



YOUR CHIROPRACTOR

NOVEMBER/DECEMBER 2024



SPORTS CHIROS



DIET AND INFLAMMATION



HEALTHY KNEES, ACTIVE LIFE



CAN YOU 'OVERSTRETCH'?

OUR CENTRE LOCATIONS

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NEW CLIENTS AND MEMBERS ARE

WELCOME.

THANKS FOR YOUR REFERRAL TO OUR

CENTRE.

Dr Darren J Gray

Chiropractor, Certified Rehab Therapist

BSc, MChiro, MClinRehabNeuro (MCAA, ClinFellIAAFN)

Dr Melinda Burke

Chiropractor

BChiropractic, MastChiropractic

Port Macquarie

Monday–Saturday

Wauchope

Tuesday and Wednesday

We attempt to cater for same day

appointments, however forward booking your

appointments is always recommended to

avoid disappointment.

Supporting chiropractic care with nutrition

Chiropractors are passionate about supporting the health of their patients. As food is vital to well-being, we may provide nutrition advice. This may raise some questions, such as: do chiropractors study nutrition? Can what you eat affect your recovery? What should you eat?

Chiropractic educational programs include the study of nutrition. Some Chiropractors are more interested in this field than others and may undertake further study to expand their knowledge.

How does nutrition support treatments?

The foods you eat are the building blocks of your body. Healthy eating helps you stay well, function properly, and heal. Macronutrients like fats, proteins, and carbs, and micronutrients like vitamins and minerals, each play vital roles and work together to support your body's systems.

Nutrients also provide the framework for cells and tissues, essential for bones, ligaments, skin, and tendons. Think of this framework like the trellis in a garden that supports plants. Without it, cells and tissues wouldn't maintain their structure. Other nutrients provide rigid support, like calcium in bones and teeth.

Proper nourishment promotes healing. When we're injured, the body requires energy for repair. Certain nutrients help reduce inflammation, especially in chronic conditions like arthritis. Fibre supports a healthy gut, and we all know that gut health affects our overall well-being. Nutrients strengthen the immune system, with vitamins such as A, C, and D enabling immune cells to respond to threats.

These are key factors for the success of chiropractic care. That's why we encourage a diet rich in nutrient-dense foods like fruits, vegetables, fish, legumes, lentils, beans, nuts, and seeds. We also advise avoiding unhealthy eating habits, as junk food lacks nutrients and can contribute to inflammation and illness. However, dietary advice isn't one-size-fits-all, so feel free to reach out with any questions.

Feel free to ask about how your diet may affect your care.

We're happy to offer advice, especially with Christmas coming up soon!

Tips for healthy eating

Now that the festive season with its lollies, chips, and puddings is on its way, it's an ideal time for suggestions:

- Have small portions of rich festive foods, so you don't feel deprived, but enjoy it without overindulging.
- Focus on vegetables and lean meats, eating slowly to give your stomach time to signal fullness.
- Eat enough protein to feel fuller for longer, reducing the urge for mindless snacking.
- Include a variety of complex carbohydrates, like fruits and vegetables, to sustain energy levels.
- Drink sufficient water so you don't mistake dehydration for hunger.
- Make healthier swaps:
 - Opt for raspberries, strawberries, or roasted almonds instead of sugary desserts.
 - Choose sparkling water over sparkling wine.
 - Replace creamy dips, chips and bread with carrot and cucumber sticks with hummus or guacamole.



Our newsletter is free - please take a copy with you

Inflammation and the anti-inflammatory diet

Inflammation is often misunderstood. While many think of it as harmful, it's actually a natural part of the body's healing process and defence system. The problem arises when inflammation doesn't subside and becomes chronic. In this article, we'll explain the effects of prolonged inflammation and how diet can play a crucial role in managing it effectively.

Explaining inflammation

When injury or infection occurs, your body releases chemicals that activate your immune system - causing redness, pain, warmth, and swelling. This short-term inflammation is normal for healing and usually lasts only a few days. However, it becomes concerning when this response persists, or becomes chronic, lasting for months or even years.

Chronic inflammation can damage healthy tissues and contribute to various health issues and diseases. It can be difficult to diagnose because the symptoms — such as fatigue, fever, and muscle or joint pain — are often vague and range from mild to severe. It's strongly linked to autoimmune diseases, where the immune system mistakenly attacks the body's own cells. Conditions like psoriasis, type 1 diabetes, and rheumatoid arthritis are examples of this. Inflammation is also believed to play a role in chronic conditions such as type 2 diabetes, heart disease, and obesity.

