



# Say yes to yoga



Many people are seeing value in taking up yoga classes. Could it be for you?

Around 4,000 years ago, yoga became standard practice in ancient India for promoting health, helping with back problems, and even preventing disease. Then, around twenty years ago, it made its way into the Western world with a bang, encouraging over two million Australians to grab their yoga mats and take part too.

Yoga incorporates meditation, breathing exercises, and physical exercise, which means it can be suitable for a broad range of people. Even those who suffer from back and neck problems have found benefit; such as pain relief, learning relaxation techniques, and improving their strength and flexibility.

While word of mouth is helping to fill yoga classes across the country, it's the research into its effects that is also encouraging people to try yoga for themselves. Results, so far, are encouraging, with yoga becoming an accepted part of treatment plans for a variety of conditions such as asthma, back and neck problems, heart disease, and even carpal tunnel syndrome. Some studies also show that some yoga poses, plus relaxation and breathing techniques, can help with depression and anxiety.

Regarding neck and back pain, there is no standard approach for everyone. However, studies show that people who take part in yoga exercises twice weekly for two months can see improvement in their flexibility, endurance, and strength – paramount in most back and neck pain treatment goals.

If you have been thinking about taking up yoga, but you feel you may struggle, then it may be helpful to know that yoga instructors can modify exercises to suit. What's more, if you suffer from a spinal or back condition meaning some poses are not possible or safe, then an instructor can also offer alternatives. Before you join a class, find out whether the instructor has worked with people with spinal problems, their experience level, and what their training includes. You may then like to sit in and watch a class before you participate, or join a one-on-one session with a trainer to find out if it's right for you.

Yoga promotes health and wellbeing and can fit into most people's fitness and exercise plans. If you're looking to improve your strength, balance, or overall health, then it might be time to roll out the yoga mat, contact an instructor, and join a class near you.

## ACROSS

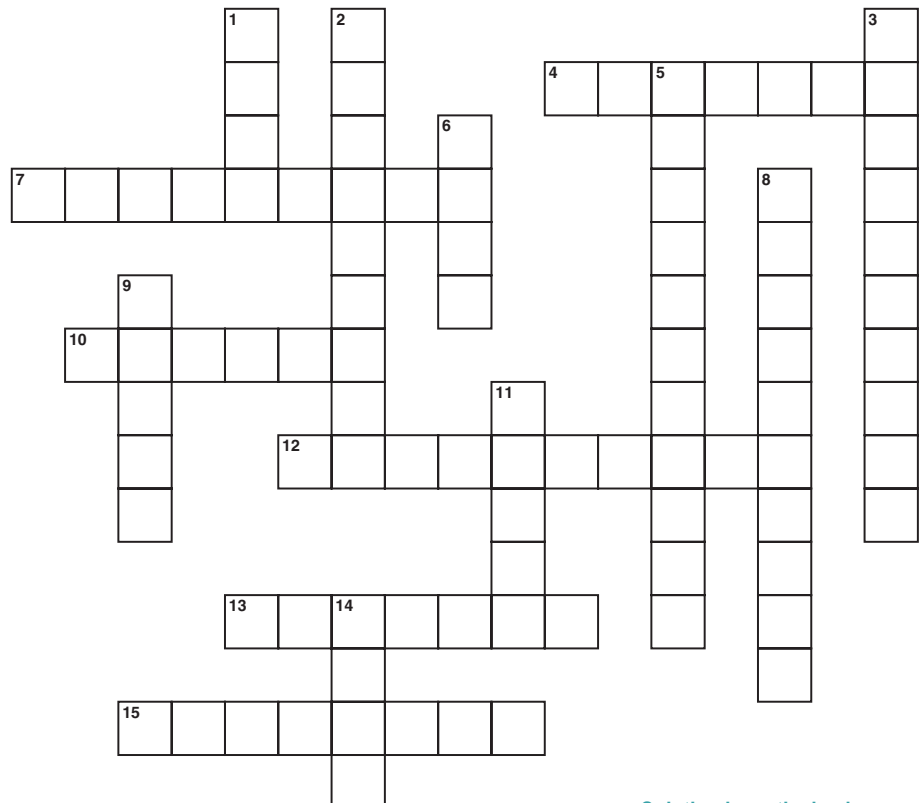
4. Provide water in order to establish or maintain a correct fluid balance
7. Something that occurs or develops earlier than expected
10. A painful injury to the ligaments of a joint caused by wrenching or overstretching
12. An inflammation or irritation of a tendon
13. A natural exercise you can do easily every day to benefit your health
15. Swollen or distended

