

JUMPING CREEK CHIROPRACTIC

Dr Louise Callaghan, Chiropractor

SPRING 2014

Hello everyone,

I thought I would share who I am seeing in the clinic at the moment. I have lots of little boys new in the clinic, some with learning difficulties, some injured ski accident people, some people that have 'slept funny' and some worn out people that are struggling with their health.

It's amazing who walks in our door. I always feel very honoured to be able to assist people restore their health. By the way the woman I mentioned in the earlier newsletter that looked 65 years old has had people she knows comment on how fantastic she is looking! It's fantastic she has regained her health, has taken on a course and is about to get back into the work force.

I am still studying and am half way through my Functional Neurology course. It's such a huge commitment but well worth it. This course is great for my patients and my own brain!

Lurujarri heritage trail walk

This is a nine day walk I am doing along the coast with the Goolarabooloo aboriginal mob taking off from Broome heading north for ninety kilometres.

As my nephew said in his journal whilst walking this trail, "this area is food for the internal environmentalist soul." I am looking forward to this beautiful experience. We will walk with the elders of the Goolarabooloo aboriginal mob and learn about the Songlines and country.

Meditation and breathing

Meditation and breathing are a wonderful way to quieten the mind and heal the body. People sometimes shy away from meditation because they think they can not do it! To meditate well, everyone needs to practise to acquire the skill. It all starts with breathing and only takes a few minutes a day to practise. I suggest people learn to do deep abdominal breathing. Take a deep breath in through the nose and count to six, hold for six and breathe out for six. This helps you to get a nice rhythm. Once you are able to do this over and over again then as you breathe, start to pay attention to the space in between the breath. Visualisation can occur through this process also.

Sometimes we are in a meditative state when we don't know. These times can be when you are gardening, running and walking to name a few. Give meditation a go, it's free and is one of the most powerful skills you can do for yourself and for your health. Meditation improves your blood pressure, sleep, stress levels and digestion to name a few of the wonders that can occur.

Patient of the month

A wonderful lively young six year old boy came in to the clinic with balance issues. He was then hit accidentally in the eye a few weeks later and suffered a mild traumatic brain injury (mTBI). He was in a bad way after the accident but has progressed very well. I believe he should make a full recovery with time and care to allow the brain to heal and fire up again. He is keen to have a go at my brain gym exercises although to him they are just play. It is always good to have a thorough examination after a head injury. Anyone that has suffered from a head impact needs to be assessed and then monitored through the recovery.

STOP PRESS ...

Family and Friends Week

Free Spinal Assessment available - Monday 22nd-Saturday 27th September

Please refer your family and friends for a thorough spinal and neurological examination

The brain and how to make the most of it

While you are thinking millions of neurons fire messages back and forth to each other and to various tissues in the body. These neurons need fuel and are consuming a full 75% of the blood sugar from the liver and 20% of the body's used oxygen.

Simply to survive, your brain requires a tenth of a calorie per minute. Doing a crossword your brain is blasting through 1.5 calories per minute!

More and more it is becoming apparent how important exercise is for the brain and body. Exercise interventions are associated with significant benefits for patients with mild to moderate forms of depression as well as reducing anxiety. Learning was 20% faster after intense exercise in a study done in 2007.

Seven enemies of a healthy brain are: Toxins - drugs, pollution

Malnutrition - poor nutrition, sugar, gluten, dairy

Physical laziness- lack of exercise

Mindlessness

Lack of sun

Stress

Sleep deprivation

The human brain is highly complex and for normal function needs all of the above plus oxygen and activation - if you don't use it you lose it - ie function is lost. If your brain is not thinking well or you know someone in trouble, whatever their age, then bring them in for me to see where they are at and what needs to be done to re-activate them or you.

Which supplements for which ailment

I find too many options can just confuse people and often people are doubling up. This is my plan:

- For chronic degeneration in joints: glucosamine with chondroitin helps the joints to rebuild.
- For inflammation:
 - *Acute* inflammation: Homeopathic Traumeel tablets and cream followed by turmeric-based supplementation if needed.
 - *Long term* inflammation - turmeric-based supplement like Theracumin, Essential Fatty Acids- fish oil/flax seed oil. You may also need a multi-vitamin and to be checked for zinc supplementation.
- For bowel constipation: magnesium and lots of water and fibre.
- For a fatigued nervous system - CoQ10 - need to be prescribed and monitored.
- For colds and flu: Essential Fatty Acids, Vitamin C for 4-5 days plus multi-vitamins if diet is poor.
- For stress/anxiety/depression/sleep problems - adrenal support supplements and magnesium. The appropriate supplement is prescribed and monitored for best results.

So if you need some help and are thinking of taking some supplements please let me know so I can see if you are doubling up or not and if the products you are buying are doing the job.

Foot leveller orthotics

If your foot levellers are approaching the end of their 12 month warranty then consider making an appointment to come in and have them checked to make sure they are still working well for you.

JUMPING CREEK CHIROPRACTIC Dr Louise Callaghan B.C. Sc/B App. Sc.(Clinical Sc.) Member of C.A.A. & S.O.T.O 9 Jumping Creek Road Wonga Park Vic 3115 Ph: 9722 1876 jcchiropractic@bigpond.com www.agoodchiro.com.au	WONGA PARK CLINIC HOURS Monday 3:00 - 7:00 pm Tuesday 8:30 - 12:00 pm 3:00 - 6:30 pm Thursday 8:00 - 12:00 pm 3:00 - 6:30 pm Saturday 9:00 - 12:00 pm (every 2nd Saturday)	FEES Initial Cons. \$120 Subsq. Cons \$ 53 Pre-paid plans available Family Rate Adult \$53 Children \$40 (One parent needs to be under regular monthly care).	YEA CLINIC HOURS Wed 20th Aug 8am-1pm Wed 17th Sept 8am-1pm Wed 15th Oct 8am-1pm Wed 12th Nov 8am-1pm Wed 10th Dec 8am-1pm Wed 7th Jan - 8am-1pm Clinic held at Yea District Hospital. No EFTPOS facilities in Yea
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