her hip and her ankle. This has then impacted her condition further leading to a frozen shoulder, ankle degeneration and lower back pain. Ms. M mobility was considerably limited and as a consequence her everyday activities were becoming increasingly more difficult. Understandably her mood and outlook on life was starting to be impacted. Most importantly however, was the change that was happening with her brain and nervous system as result of all these changes.

Ms. M had considerable likelihood of falling because of the impact that her lack of mobility was having on the balance centres of her brain. She was also having changes to the way her eyes were able to focus and correct as her head was moving. This is something we see quite regularly in practice, where one issue compounds into further complications and issues which can seem almost impossible to deal with. However, with a good plan in place, anything is possible! Needless to say after working with us for quite a few weeks Ms. M has had some incredible changes! Her pain has reduced significantly, her mobility including her ankle and shoulder has increased dramatically. She reports her friends have noticed she's standing much more upright. Most importantly however, her risk of falls has decreased greatly, her eyes are able to focus much better and her balance and ability to walk have improved as well. Ms M is happier and more positive about her future. We still have a way to go with Ms. M, but we are certainly on the right path!

JUMPING CREEK CHIROPRACTIC	WONGA PARK CLINIC HOURS	FEES	YE A 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 Tuesday 8:30 -12:00 pm 3:00 - 7:00 pm Thursday 8:00 -12:00 pm 3:00 - 7:00 pm	Initial Cons. \$155 Subsq. Cons \$ 60 Family Rate Adult \$ 60 Children* \$ 46 *(One parent needs to be under regular monthly care)	Wed 4 th Apr 8.00-1pm Wed 2 nd May 8.00-1pm Wed 23 rd May 8.00-1pm Wed 27 th Jun 8.00-1pm Wed 25 th July 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 CAA	jcchiropractic@bigpond.com www.agoodchiro.com.au	Prepaid Plan 12 appointments @ \$56 = \$672.00	9 Jumping Creek Road Wonga Park Vic 3115 Ph: 9722 1876