## DOWN

1. This includes breathing exercises and postures that improve flexibility, endurance, and strength
2. The ability to bear prolonged exertion, pain, or hardship
3. Focusing of the mind to achieve a mentally clear and calm state.
5. Failure to function normally
6. This is effective for soothing stiff joints and relaxing muscles
8. A state of unhappiness and hopelessness
9. An involuntary or sudden muscle contraction
11. A substance that builds up in our bodies and causes harm
14. Short for latissimus dorsi

Answers can be found in this edition of Your Chiropractor.

Clever   
Crossword



Solution is on the back page.



## One for the fruit bowl

If you're always on the lookout for nutrient-rich fruit for your fruit bowl or lunch box, you can't look past the humble pear.

Globally, there are over 3,000 different types of pears – in different sizes, shapes, and flavours to appeal to various tastes. While they aren't the prettiest fruit to grace your lunch box, they pack a lot of health benefits into only 100 calories – something processed foods can struggle to do naturally. A single pear has a lot of protein, fibre, vitamins, and minerals, but no fat or cholesterol.

If you haven't been much of a pear eater in the past, you might be once you realise how beneficial for the body they are. Pears, along with other fruit and vegetables, can reduce your risk of several health conditions when you consume them as part of a healthy, balanced diet. These include cancer, diabetes, heart disease, and hypertension.

What may also interest you is the fibre content. Men under 50 years of age should have at least 38 grams of fibre per day, with women requiring 25 grams. Because a medium-sized pear offers around six grams of fibre, it's one of the best sources of it in the fruit world – helping you meet nearly a quarter of your daily requirement.

Its fibre content helps in lots of areas. It can help reduce your cholesterol levels, stabilise blood sugar levels in diabetics, and promote

bowel regularity so you can benefit from a healthy digestive tract. As pears are 84 percent water, your body can have an easier time flushing toxins from your body. High fibre also keeps you fuller for longer, which may help with weight management.

When it comes to fighting free radicals, pears pack the punches here too. Their high levels of antioxidants, such as copper and vitamins C and K, help remove free radicals, protecting your cells from the damage these can cause.

However, it's helpful to be aware that pears are a high FODMAP food. They have more fructose than glucose, which can sometimes result in bloating, gas, pain, and diarrhoea in those suffering from irritable bowel disorders. If you need any help or advice with this, then consult your GP.

While you can't live on pears alone and expect to be the picture of health, you can include them as part of a healthy, well-balanced diet and enjoy both the flavour and health benefits.



## 10k a day – is it necessary?

When it comes to counting steps, most people tell you the golden number is 10,000, but is it? And where did this figure originate?

It is believed it began in Japan back in the 1960s during the lead up to the Tokyo Olympics, by a company that marketed step counters. The message was that everyone should be walking 10,000 steps a day if they wanted to stay in peak physical condition. However, in reality, that figure was more about selling the step counters, instead of looking after your health.

Most people know that going for a walk is the most natural, affordable and accessible exercise type. You can put on your trainers and pound the pavement, knowing you are helping to reduce your risk of type 2 diabetes, heart disease, and even depression.

What's more, walking is something that almost everyone can fit into their daily life – making it all the more beneficial as a way to

stay fit and healthy. Instead of 10,000 steps, however, Australian guidelines recommend you do at least 150 minutes of moderate exercise every week – which is around half an hour, five days per week.

Half an hour of walking is around three to four thousand steps – less than that golden number of 10,000 and the 7,400 steps that most average Australians do every day. So how many should we do?

Summing up what wider studies have found regarding step counting, the more you do, the better the health outcome. A 2015 Australian study found every 1,000-step increase decreased your risk of premature death by six percent, and by 46 percent in those who walked more than 10,000 steps.

Therefore, if you can include at least half an hour of moderate exercise into your daily routine, or even aim for that goal of 10,000 steps, you can be doing your body a world of good.



## Pear & Apple Crumble

This easy recipe makes a great family dessert. Try adding a handful of frozen berries into the fruit mix for a pop of colour.

