



**OUR CENTRE LOCATIONS**

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**NEWS FROM COASTLINE CHIROPRACTIC CENTRE**

Book your SCHOOL VACATION SPINAL CHECKUP for the family now, as spots are limited. This offer is limited to new and existing practice members with Dr Mel and Darren from May and June 2024.

**Your REFERRALS and RECOMMENDATION are greatly appreciated. THANK YOU!**

**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.*

# YOUR CHIROPRACTOR

MAY/JUNE 2024



**HELP FOR HAIRDRESSERS**



**GROW OLDER, NOT SORER**



**PROTEIN & JOINT HEALTH**



**CHIRO FOR ATHLETES**

## Is there a 'typical' chiropractic treatment?

**Knowing what to expect when you consult with a chiropractor can be complicated. There is no one-size-fits-all solution, but let's look at some similarities in chiropractic treatment to give you a starting point.**

We each have our own unique approach, techniques, ongoing education, fields of interest, and thought processes. Similarly, each patient has differences in anatomy, response to treatment, lifestyle choices, medical history and health. Also, your expectations, preferences, commitment to healing and personal factors all influence the treatment process and duration.

During your initial consultation, we usually allocate extra time to get to know you better. We will ask you detailed questions about your health history, and conduct tests to evaluate how your body functions, especially focusing on your spine health and nervous system. If it is necessary, we may also recommend scans. This process helps us put together all the pieces of your health puzzle to understand how we can best assist you. You may or may not receive a chiropractic adjustment on your first visit.

During your routine appointments, we require less time because we're already familiar with your treatment plan. We've determined the most suitable schedule and type of care for you. Now, our focus is on enhancing the health of your spine and overall well-being. During these visits, we'll examine your spine and other relevant areas, using our hands and possibly other tools to pinpoint any specific concerns. We ask about your symptoms or progress, and answer any questions you may have.

We adjust joints that don't work properly. Treatment aims to improve and stabilise their mobility and function. The type of adjustment we use is chosen carefully, depending on a range of factors. For example: where you need to be adjusted, your body's constitution, pain levels,

current health conditions, sensitivity, age, and whether or not you are pregnant.

We might offer you additional advice and recommendations on nutrition, footwear, optimal positions and postures for activities like work, sitting, lifting, and sleeping. If applicable we will also advise on exercises aimed at enhancing muscle function and joint mobility. Health education, home care strategies, and weight management can contribute significantly to overall wellness.

**A spine and body that move well contribute to a healthy nervous system and a healthier you - this is the goal of chiropractic treatment!**



*Our newsletter is free - please take a copy with you*

## Chiropractic care and aging: maintaining mobility and comfort

Are you experiencing the challenges of aging? Perhaps you find that movement is becoming difficult, whether it's walking, dressing, lifting items, or simply getting up from a chair. You may often feel stiffness and discomfort in your spine and joints, as if they're encased in concrete, or you may be concerned about dizziness and the risk of falling.

Chiropractic care has long been a cornerstone for older people seeking to preserve their mobility, comfort, and overall quality of life. Common reasons for seeking chiropractic care include back issues, neck pain, leg problems, headaches, muscle issues, and osteoarthritis. Stiffness and dizziness are not uncommon issues, either. Chiropractic may help with each of these problems.

Back pain, particularly when chronic (ongoing), can significantly impact your daily life, making routine activities challenging. Things we take for granted, like self-care, movement, and enjoying a social life, can suffer. Chiropractic care – through adjustments, tailored advice on self-management, and appropriate exercises – has been shown to ease both short-term and long-term back pain.

Neck pain, a persistent irritation for many, can also cause considerable soreness and disability, with discomfort sometimes becoming long-term. Seeking help as soon as neck pain arises is wise,

as prompt treatment may reduce its progression and recurrence.

You may have heard of the saying, "when you're young, you fall over. When you're older, you have a fall." Trouble with balance increases with age, and the biggest risk of balance problems is potentially devastating falls.

A study published in the Journal of Evidence-Based Integrative Medicine investigated whether chiropractic care could improve balance. The authors found that individuals were "very likely" to report benefit, especially those aged 65 and over.

Chiropractic care plays an important role in aging—reducing pain and stiffness, maintaining mobility, and improving balance. It offers a natural, non-invasive approach to promote comfort, ease, and function in later years.



## Winter eating tips for good health

A change in season often means a change in diet and routine, like seeking the warmth of the couch and eating more! With these easy tips you can eat for comfort yet still maintain your health.

**Veggie innovations:** swap pasta for zucchini or carrot 'noodles'. Try cauliflower 'rice' instead of white rice.

**Protein power:** include eggs, lean meat, tofu, or nuts/seeds in every meal to curb cravings.

**Seasonal selections:** opt for root veggies, broccoli, cauliflower, pears, and oranges. Try our recipe for winter fritters!

