

The Spinal Column

Winter 2015

King William Road Chiropractic

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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.

Sports Chiropractic

Chiropractic is widely recognised as an excellent therapy for musculo-skeletal conditions and health in general. However its application in sports performance is not so well known.

The reasons for this could be many, but the most likely one is a poor understanding of how chiropractic influences the function of the nervous system. The nervous system controls the function of every cell tissue and organ in the body and this includes muscles.

Athletic performance is hampered by the presence of nervous system irritation as a result of faulty spinal biomechanics. In order for a joint to move there are a range of muscles that must contract while others must relax and all to varying degrees. This highly refined process is all controlled by the nervous system. The upshot is that in order for you to move at your best you must have a perfectly functioning nervous system first and foremost. Then and only then, can you properly train your muscles to full capacity. The vital role that chiropractic plays in this cannot be overlooked. When an athlete is able to train at their maximum potential great things can and do happen.

King William Road Chiropractic proudly sponsors a number of elite athletes and sporting teams. Part of our role in this arrangement is to provide chiropractic care on a basis that promotes optimum performance. It is very proudly, that I inform you that all of these athletes have achieved outstanding

results, and while I cannot claim to be responsible for all of their success, I am sure that we have certainly contributed to it.



Tony Scoleri competing for Australia

I would like to take this opportunity to introduce these outstanding individuals. Starting with the **Goodwood Saints Football Club**, our first sponsorship arrangement that is now in its 20th year. During this time we have seen the club become the most dominant club in the A1 division, with several premierships and finals appearances almost every year. Last year all 4 senior teams won the premiership!

The next individual I would like to introduce is **Maureen Moyle**, winner of 7 city to bay fun runs and age group champion in multiple track running events. Maureen just keeps getting better.

Another individual we are proud to be involved with is **Rohan Dennis**, who many of you will recognise as this year's winner of the Tour Down Under cycling race. Rohan has had an outstanding year this year adding a world record distance for the one hour, and most recently earning the yellow jersey in the Tour De France!

Our newest sponsored athlete is **Tony Scoleri**, who is an elite Australian para-triathlete with a right arm disability competing in the PT4 class. After a near fatal accident in 2007, he came back into competitive triathlon in 2014. Within that year, he won the Oceania Games, Australian National Paratriathlon and Paraduathlon titles in his classification. He also realised his dream of representing Australia at the World Championships where he came 4th in the open (age group) race. Now competing in the elite category, his future objectives include the 2015 World Paratriathlon and Paraduathlon Championships with the aim to qualify for the 2016 Paralympic Games in Rio de Janeiro.

As you can see from this amazing group of athletes, chiropractic coupled with hard work and determination can truly lead to great things. So if you are an aspiring athlete or just looking to perform at your best, it is essential that you have your spine checked on a regular basis

Yours in health,

Aaron

Bone Broths - Soup for the soul and more

By Sarah our resident naturopath, masquerading as a CA

Many cultures around the world have a nourishing broth as a staple of their traditional diet, from French consommé to Vietnamese pho, and as the weather cools down and the sniffles begin to appear people commonly take solace in these comforting and nourishing meals. Their healing properties are far from old wives' tales however, as the humble bowl of soup has a myriad of nutritional and healing properties.

Most broths or soups are based around a stock that has been made from simmering animal bones with a combination of vegetables and herbs. The process of slowly simmering the bones over a number of hours allows for the goodness from the bones to be extracted and released into the broth, such as the minerals *magnesium* and *calcium*, and the nutrients *gelatine* and *glucosamine*.

When many people think of gelatine they immediately think of cow hooves, but in truth this nutrient is a protein that comes from collagen from the connective tissue, skin and bones of animals. Although that sounds a bit gruesome, traditional diets were very high in gelatine as then it was commonplace to cook an entire joint of meat in a stew or braise, versus nowadays when it is more common to consume only muscle meats such as beef steak or a chicken breast.

Gelatine has many health benefits including improving skin and joint health through its role in the formation of collagen, and because of its glycine component it can act as an anti-inflammatory and anti-oxidant in the body, whilst also helping to heal and soothe damaged intestinal

linings and increase calcium absorption and the digestion of other proteins. Bone broth is one of the easiest and cheapest ways to include more gelatine in the diet, and it's quite simple to make.

Ask your butcher for some grass-fed beef bones (marrow bones are great, and organic grass-fed beef bones are even better!), put them in a pan and roast in a moderate oven until browned. Transfer these to a large stockpot, add vegetables and herbs with a dash of apple cider vinegar and enough filtered water to cover all the ingredients and simmer for 3-4 hours. This recipe is very forgiving – add different types of animal bones, vegetables, herbs and spices depending on your personal preference! Try chicken bones with onion, garlic, peppercorns and thyme; or beef bones with onion, celery, carrot, garlic and bay leaves; or lamb bones with a dash of red wine, rosemary, onion and garlic.

Once the broth has finished simmering season with a good quality salt, then strain the liquid into glass containers where it will keep covered in the fridge for up to a week, or in the freezer for several months. You may find that the broth will gel overnight in the fridge, which shows that the gelatinous goodness has been extracted from the bones! You can sip on the broth as a nourishing hot drink, or use it as the basis for soups or stews – from hearty chicken and vegetable soup made from chicken bone broth, to a spiced lamb and prune tagine made from lamb broth, or osso bucco made from beef broth, the possibilities are endless!

Immunity - it's yours, why not keep it?

By Anette (aka. Magic Fingers)

The biggest question is - how does the body know when the body is being invaded by a foreign pathogen?

Simple... The body has an incredible ability to distinguish between the body's own cells (self) and foreign cells, or "non-self". Every molecule in your body carries distinctive molecules that identify it as "self", therefore not being rejected by the body's immune defences. Any substance that is capable of triggering an immune response is known as an antigen/pathogen. These pathogens can be a virus, bacterium, fungus, parasite or even a portion or product of one of these organisms. When the immune defenders realize that there is a cell or organism in the body carrying molecules that brand them as "non-self" they immediately move to eliminate these intruders and tell all their mates to be on high alert. In some unfortunate cases, the immune system can make the horrible mistake of confusing "self" for "non-self" and launch an attack against the body's own cells or tissues. This is what happens in autoimmune conditions such as eczema, sinusitis, asthma, IBD and more.

So what is the best way to keep your immune system working at its best?

The most important thing to remember is that the immune system is controlled and regulated by the nervous system. Chiropractic adjustments may reduce nervous system irritation allowing greater regulation of the body and immune system allowing it to perform at its best.

The next most important consideration for optimum immune function is nutrition. This will not only provide the nutrients needed but also maintain a healthy gut environment. You must ensure that your diet consists of plenty of vegetables together with smaller quantities of fresh fruits and free range grass-fed meat. Avoiding processed foods and refined sugar is also recommended. When possible try and eat organic foods to decrease the amount of nasty pesticides entering your system. The addition of fermented foods is also very important. Why? Because they are a fantastic source of good probiotic bacteria an absolute necessity for good gut health and immunity and are particularly helpful in the management of autoimmune conditions. Try adding some sauerkraut, kimchi or miso to your diet. It's delicious and your gut will love you for it! Finally, to top it all off, add some of Sarah's bone broths.

For more tips go to our website blog at <http://kwrchiropractic.com.au/immunity-its-yours-why-not-keep-it/>