### Ingredients

- 4 pears, diced
- 4 apples, diced (or more pears)
- ¼ cup lemon juice
- 1 cup ground almonds
- ½ cup oatmeal
- ¼ cup coconut oil, melted
- 2 Tbl honey or maple syrup (optional)
- 1 tsp cinnamon
- ¼ tsp ground ginger
- ¼ tsp sea salt (Celtic is good)
- ½ tsp vanilla

### Method

Preheat oven to 180 degrees.

Mix pears, apples and lemon juice. The juice helps to stop the fruit from going brown. Place into either one large baking dish or four small dishes. Leave room for the topping.

Combine remaining ingredients in a bowl, then sprinkle over the fruit.

Bake for approximately 20 minutes until golden and bubbling.

Allow to cool for 10 minutes before serving, as the fruit will be very hot.

Optional:

- mix some chopped walnuts through the topping.
- reserve half a pear and slice thinly for decoration.

# Frozen peas or a wheat bag?

When you're suffering from an accident, injury, or illness, it can be hard to know which will help – ice or heat. The following information might help to clear things up.

Most people know that applying an ice pack or a heat pack can help to ease aches and pains, but there are cases where you can do more harm than good, or when one treatment may be more suitable than the other. How do you know what will work?

Before you head for the freezer or heat up the wheat bag to ease your aches and pains, ask yourself whether the pain is in your muscles or joints. Is it from an old injury? Does the pain relate to muscular tenderness or tightness?

If muscle tension is causing your pain, then heat can be effective for soothing stiff joints and relaxing muscles. It can also ease pain related to older injuries such as sprains and strains.

However, if you have a new sprain, acute pain, damaged skin or cancerous tumours, then heat is not a suitable option as applying heat can increase inflammation.

In the case of a new injury, ice can reduce any swelling or bleeding, and relieve pain. You may also find benefit in using ice for back pain, arthritis, and migraines.

If you're not sure whether to reach for the bag of frozen peas or the wheat bag, then don't worry. Have a chat with your chiropractor and find out which option is best to help alleviate your particular condition or injury.



## PRACTICE UPDATE

### 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](http://coastlinechiropractic.com.au)

### WAITING TIMES

Nobody likes waiting. We are well aware of this and try very hard to adhere to our appointment schedules. However due to the unpredictable nature of some emergencies we may run behind time. We sincerely regret any inconvenience caused to our patients when we are running behind with our appointments. We make every effort to see patients at their appointed time. You can assist by telling reception staff if you have several problems or a complex issue.

### 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.

# Looking after your latissimus dorsi

**The latissimus dorsi, or lats for short, is a muscle in the middle and lower portion of your back. It plays an important role in your body, so how can you look after it?**

You use your lats muscle for all kinds of tasks, from chest expansion when breathing, to pushing yourself out of a comfy chair. Athletes rely on these muscles for a range of arm-related sports, and training that includes bench presses. If you play golf, baseball, tennis, have poor posture, or even just do an activity such as chopping wood, you may use this muscle more than most.

With so much use, it's not uncommon to feel pain in the area surrounding your lats. Normally, any pain and discomfort relates to sports, overuse, or poor technique. A tell-tale sign of an injury to the lats can be distinct pain in your back, shoulders, shoulder blades, lower arms, and the inside of your arms down to your fingers. Severe damage can also include arm tingling, breathing troubles, and back tendonitis.

A wide range of people can find themselves with lats muscle pain; fortunately, there are ways to prevent or ease it, and strengthen the muscle to reduce the risk. A personal trainer or expert can ensure you are using the correct form, while offering helpful advice for the future.

Exercises that experts might suggest include the back bow and pelvic lift. The back bow requires you to lie facedown and form a pose similar to Superman flying, while the pelvic lift involves lying on your back and lifting your pelvis upward. You can also prevent pain by using proper form, not overusing the muscles, warming up and cooling down, staying hydrated and getting massages.

Damaging your latissimus dorsi muscle is uncomfortable, but it's entirely preventable and manageable with a bit of help from an expert. Consult your chiropractor for advice or information on the correct exercises to manage and treat the discomfort.

## CROSSWORD SOLUTION

- ACROSS
- 4. HYDRATE 7. PREMATURE 10. SPRAIN 12. TENDONITIS
  - 13. WALKING 15. BLOATING
- DOWN
- 1. YOGA 2. ENDURANCE 3. MEDITATION 5. DYSFUNCTION
  - 6. HEAT 8. DEPRESSION 9. SPASM 11. TOXIN 14. LATS

**Disclaimer:** The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

Take me home to complete our **PUZZLE** – check inside!