**Fibre focus:** kick-start your day with oat porridge and kiwifruit. Add legumes to meat and veggie dishes.

**Healthy fats:** use olive oil for dressings and cooking. Try avocado, hummus, or nut butters on bread instead of butter.

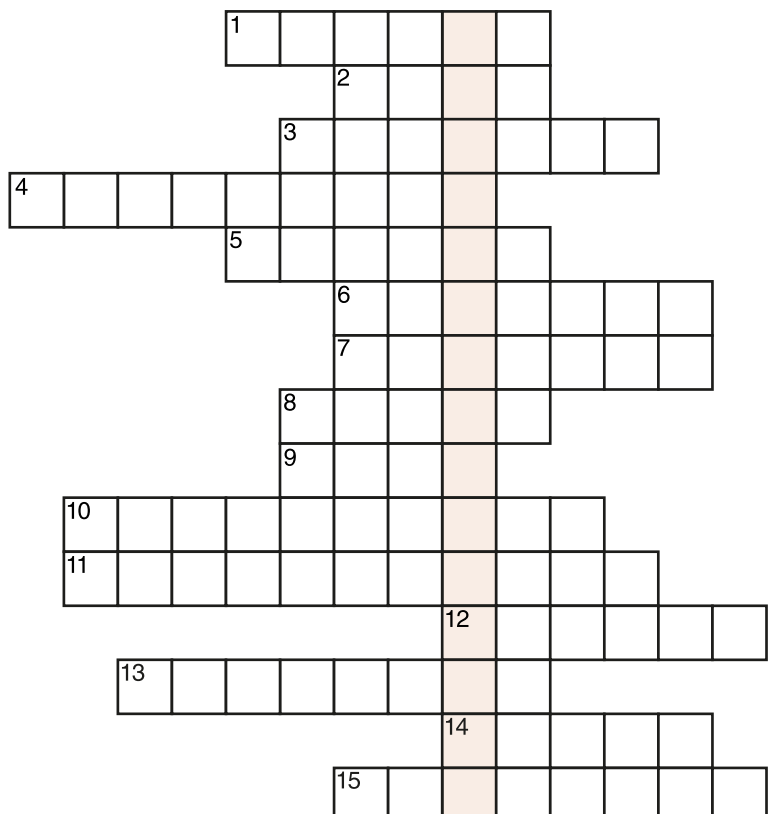
**Raw boost:** aid immunity and digestion by adding fresh, raw food to every meal.

**Warmth factor:** use spices with warming properties such as ginger, chilli and paprika.

**Batch cook:** prepare batches of soup or casserole for convenient freezer-friendly meals.

## HIDDEN WORD PUZZLE

- The structure of the body
- A painful form of arthritis - usually in the toes
- A feeling of nervousness that makes you unable to relax
- A science that designs and arranges things so that people can use them easily and safely
- Tiredness
- Even distribution of weight either when standing or when sitting
- Meat, fish, chicken and tofu are good sources of this nutrient
- A state of mental tension and worry caused by problems in your life, work, etc
- Danger or probability
- A small change that improves something or makes it work better
- Capable of bending or being bent
- The power and ability to be physically and mentally active
- The ability for your body to move
- Becoming old
- Cushions your bones to prevent them from rubbing together



The hidden word is:

Answers can be found on the back page



## Cauliflower and broccoli fritters

These fritters are a delicious way to serve winter vegetables – great for a healthy snack!

### Ingredients

1½ Tbsp olive oil  
1 cup cauliflower, finely chopped  
1 cup broccoli, finely chopped  
3 small spring onions, finely chopped  
½ cup self-raising flour  
1 tsp ground coriander or paprika  
½ teaspoon salt  
3 large eggs, lightly beaten  
½ cup milk  
½ cup tasty cheese, grated  
1 Tbsp chopped fresh parsley

### Instructions

Heat half the oil in a large non-stick frying pan on medium heat. Fry cauliflower, broccoli, onion and coriander until vegetables are soft (4-5 minutes). Whisk eggs, milk, flour, salt, cheese and parsley together. Add to vegetable mixture and mix together. Heat remaining oil in a large non-stick frying pan and cook tablespoons of mixture for several minutes on each side until golden brown.

### Serving

Serve sprinkled with any herbs of your choice (or simply use the tops of the spring onions). Add a dollop of chutney, yoghurt or sour cream just before eating.



## How can chiropractic care benefit athletes?

Chiropractors can play a role in enhancing athletic performance and preventing injuries for athletes. Australian chiropractors commonly treat athletes, who consistently report high levels of trust and satisfaction in their care.

Considering the physical demands athletes often face, encountering pain is to be expected. However, when pain arises, it can significantly impact both participation and performance. Additionally, untreated pain can become an ongoing problem. We understand these issues, and that resting is hard, especially with impending competitions. Thankfully, we can help to ease discomfort and pain.