Managing chronic inflammation

The Mediterranean diet is often called the "anti-inflammatory diet" because it mainly includes foods rich in anti-inflammatory compounds, such as antioxidants, polyphenols, and omega-3 fatty acids, which can help reduce inflammation in the body.

These foods include fresh, seasonal fruits and vegetables, whole grains, nuts, seeds, and healthy fats from sources like olive oil and fatty fish.

An anti-inflammatory diet also limits highly processed foods, red meat, saturated fats, and refined carbohydrates, especially sugars found in fizzy drinks and cakes. Overconsumption of these items can worsen chronic inflammation.

Prioritising anti-inflammatory foods helps regulate your body's inflammatory responses, promoting overall health and reducing the risk of chronic diseases associated with inflammation.

Maintaining a healthy weight, managing stress, engaging in regular exercise, and having a balanced diet are all essential factors that work together to help prevent and alleviate chronic inflammation.

While these lifestyle choices work well for many people, some individuals may need additional support or specific approaches to manage their inflammation effectively.



Try our healthy
Mediterranean-inspired ratatouille recipe

WORD SEARCH

ANKLES
ARTHRITIS
CARTILAGE
CHIROPRACTIC
GUT
HEALTH
HIP
IMMUNE
INFLAMMATION
JOINT
KNEE
LIGAMENT
MENISCUS
MUSCLE
NUTRIENTS
PAIN
PROTEIN
PSORIASIS
RUPTURE
SHOULDER
STRAIN
WRISTS
BALANCE
BONE
ELBOWS
TENDONS

E N I A R T S E E A A T I D
C N K N E E E C L R N E E A
T H N L D Q G N B T K N N S
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A L A R U S L L W R E M E I
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S R M P I H R U P T U R E M

Care for your knees and keep active with ease

Knee injuries are common, especially in sports. Australians are passionate about sports, so understanding knee injuries is crucial. What types of injuries can occur? How can they be prevented? What might a knee injury mean for your future?

Your knees are complex, supporting your weight and providing mobility, strength, and stability. Each knee joint consists of the thigh and shin bones, along with the kneecap. Cartilage lines the bones to ensure smooth movement, while the meniscus acts as a cushion, absorbing shock and protecting the joint.

Ligaments keep your knee stable. Two collateral ligaments on the inside and outside of your knee prevent sideways movement, while two cruciate ligaments inside hold the thigh and shin bones in place. One of these, the ACL (anterior cruciate ligament), prevents your shin from moving too far forward and is often injured in sports like football and netball.

When excessive force is applied to the knee, it can damage bones, cartilage, or ligaments. This may result in bruised or broken bones, stretched or torn cartilage, or a torn meniscus. Such damage can occur from direct trauma, like a fall or collision, or from sudden changes in direction or stopping.

Injuries can often be felt immediately and may be accompanied by a popping sound. Symptoms include swelling, heat, pain, and difficulty moving your knee. Unfortunately,

long-term, traumatic knee injuries increase the risk of osteoarthritis, so prompt assessment of any new injury is advisable.

Injury prevention programs and proactive treatment are essential, with neuromuscular and proprioceptive exercises playing a key role in improving joint control, stability, and balance.

If you are at higher risk of knee injuries, such as through sports, consulting a chiropractor may help prevent injuries that could lead to significant short- and long-term issues.

To learn more, check out our companion article on sports chiropractors.



Are there dangers in stretching too much?

Do you stretch regularly? Stretching improves the range of motion in your joints, keeping them supple, flexible, and enabling easy movement. Regular stretching can make a big difference, but be mindful not to overstretch - pushing too far can lead to discomfort or injury.

Think of muscles like elastic bands; they lengthen and return to their original shape, just like muscles stretch and relax. But, like elastic bands, muscles can be damaged by overstretching. Small tears can occur in the muscle fibres, leading to weakness or soreness. If pushed beyond their limits, these tears can worsen, and the muscle may even tear completely, much like an elastic band snapping when stretched too far.

Thankfully, in muscles, this extreme outcome is unlikely in a normal stretching routine. Pain would typically cause you to stop before a rupture; however, small points of damage can occur. If you stretch too far or too soon — whether that means stretching without warming up, too soon after an injury, or overdoing it in a new routine — you can injure yourself.

Overstretching can cause inflammation, presenting as swelling, reduced joint motion, and soreness. If you've ever experienced pain from stretching, this is likely the reason.

So, how should you stretch? Sensibly! Stretching is best performed as a habit: lengthening your muscles to stay supple and healthy. You'll feel good, function well, and reduce your risk of injury.

