

The Spinal Column

Autum 2015

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Consulting hours

Mon.	8-12	2-7
Tues.	8-12	2-6
Wed.	8-12	2-6
Thurs.	8-12	2-6
Fri.	8-1	2-6
Sat.	9-12	

Our Commitment to you

Our aim is to provide efficient and effective health care through the removal of vertebral subluxations in a friendly and caring environment.

Furthermore we are committed to providing the knowledge that will allow our patients to make informed decisions concerning their health.

The X-Factor of Health

Recently I have been receiving a lot of questions about health, this article will look at the X-Factor of health

In response to these questions I ask a question of my own. "What lifestyle changes do you think are necessary to improve your overall health?"

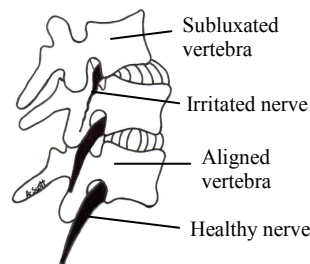
The vast majority of people are able to provide four of the five necessary lifestyle changes, namely; diet, exercise, rest and positive mental attitude. Very few know of the final component of health, the X-Factor.

Lets begin by taking a closer look at how the body functions. We all know that the heart pumps blood around the body and the stomach and intestines digest the food we eat. The lungs allow us to take in fresh air, the glands produce hormones that the regulate cell function and the kidneys eliminate waste. But what controls all of these processes?

The short answer is the nervous system, which is made up of the brain, spinal cord and nerves. The brain is the computer of the body, while the spinal cord and nerves are the communication pathways that the brain uses to talk to the trillions of cells that make up our body.

The brain and spinal cord are considered so important that they are encased in bone. However the need for humans to be able to move and bend resulted in the spine being made up of 24 interlocking bones rather

than one solid structure. These bones, called vertebra each have a hole in the centre and are stacked one upon the other such that the holes form a central canal that protects the spinal cord. A set of joints at each level allows for movement to occur.



Vertebral Subluxation - the X-Factor

Exiting from between each vertebra is a spinal nerve whose job it is to convey the brains messages from the spinal cord to the tissues and organs of our body.

As the vertebra of the spine move, it is possible for them to become stuck out of the correct position leading to irritation of the nervous system, reducing its

capacity to control and regulate the body. This is called a Vertebral Subluxation and it is the X-Factor of health.

Dorland's medical dictionary defines health as the 100% function of all cells. Importantly, health is not determined by the absence of symptoms, but by the optimum function of the body!

Chiropractors are the only health professionals trained to detect and correct vertebral subluxations thereby removing a source of interference to the nervous system. This ensures the brain's messages get to the organs and tissues clearly, allowing them the best chance to function optimally.

Maintaining a spine free of subluxation, coupled together with a good diet, regular exercise, sufficient sleep and a positive mental attitude is an essential lifestyle choice for those serious about their health and wellness.

Complimentary Initial Spinal Scan

The bearer of this voucher is entitled to a complimentary initial spinal scan designed to detect the presence of nerve interference as a result of faulty spinal mechanics.

**Call King William Road Chiropractic
on 8357 9229 to arrange appointment.**

www.kwrchiropractic.com.au

Is sugar really that bad?

We are constantly bombarded with messages in the media about what foods we should and shouldn't be eating, making it difficult to decipher what foods are best for our bodies.

Sugar is one of these products that have been vilified recently, with the increase in popularity of diets encouraging you to restrict or avoid sugar completely. But what are the facts regarding sugar and how our body uses it?

First of all, let's talk about what sugar actually is. White sugar is also known as *sucrose*, which is called a *disaccharide*. This is formed from the bonding of two molecules, *glucose* and *fructose*. Glucose and fructose are called *monosaccharides*, meaning they are singular molecules. Most sugars that are found in nature are a mixture of glucose, sucrose and fructose. The other type of sugar is called *galactose* and this is the sugar found in milk. *Complex carbohydrates*, such as grains or legumes, also contain sugars called *starches*, which consist of many glucose molecules bound together and are called *polysaccharides*.

Glucose is the body's most preferred source of energy. If the diet is low in glucose the body can use proteins or fats for energy, but this is a longer and more complicated task for the body.

When we eat a food that contains sugars it is first broken down to all its simplest molecules, which for sugar are monosaccharides. The body then releases *insulin* which is a hormone from the pancreas, which moves the glucose from the bloodstream and into the cells. Energy production and the body's metabolism require a steady blood sugar rate, and problems can occur when we eat foods that cause rapid spikes and falls in insulin or blood sugar. The best types of sweet foods are those that contain a balanced mixture of glucose, fructose and sucrose, as these help the body to release a steady amount of insulin and promote balanced blood sugars. Good examples of these foods are sweet foods the way that nature intended them - ripe fruits and root vegetables that are well cooked, as well as honey, maple syrup (not maple flavoured syrup) and molasses.

Sweet foods that are best avoided are those that don't contain that balanced mix of sugars, and these are commonly highly processed sweeteners. One such example is rice syrup which is purely glucose and when ingested causes a rapid spike in blood sugar. Excessive consumption of these processed sugars can lead to insulin resistance which then progresses to non-insulin dependent diabetes (NIDDM). The sweet tasting herb Stevia can also be problematic as it 'tricks' the body into thinking it is eating something sweet, but then doesn't provide any actual glucose to fuel the cell, which then causes the blood sugar levels to fall. A similar reaction happens in the body when artificial sweeteners are eaten, and these chemical sweeteners are best avoided also.

In order to help maintain balanced blood sugar levels it is important that sweet foods are eaten in combination with quality proteins and fats, to create a balanced meal that encourages stable blood sugar levels and keeps you feeling full. For example, eat some goat's cheese or a boiled egg with a ripe piece of fruit, have roasted sweet potato with a piece of baked fish, or make a smoothie with fresh ripe fruit, coconut milk and gelatin.

In short, sugar eaten in the correct form (un-processed), combined with the correct foods (balanced diet), can be a health promoting, energising substance for our bodies. So don't get rid of sugar all together, just the processed ones! We are spoiled for choice at this time of year with beautifully ripened stone fruits and tropical fruits, so make the most of these nourishing, natural sugars.

Further Reading

Platt, C 2013, *Don't Quit Sugar*, Hachette Australia.

Sgourakis, E, 'Defending fruit... and other NONcomplex carbs', blog post, *The Nutrition Coach*, <http://www.thenutritioncoach.com.au/anti-ageing/defending-fruit-and-other-noncomplex-carbs/>

Sgourakis, E, 'Age Sweetly', blog post, *The Nutrition Coach*, <http://www.thenutritioncoach.com.au/anti-ageing/age-sweetly/>

Yummy fig, walnut & cacao balls

These yummy little balls are an excellent snack that are gluten, dairy and processed sugar free!

Ingredients

1 cup desiccated coconut
½ cup walnuts, chopped
1 cup dried figs, roughly chopped
1 cup dates, pitted and roughly chopped
1 tbsp honey
½ cup raw cacao powder
½ tsp cardamom powder
1 tsp lemon zest
½ – ¾ cups coconut oil
Extra desiccated coconut and ground up walnuts to roll balls in

Method



- 1) Place the dried fruits into a food processor and blitz for 30secs.
- 2) Add the walnuts and blitz until just combined.
- 3) Add the remaining ingredients and blitz until the mixture is smooth and glossy.
- 4) Roll the mixture into small bite size balls and cover with extra coconut or ground up walnuts.
- 5) Refrigerate for 2 or more hours before serving.
- 6) Enjoy!