

# ❖ Healthy Life ❖

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## Drink to your Health

**A**pproximately 70% of your body is made up of water. The body is constantly using and losing its water content therefore requiring regular irrigation. Sydney water supply is clean, safe and reliable. It may be surprising to learn that the body receives half of its daily mineral requirements from water.

Just like irrigating a garden or pot plant, drinking should be done slowly over a period of time. Drinking 8-10 glasses of unflavoured water or natural juices over the course of a day will facilitate such activities as:

- Aid digestion of food in the digestive tract.
- Provide a moist environment to float the brain in the skull and spinal cord in the spinal column.
- Regulate body temperature.
- Avoid cramping.
- Lubricate joints and other moving parts.
- Increase circulation to organs, nerves and tissues.
- Eliminate waste products.

### **NORTON CHIROPRACTIC CENTRE**

Cnr Norton & Macauley st, Leichhardt

#### **Office Hours:**

Mon	8am - 7:30pm
Tues	7am - 6pm
Wed	7am - 1pm
Thurs	7am - 7pm
Fri	7am - 4pm
Sat	7am - 12pm

Appointments essential  
(02) 9518 0096

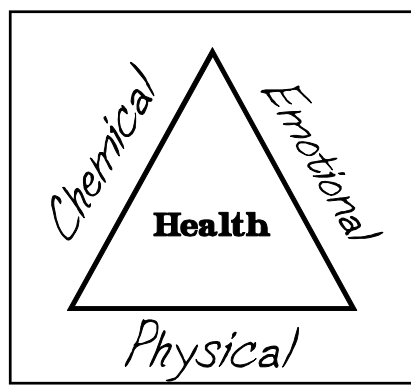


Your referrals are appreciated

## Striking a Balance

**A** headache is more than just an ache in the head. It is a signal provided by the body indicating that something is out of balance.

The principle premise of chiropractic and medicine is that disease is caused by an imbalance in the triad of health. The triad is comprised of the Chemical, Emotional and Physical elements of the body.



Maintaining a balance in life requires that the triad of health is kept in equilibrium.

When unbalanced, the body will compensate and adapt to the situation aiming to create a new equilibrium.

The body is an extremely good adapter but given time, a certain system will begin to over compensate. This manifests into disease, requiring chiropractic, pharmaceuticals or psychological intervention to reverse and restore equilibrium.

The bodies physiology is changing from minute to minute. For example, a certain thought or enjoyable memory will change physiology instantly. The obvious changes can be observed in a

slowing of breathing patterns, relaxing of facial tension and muscles. In contrast, a fall produces physical pain and causes a change in physiology. This results an increase in respiration and protective muscle spasm. This example is explaining the obvious, however, if the body continues to be subjected to such a stimulus, the whole cycle continues and eventually the body reaches a point where it is unable to adapt, and problems spread to other systems.

Maintaining a balance in life requires that the triad of health is kept in equilibrium. Chiropractic deals with maintaining an uninterrupted channel for brain messages to reach all parts of the body in its purest and uninterrupted form. This may require spinal adjustments, stretches, muscle releases, strengthening exercises and other advice.

Taking care of your body will ensure that you lead a healthy and satisfying lifestyle.

*Who do you see?  
Your chiropractor.  
Naturally!*

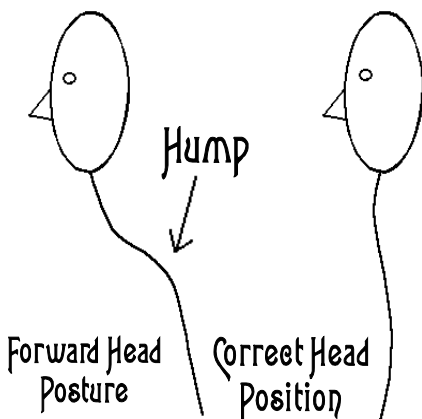
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## The 'computer hump'. A common problem

**A**n increase in the use of computers has caused a rise in the prevalence of people acquiring a 'dowagers like' hump. The hump appears in the region of the base of the neck and the appearance is due to forwardly misaligned joints of the spine. The misalignments cause stiffness and rigidity of the spinal joints and discs. As a result, the body produces protective muscle spasm in the area for stability and support.

Look around the office and spot the computer hump, its reversible and preventable with



The correct head to neck position occurs when a line can be drawn from the ear hole down to mid-shoulder through to the centre point of the pelvis. This position causes the vertebrae of the spine to be aligned correctly and thus distributing the weight evenly across the spinal discs.

Working at the computer causes many people to lean the head forward which pushes the ear hole up to 10cm in front of the shoulder. This position causes problems such as:

- Increased load on the lower neck discs by up to 4 times normal head weight. Over time this will damage these joints and cause a

degenerative arthritis.

- Increases the pressure on the nerves exiting the spine leading to pins and needles in the hands and fingers.
- Chronic spasm of muscles at the base of the skull, upper trapezius and chest muscles with reflex weakening of shoulder blade stabilisers and neck muscles.
- Reduced blood flow to the skull and brain as well as sluggish blood return from the head to the heart. This poor circulation may result in slowing down of mental processing and increase the likelihood of fatigue.
- The restricted movement will trick the body into thinking that the spine is damaged so fat is deposited around the area filling out the hump.

### Reducing the hump

It is possible to successfully reduce this appearance and maintain a more correct head-neck posture.

### HOW?

The most effective way of reducing the curve is through chiropractic treatment using spinal adjustments and soft tissue work.

The way the adjustment works is to change the manner in which the vertebrae are stacked on top of each other. Normally the bones are stacked directly onto each other, however, in the hump the vertebrae are sitting forward on each other.

Also, the adjustments will stimulate the position receptor nerves which are wrapped around the joints of the spine. This will allow for the proper functioning of the neck and shoulder muscles.

As the area becomes more mobile the fatty deposit will be metabolised and used as an energy source. The result is a more functional and normally shaped curve.

Look around the office and spot the computer hump, its reversible and preventable with chiropractic and good

posture habits.



## News in Brief...

- ◆ Free from GST praised by chiropractors. Chiropractic patients benefit from the Federal Governments decision to declare chiropractic care free from the GST. The decision was made on the fact that chiropractic care is necessary for maintaining a healthy lifestyle. *Source: CAA sept 2000*
- ◆ Research at Macquarie University Department of Chiropractic have launched a new study to evaluate the effects of chiropractic treatment on stress levels. Findings provide hard evidence on the value of chiropractic therapies for relieving stress. Researchers have established that the level of cortisol (a hormone produced by the body) is a reliable indicator of stress, and that cortisol levels reduce after the commencement of chiropractic therapy. *Source: COCA News June 2000*
- ◆ A US study has reported that chiropractic users aged 75 and over reported fewer hospitalisations than non-users. *Source: CAA sept 2000*
- ◆ Indonesian Hospitals embrace chiropractic. Australian chiropractors, in conjunction with Ludira Husada Tama Hospital in Yogyakarta, are currently trialing a programme to evaluate chiropractic therapy in an Indonesian Hospital Out patient setting. Early results suggest Chiropractic therapy is effective, popular and medically acceptable within the Indonesian context.

