

Autumn 2019

Hello everyone, after much discussion on the media lately about Chiropractors adjusting children, I thought I'd hop right in and chat about babies and children seeing Chiropractors. As someone said to me, "I bet they wouldn't show a dentist extracting rotten teeth from a child or a birth or spinal surgery on National TV!"

I have been a Chiropractor for 22 years and hold 2 degrees, a Bachelor of Applied Science, Clinical Science and the other a Bachelor of Chiropractic Science. I am also a Diplomate with the American Chiropractic Neurology Board having a post graduate in Clinical Neuroscience. To keep this accreditation I must attend 30 hours per year minimum of suitable continuing education programs approved by the board of A grade quality. I must also review 25 peer reviewed journals per annum minimum. In Australia the board that governs health professionals such as GPs and Chiropractors, The Australian Health Professionals Board of Registration Agency AHPRA, requires only 12 hours A grade and 12 hours B grade per annum for continuing education requirements.

Dr Nick Gentile has a Bachelor of Health Science (Ergonomics), Bachelor of Health Science (Chiropractic) and a Master of Clinical Chiropractic.

Nick and I have studied hard our whole careers to be the best we can be for our families and patients. Whilst at RMIT University studying we covered areas such as physiology, microbiology, pathology, embryology, nutrition, paediatrics, X-ray physics, neurology, orthopaedics and our Chiropractic science subjects. Your GP has achieved the same level of education with a great deal of their course in pharmacology. We also hold an X-ray licence. Chiropractors are registered as Primary Health Providers requiring no referral.

We are regarded as one of the safest health professions in the world. Medicine does not have the same record with many children impacted tragically by medical intervention. As a profession we strive to be current and always learning to improve the service we provide to our family and patients.

I have been involved in the Chiropractic profession for over 40 years as a receptionist then a Chiropractic student then a Chiropractor. I am very tired of our profession being attacked by a select, heavily financed medical group called Friends of Science in Medicine. Just because their name has the word science in it, it doesn't mean they are producing scientific evidence! Their behaviour is very old fashioned, bully like and targeted cleverly, when their own profession is deeply in trouble! There seems to be no other profession that is continually targeted as we are!

According to the Australian Chiropractic Association statistics approximately **300,000 patients visit a Chiropractor every week** in this country, **30,000 a week are children**. This is a very powerful sign to those trying to have control of our future. Our patients I believe, are tired of this deliberate sensationalism also and are choosing Chiropractic. I have personally cared for hundreds of children and adults over my 20 year plus career and I will continue to provide excellent holistic Chiropractic health care to generations of families and individuals.

All health professionals have a role to play in helping patients have the best health they can, and to be living life to its fullest. No one profession has all the answers! For the patient's sake, we should be demanding to be co-managed which will give the best outcome for the patient! I have some wonderful people in the medical profession that support me and co-manage with me constantly. I will continue to support and care for patients and co-manage with their other health professionals.

We are asking patients for support, **please write** to your Local Member of Parliament and describe your families experience of Chiropractic. There is also a petition which will be taken to the Victorian Health Minister. The link for this is [Change.org petition](https://www.change.org/petition)

Check out "What's With Wheat" from What's With Wheat on Vimeo. The video is available for your viewing pleasure at <https://vimeo.com/210374889> Vimeo is filled with lots of amazing videos.

S.O.T. and what is it?

S.O.T. is the main technique we use at Jumping Creek Chiropractic. We use many different techniques, but this is the technique that most people come to our clinic for. It is a low force, safe and gentle technique where we use the "Blocks" ie wedges to help realign your pelvis and spine. You will find as you lie on the blocks you might feel immediate calm come over you as the blocks gently change the stress through your pelvis and spine. Your legs will even up and you will walk out feeling "right" again.

There are different categories that are associated with S.O.T.. Ideally you do not want to be any category. Category 1 is about spinal cord torque and tension, Category II is about a sprain in one of the sacro-iliac joints and Category III is about lumbar disc stress. Each category has varying degrees within it. For instance someone can be a chronic Category II and be walking around for years like it. They are those people that can't stand still wriggling from one leg to the next, as they are trying to get off the sprained joint. On the other hand someone could do some heavy gardening on the weekend and acquire an acute sprain of a sacro-iliac joint and be in lots of pain and almost unable to walk. Each requires the certain treatment with different scheduling and rehabilitation schedule.

Patients that have had years of Chiropractic care will come in and out of different categories and "no" category, depending on life stressors occurring around them. Emotional, physical and chemical stressors all play a role. We find regular monthly check-ups, catches these changes that may be occurring. This way you can be on your way again quickly. I have patients in the clinic that I have personally cared for, for over 20 years. It's amazing watching how quickly they recover after a trauma or personal upset when they've had so much Chiropractic care. They know their body will heal and recover if given the right activation, nutritional support, rest and care.

Last week in the clinic we had an array of patients. One 80 year old had hurt her shoulder in the garden, another had had a fall in the bathroom and hurt her hip and a young woman was suffering from a lumbar disc inflammation after lifting a washing machine. We also had lots of regulars for a check-ups, performed many scanning of feet, worked on stressed working mums, some teenagers starting year 12, some patients needing functional neurology rehab and more. We seem to be having a run of shoulder strapping and adjusting at the moment! Research shows Chiropractic is great at helping to restore shoulder, neck, lower back function and improve symptoms for migraine sufferers.

It's so exciting everyday something new happens in our clinic!

Sadly Jo is leaving us. She is heading off on a wonderful adventure working with a company that was able to offer her more hours and advancement in career opportunities. Thank you Jo for all your hard work and support with us.

Welcome Janet to Jumping Creek Chiropractic. Janet has been looking after her grandson for the past 3 years, worked in customer service and sales and been a Div. 2 nurse in her past life. She comes to us very excited about working in our clinic and wants to learn lots about Chiropractic.

Calendar Dates for 2019

4th March 2019 Dr Louise Callaghan talking at Women's Health Day at Wonga Park Community Cottage about posture, spinal function and how to age well.

25th May - 31st May 2019 Spinal Health Week - Book for a **Free Initial Spinal Assessment**

5th June 2019 Women's Local Day Out – Fun, interactive fabulous day out! Available via Trybooking

We accept Medicare EPC's, DVA, TAC & Worksafe.

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 3 rd Apr 8.00-1pm Wed 1 st May 8.00-1pm Wed 29 th May 8.00-1pm Wed 26 th Jun 8.00-1pm Wed 24 th Jul 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