### Low back problems

Athletes face a higher risk of low back pain due to heavy loads and years of sports activity. Additionally, prior episodes of low back pain increase the risk of it returning. Chiropractic care offers evidence-based support in reducing pain and improving function in chronic lower back pain.

### Beyond pain relief

We also provide additional benefits beyond pain relief. A 2019 study published in the *International Journal of Clinical Medicine Research* revealed that chiropractic care can enhance performance, and improve injury and rehabilitation measures for athletes. That's a powerful trio.

Research published in *BMC Musculoskeletal Disorders*, investigated the impact of regular chiropractic care throughout an Aussie Rules season. The structured plan resulted in reductions to primary lower limb muscle strains. There were also less weeks missed due to non-contact knee injuries.

From a chiropractic standpoint, adjusting our patients frequently results in enhanced range of motion and flexibility. Muscles relax and joints function better. For athletes, a body that moves well can perform well.

Chiropractors have long supported athletes to help them perform better and recover faster. Our care is aimed at optimising your body's potential and overall well-being.

## The link between joint health and protein

Protein plays an important role in joint health by providing the foundation for cartilage, tendons, ligaments, and other connective tissues in your body.

Your body breaks down protein from food into amino acids, which are then used to build and repair tissues throughout your body, including those in your joints.

Certain amino acids, such as glycine and proline, are especially important for joint health. They are necessary for the production of collagen, which helps to provide strength, flexibility, and elasticity in cartilage, tendons, and ligaments. Collagen also acts as a cushion between your bones to prevent them from rubbing against each other during movement.

A diet that's rich in high-quality protein helps to promote joint health by providing the necessary amino acids your body needs to produce and repair cartilage, tendons, and other connective tissues. A lack of protein in your diet can lead to weakened joints and increased susceptibility to joint pain and injury.

On the other hand, consuming too much of certain types of proteins, such as those found in processed meat and red meat, can also contribute to joint pain and inflammation. These proteins can cause the body to produce more uric acid, which can lead to gout, a painful form of arthritis that commonly affects the joints in the toes, feet, and ankles.

In addition, some people may have an intolerance or allergy to certain types of protein, such as gluten or casein (a protein found in dairy products), which can cause inflammation and joint pain as a result of an autoimmune response.

It's important to maintain a balanced diet that includes a variety of healthy protein sources, such as lean meats, fish and seafood, eggs, legumes, tofu, nuts and seeds, while avoiding added sugar and processed and refined foods.

### The type of protein, and how much of it you eat, is important.

By eating the right foods, you'll not only improve your mobility and reduce the risk of joint pain, stiffness, and injuries, but also enhance your overall wellbeing and quality of life.



Did you know that eggs are a 'complete protein', meaning they contain all the essential amino acids needed to meet your body's needs? For their weight, eggs provide the highest quality protein of all foods. Pretty impressive!

## APPOINTMENT REMINDER

Your next appointment is on \_\_\_\_\_ at \_\_\_\_\_  
Date Time

## 5 tips for hairdressers: managing pain and improving posture

**Hairdressing can be high risk when it comes to injury. We care for many in this profession and understand that the physical toll can be significant.**

Standing and working with tense shoulders and raised arms for long periods can be exhausting. The awkward postures and the mechanical stress placed on your joints can be troublesome. Your muscles must stay "switched on" for long periods. Like a car that runs out of petrol, your muscles run out of energy.

Additionally, repetitive hand motions and limited breaks can be really hard on the body. Hairdressers often experience neck, shoulder, wrist, hand, and back pain.

Fortunately there are ways to reduce your risk, help improve your posture and ease discomfort.

### Here are five suggestions:

**1** Use quality adjustable stools. An adjustable stool allows you to adapt the client's seat height so you're not bent over at an awkward angle. Choosing suitable height levels can help you reduce strain from your shoulders, neck, and arms.

**2** Rest and stretch often. While it might be tempting to keep working and see more clients, your body must rest. Allow your shoulders to relax, and let your arms hang freely. Give them a shake to release tension. Stretch your back, neck, and shoulders. Bend slowly from side to side, and hold each stretch. Curve forwards and backwards. Roll your shoulders in gradual, comfortable circles. Consider consulting your chiropractor for more tailored stretches.

**3** Use an anti-fatigue mat. These mats may help to delay or decrease discomfort and fatigue in your legs. Anti-fatigue mats are designed to support you while you stand, distribute pressure through your feet and improve your balance.

**4** Choose high-quality ergonomic tools. Well-crafted scissors reduce strain on your wrists and hands during prolonged use. Lightweight tools and brushes with comfortable handles add to ease of use. Investing in top-notch tools not only enhances your work, but is also a simple way to reduce the risk of musculoskeletal problems and chronic or recurring pain.

**5** Prioritise your joint health. Being a hairdresser places continual stress on your joints, so it's even more important to maintain joint health to prevent injury and pain. If you have any questions or concerns, don't hesitate to reach out. We're here to support you!

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.



### 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](https://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.