

OUR CHIROPRACTORS

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BSc Hons (Chiro), B.Chiro, ICCSP

Graduated from Murdoch University.

He is the head of the well-being team.

Dr Cameron Rennie

BSc (Chiro), B.Chiro, B.SportSc, ICCSP

Graduated from Murdoch University.

Has an interest in Sports Medicine.

Dr Sasha Aspinall

BSc (Hons), BChiro, PhD

Graduated from Murdoch University

as Dux of her class. Her particular

interest lies in spinal pain.

Dr Tanja Ricciardi

BSc (Neuro), BSc (Chiro), BChiro

Graduated from UWA with

Neuroscience major then went on

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CLINIC STAFF

Carolyn Lockhart

Senior Receptionist

Alexandra Wetton

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CONSULTATION TIMES

Consultations are by appointment

Monday to Friday

8am - 11am & 2pm - 6pm

Saturday

8am - 12 noon

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Health Adjustment

SUMMER 2021

Editors Note - Dr Gareth Calverdash

Hi Everyone, welcome to Summer! Time to get moving! There are some changes in our clinic staff & business wise so please come say Hi to our new reception team & Dr Tanja. Below is a great article from Dr Sasha about how to get moving in your day. Also some great info from one of my favourite Nutritionists - Cindi O'Meara on food, mood & timing. Enjoy! Dr G

Movement Snacks

Just like our tummy likes regular snacks, our bodies (joints, muscles, spine) like regular movement. These "movement snacks" don't have to get your heart rate up or blood pumping, and they may not always feel like they count as "exercise," but if they get you moving your body more then that's a win!



Movement snacks can be anything that **increases how much and how often you are moving**. If you spend long periods of time not moving much - like if you spend all day at work on the computer, you may find that including more movement snacks in your day can help **reduce pain, discomfort, stiffness, and stress**. You may find you **sleep better too**.

Here are some ideas for movement snacks:

- **Calf raises** while you brush your teeth/waiting to cross the road.
- Run around **playing chasey with the kids** or the dog.
- **Have a dance** when a good song comes on.
- Do some of your favourite **stretches while watching T.V.**
- **Park a little further than usual from work** or the shops.
- Choose the **stairs instead of the elevator**.
- **eat your lunch at the local park instead of at your desk** at work.
- Stand up and **walk while talking on the phone**.
- Some easy stretches in bed before going to sleep (this can also help you relax and may help you sleep better).
- Take 10 or 15 minutes to do some yoga or body weight exercises at home (there are lots of options for easy at-home exercises that don't require any special equipment).
- Do some simple neck or back stretches while standing around waiting for the kettle to boil.
- At work, get up and go for a walk to the printer or for a glass of water more often
- Do some neck stretches in the car while waiting for the lights to turn green.

Personally, I stretch my neck, low back, and hamstrings regularly throughout the day. I like to do a few of my favourite yoga stretches before bed some nights (often with a short breathing exercise too), and I try to park further away so I have to walk a little more to work and the shops. These snacks are on top of my regular exercise "meals" including walking the dogs and fitness classes.

Tips for adding more movement snacks:

- If you are trying to include more movement snacks in your day, its best to start by picking 1 or 2 things that you think you can implement easily and that feel good.
- It might even help to set an alarm to remind you!
- It can take some time and repetition for these kinds of habits to become second-nature, but it is well worth it.

Dr Sasha Aspinall



Overboard Overeating Overeating creates mood changes. For example, what do you want to do straight after Christmas dinner? The usual answer is, have a siesta. What has happened is that your digestive system is overloaded, so some of the blood from the brain, arms and legs is shunted to the digestive system to help in the process of delivering the food's nutrients to the rest of the body. That's why when you eat too much food you either want to sleep or you find it hard to get physically motivated.

You can use the principles of Food-Mood Connection in relation to sports performance. While peak performance of the physical body is important for athletes, many times the mind is the edge that makes the difference. Using the foods that cause alertness in the brain can make all the difference between winning and losing.

If you are someone who finds it **hard to sleep at night**, to help improve your sleep patterns it would be beneficial to have protein for lunch and carbohydrates for dinner. Stop drinking all caffeine drinks at midday, don't eat any protein after lunch and make sure you sleep in a dark room. Just see what a difference it makes when your brain is calmed down.

If you want the **upper hand at a business meeting**, then eat smart. To keep your brain sharp and alert it is important to be aware of the Food-Mood Connection. Two basic rules are: eat very little fat and eat your protein first. So, a good business lunch would be a clear soup (hold the bread and butter), then fish (without sauce) and a salad and steamed vegetables (hold the alcohol). For dessert, have fruit salad - sorry, no cake or puddings. Watch what your lunch partner eats and see who has the upper hand by the end of the meal.

If you're a **shift worker**, to allow yourself to work to the best of your ability it is important to manipulate the foods you eat to match when you want to sleep and when you want to be awake. Make sure that throughout your shift you eat foods to increase alertness, and then, when you are ready to sleep, eat foods that increase the brain-calming chemicals. It is also very important that you sleep in a dark room. The darker the room the more abundant melatonin is, to help you sleep and heal.

With this awareness of the Food-Mood Connection, you can use your food as a powerful tool to enhance performance in all areas of life. Parents can also use these principles to help children manage their busy lives.

From the time you wake up until approximately four hours before bed, try and consume some type of protein. For breakfast, include eggs or fish or consume a complementary protein, which includes porridge or toast with nuts. Avoid refined breakfast cereals and starchy breakfasts like toast and jam. Snacks for morning and afternoon tea should be nuts and yoghurt or a mix of crackers and nut butters or hummus and other protein dips rather than muffins, cakes or cookies. Lunch should also have some protein, like salmon, beef or chicken, with vegetables. Then at night you can have pasta, rice and other high-carbohydrate meals.

Energising Exercise It is a well known fact that **exercise increases endorphins** which in turn helps our mind and mood. Regular exercise should play a major role in **preventing and treating depression**. Physical activity causes brain pleasure centres to be stimulated and leads to feelings of well-being. Exercise can also be an effective treatment for anxiety.

Serotonin is an important brain chemical (neurotransmitter) that contributes to a range of functions, including sleep, wake cycles, libido, appetite and mood. Serotonin has been linked to depression. Some researchers have found that regular exercise, the increase in physical fitness that results, alters serotonin levels in the brain and leads to improved mood and feelings of well-being. Some research indicates that regular exercise boosts body temperature, which in turn may influence the moods by influencing the brain chemicals.

Exercise also burns up stress chemicals, like adrenaline, which promotes a more relaxed state of mind. If you play a team sport then it is a wonderful social outing and when you exercise especially in nature then this becomes a distraction and a break in the vicious cycle of pessimistic thinking.

The benefits of exercise a many fold not only does it lift mood but also improves cardiovascular fitness, reduced cholesterol levels, reduces blood pressure and it great for maintaining a healthy muscle tone and weight.

HILTON CHIRO FUNNY

Post Christmas Lunch Workout



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