Remember, while it can be tempting to "go for broke," you should only reach the point of stretch-like discomfort. There is no advantage in stretching until you feel pain. The "no pain, no gain" mantra does not apply here.

If you have questions, don't hesitate to ask us. We're here to support and guide you.



Ratatouille: a simple Mediterranean dish

This colourful, layered ratatouille brings fresh vegetables to life, baked to perfection with aromatic garlic and herbs. An easy, stunning dish that's delicious and healthy! Serves 2.

Ingredients

- 2 small eggplants, sliced into rounds
- 2 med zucchini, sliced into rounds
- 3 medium tomatoes, sliced into rounds
- 1 onion, thinly sliced
- 3 Tbsp olive oil
- 2 cloves garlic, minced
- Fresh thyme or basil
- Salt & pepper to taste

Instructions

1. Preheat oven to 180°C.
2. Sauté onion and garlic in 1 Tbsp olive oil until soft. Spread on the bottom of a baking dish.
3. Layer eggplant, zucchini and tomatoes upright, alternating slices.
4. Drizzle with remaining olive oil, season with salt, pepper, and herbs.
5. Cover and bake for 30-40 mins. Serve warm and garnish with fresh basil leaves.

Tips:

- Serve with baked fish for a complete meal.
- Top with crumbled feta or grated Parmesan before baking.
- Try rosemary or oregano for a different twist.
- Serve with a side of crusty bread - perfect for soaking up the juices!

Sports chiropractors: tailored care for athletes

Have you considered consulting a chiropractor to support your sporting efforts? Some chiropractors focus on treating athletes and are commonly called "sports chiros." But what does this title actually mean?

All Australian chiropractors complete a minimum five-year university program. We are well-trained professionals capable of supporting the health of both athletes and non-athletes. Many netballers, footy and soccer players, basketballers, and weekend warriors receive regular care.

However, we can have different areas of interest. Sports chiropractors focus on addressing the needs of athletes. They combine traditional chiropractic techniques with sports science, and often pursue additional studies that may be broad or specific to a particular sport.

A sports chiropractor diagnoses, treats, and prevents musculoskeletal injuries and conditions related to athletic performance. Their goal is to prevent injuries, aid recovery, and improve performance, making their specialised knowledge invaluable as athletes reach higher sporting levels.

While athletes and non-athletes can experience similar injuries, such as chronic low back pain, these often occur more frequently and severely in athletes. Chiropractors are trained to treat such conditions in both groups, but sports chiropractors provide additional sport-specific care. This includes preventing and treating injuries common in sports, such as falls, knocks, muscle tears, sprains, and strains.

While the spine and joints are a priority, sports chiropractors also assess other

areas crucial to athletic performance, such as the back, neck, and pelvis. They may also adjust knees, hips, ankles, feet, wrists, elbows, and shoulders. Additionally, sports chiropractors may perform soft tissue techniques like massage or trigger point therapy. They may work with athletes to strengthen weak muscles, stretch tight ones, and balance muscle tone.

Sports injuries frequently result from continual stress on a particular part of the body. A tennis player's shoulder, a gymnast's wrist, or a golfer's lower back are common areas of repetitive strain. If an athlete also uses incorrect techniques, has musculoskeletal imbalances, or overtrains, the vulnerable area experiences even greater stress and injury risk. Sports chiropractors aim to treat and help prevent these issues.

In addition to treatment, sports chiropractors may advise on gear, apparel, footwear, accessories, and joint supports. If necessary, they may work with other professionals or provide referrals, ensuring that athletes receive comprehensive care.

Are you or someone you know involved in sports? Don't hesitate to reach out with any questions - we're here to help.



ON ARRIVAL AT THE PRACTICE

Please see the receptionist upon arrival.

This eliminates the possibility of you being overlooked and enables us to have your information ready.

APPOINTMENTS

Your appointment schedule is designed specifically to obtain the best possible results. Should you wish to change an appointment, we would appreciate as much notice as possible so that other patients can be offered your time.

ONLINE BOOKINGS

We have online booking available. Make your appointment with your favourite chiropractor by booking through

coastlinechiropractic.com.au

PAYMENT FOR SERVICES

Prompt payment of your account will help us keep the fees down. However if you are experiencing difficulties with payment at any time please arrange a confidential meeting with our accounts person.

OUR COMMITMENT

This practice is committed to providing the best possible care to all patients. Our staff regularly attend short continuing professional education courses to update their knowledge and techniques.



APPOINTMENT REMINDER

Your next appointment is on _____ at _____
Date Time

Disclaimer: The information in this newsletter is not intended to be a substitute for professional health advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your chiropractor first.

Our newsletter is free - please take a copy with you