

◆ Healthy Life ◆

Volume 2 Issue 3

Sep 2001

Buon appetito

Bananas. The ultimate fast food, a banana can give us enough slowly digested sugars to see us through to a tight spot when a meal is delayed. With a lower water content than most fruit, bananas provide a good concentrated source of nutrients, including fibre, vitamins C and B6.

Red wine. One glass of any kind of alcoholic drink will reduce "bad" LDL cholesterol and increase the "good" HDL kind. But red wine does more by stopping blood cells sticking and forming clots and reducing Lp(a)- a genetic factor that predisposes us to heart disease. Grape skins release some valuable polyphenols into red grape juice, but when fermentation takes place, the absorption of polyphenols is increased. However, more is not better and recommended intake is one to two drinks a day.

NORTON CHIROPRACTIC CENTRE


Cnr Norton & Macauley st, Leichhardt
Office Hours:

Chiropractic

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

Massage

Wed 2pm - 8pm
Fri 2pm - 8pm

 **Appointments essential**
(02) 9518 0096

Your referrals are appreciated

Congratulations to Team NCC city to surf runners

The Sun-Herald annual city to surf was held on Sunday August 12, our practice was represented by a group of motivated patients eager to enjoy a great day of running. A record crowd of about 56,600 people participated in this year's event. Which



City to Surf

as become a Sydney icon, the run began at Hyde Park in the CBD and trailed down William st through Double Bay to Bondi.

A great day was had by all. Congratulation to our runners Sue, Arthur, Kim, Dean, Mark, Lawrence, Andy, Katrina, Nitsa, Chris, Maria, Sandra, Siobhan, Michael and Greg.

Also thanks very much to Justin Carden, our massage therapist, who meet us down at the finish line and gave all the runners a well deserved massage. Justin is available for massage sessions on Wednesday and Friday afternoons.

Keep an eye on our notice board for details regarding the next run.

Practice update

Check out our web site

We have a new web site www.nortonchiro.com.au which will be revised regularly with current news and interesting photo's and links.

Make an appointment on-line

Another feature to be introduced to the web site is an on-line appointment booking system. This will save you time in making new appointments for yourself or new appointments for family or friends. We use an application called smartappoint which has proven to be convenient and time efficient for customers.

These initiatives are part of our commitment to making chiropractic more accessible and a way of life for proper health.

Free Spinal Examination for Children

Existing patients of our practice are able to bring their children in for a free spinal examination. These examinations must be booked specifically as they require a longer appointment time. We provide this free service as our contribution to better family health, as a child's spine is the most neglected part of the health and quite often, spinal problems are inherited.

Chiropractic is preventative health care and if any problems do exist in children, they are usually easily and quickly corrected thus allowing the child to reach their optimal health potential.

Inside This Issue

- Buon appetito ...P1
- Team NCC ...P1
- Practice update ...P1
- Wellness: What's in it for Us? ...P2
- News in Brief ...P2



Wellness: What's in it for Us?

The “wellness” concept of health care has never much been appreciated by our society, raising the question why more health care resources weren't spent on preventative care.

It is only fairly recently that wellness care has begun to draw more attention. Employers and others now see that there is a great deal of lost work time and money to be saved by pursuing the wellness goal. Work cover and work place management groups discovered that an investment of \$1 in

This may require a personal paradigm shift from “Here's my body, doctor. I got it

wellness care could save as much as \$3.75.

Several corporations and local government groups have joined to run projects promoting wellness.

These groups have organised and implemented various programmes to encourage employees to follow a few simple maxims:

- exercise regularly
- get proper nutrition after learning what constitutes proper eating habits
- wear seat belts
- drink only in moderation
- lift heavy objects in a careful manner
- get a complete physical examination annually
- sit properly
- avoid overly repetitious movement unless interrupted by contrary movement
- stop smoking
- avoid prolonged sedentary postures by moving about at pre-planned times
- choosing a doctor
- if pregnant, ask for explanations as to the relative seriousness of any findings
- seek a second opinion
- always request information on adverse side-effects of medications (all drugs have them), and make

your own judgment and decision on whether the outcomes justify the treatment

- your satisfaction, and the outcomes resulting from the health care you receive is paramount

These concepts are somewhat ageless. But, at the same time, they have only recently been in part appreciated on an organised level. They are of utmost importance, and any concerted effort to bring about an organised appreciation for them by our community will bring large ‘payoffs’ to us personally and collectively. If we do the few things to maintain our health, then our health will far more infrequently require the intervention of expensive- and often unpleasant- health care treatments.

All businesses, but especially small and medium size businesses, should be especially aware of what can be accomplished through the application of these wellness principles. There are many trained professionals willing to come to a place of business to educate workers about wellness. Business owners and employers are astounded at the effects this education process has on the ‘bottom line’. One of the very important ingredients in the workplace -employee morale- will also benefit. Productivity would almost certainly rise.

In conclusion an analogy might be in order: If each of us were given an automobile when we were 16 and told, “This is the only automobile you will ever have. As soon as it breaks down, you will have to walk.” How do you feel we would behave? I would wager that each of us would be very certain to get regular oil changes; rotate the tyres; replace the windshield wiper blades; have regular tune ups; wax the car regularly; grease the door, bonnet and beet hinges; check the other fluids at appropriate intervals; and do anything else necessary to assure that our automobiles lasted a lifetime.

This may require a personal paradigm shift from “Here's my body,

doctor. I got it sick, you get it well.” Paying more attention to our responsibilities to maintain our own bodies (wellness) is increasing part of our evolving health care system which encourages us to assume more accountability for our own well being. You've only got one body, look after it for life.

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

News in Brief...

Thats life

A world health organisation report has found that after Japan, Australia is the best place in the world to live if you want a long and healthy life.

The Japanese can expect an average of 74.5 years of healthy living and Australians 73.2 years, while in the UK the average is 71.1 years and in the US 70 years.

At the other end of the scale, for Russian men the average is 56.1 years, due to a high incidence of alcohol abuse.

Try purring for some healing help

The purring of cats is a “natural healing mechanism” that has helped inspire the myth that they have nine lives, scientists have discovered. They say wounded cats- wild and domestic- purr because it helps their bones and organs to heal and grow stronger. This, they say, explains why so many cats survive falls from high buildings.

The scientists say sound waves created by purring at a particular frequency trigger the healing process in feline bones.

This reinforces studies confirming that exposure to frequencies of 20-50Hz same as vibrating massagers used at our practice) strengthen human bones and helps them to grow.

