

OUR CHIROPRACTORS

Dr Gareth Calverdash

BSc Hons (Chiro), B.Chiro, ICCSP

Graduated from Murdoch

University.

He is the head of the well-being

team.

Dr Sasha Aspinall

BSc (Hons), BChiro, PhD

Graduated from Murdoch

University as Dux of her class.

Her particular interest lies in

spinal pain.

Dr Tanja Ricciardi

BSc (Neuro), BSc (Chiro), BChiro

Graduated from UWA with

Neuroscience major then went

on to complete a Chiropractic

degree at Murdoch University.

CLINIC STAFF

Carolyn

Senior Receptionist

Alexandra Wetton

Receptionist/Marketing

CONSULTATION TIMES

Consultations are by appointment

Monday to Friday

8am - 11am & 2pm - 6pm

Saturday

8am - 12 noon

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Health Adjustment

AUTUMN 2023

Editors Note - Dr Gareth Calverdash 🕶️

Dear Hilton Chiropractic Community,

We hope you have all survived summer and are ready to cool down. This Autumn let us help you get fit and healthy!

We have some helpful tips of good eating and information on how to prevent running injuries.

We now stock "Smart Protein Bars" so pop in and try.

Regards Dr Gareth. 🕶️

LOWER LIMB INJURY PREVENTION

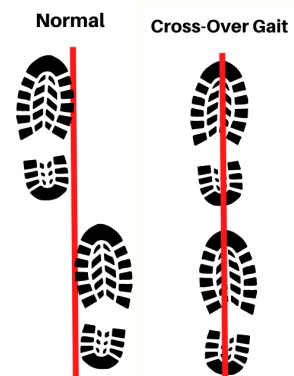
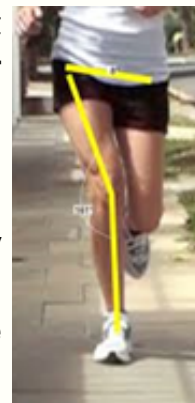
There are some simple ways that you can identify causes or risks of injury in running & running related sports.

A number of studies have shown if we change a few small aspects about someone's running/walking technique, they are less likely to be injured in running sports. This can be assessed in 2 ways:

1. Cross-Over Gait
2. Over-Striding Gait

1. Cross-Over Gait:

When we walk and run, it is important that we **do not cross our legs over each other**. It is important and effective to run with your feet under your hips. Crossing over can lead to hip, knee and ankle problems. They suggest the concept of **running on a line or track**, but not allowing the foot/big toe to cross over the track.



2. Over-Striding Gait:



It is important to look out for over-striding. It has been found that if a person **reduces their stride rate by about 10%** they significantly reduce their chance of injury. If you are concerned of this, it would be advisable to speak to a health professional with a knowledge of running biomechanics.

At Hilton Chiropractic we are experienced sports chiropractors with a special interest in gait analysis & running mechanics.

If you have any questions or are interested in knowing more feel free to call us at Hilton Chiropractic on 93376033 and we will do our best to help you. Regards, Dr Gareth www.hiltonchiropractic.com.au

THE IMPORTANCE OF PROTEIN



Proteins are the BUILDING BLOCKS of our cells, WE CANNOT DO WITHOUT THEM. EVERY CELL in our body needs them to breakdown, transport and protect etc. All enzymes are proteins. Enzymes are needed to digest food and for metabolic reactions in your cells. Hormones are made from proteins. Hormones control our metabolic and reproductive functions, like insulin and testosterone.

Proteins are involved in the function of your immune system (your antibodies are proteins). You can also metabolize proteins for energy. Therefore, WE NEED PROTEINS IN EVERY MEAL, EVERY DAY!

THE BENEFITS OF EATING HIGH PROTEIN FOODS

- Reduces Appetite and Hunger Levels
- Increases Muscle Mass and Strength
- Good for your Bones
- Reduces Cravings and Late Night Snacking
- Boost Metabolism and Increases Fat Burning
- Lowers Blood Pressure
- Helps Maintain Weight Loss
- Does Not Harm Healthy Kidneys
- Helps Your Body Repair Itself After Injury
- Helps You Stay Fit as You Age

https://www.healthline.com/nutrition/10-reasons-to-eat-more-protein#TOC_TITLE_HDR_6

SMART PROTEIN BARS

Hilton Chiropractic want to help you achieve your health, wellness and nutritional goals.

We now have the **SMART PROTEIN BARS** available for you to purchase, either single or by the box.

There are flavours to suit all tastes! These bars are the best way to prevent the all too convenient purchase of **high sugar snacks**. Take a look at the comparison chart and see the benefits for yourself!

	PER SERVE		PER SERVE
ENERGY	195cal	ENERGY	278 cal
PROTEIN	18.6g	PROTEIN	4g
FAT	9.2g	FAT	14g
CARBS	2g	CARBS	35.9g
SUGARS	0.6g	SUGARS	30.2g
FIBRE	18g	FIBRE	1.4g

Enjoy the taste of a protein-packed bar that is handmade, cold-pressed and free from artificial flavours, preservatives or fillers. Packed with raw ingredients, the Smart Protein Bar are packed with 20g of quality grass-fed whey and milk protein isolates.

Low in carbs and elevated by a unique blend of prebiotic fibre, the Smart Protein Bar is sweetened with stevia and contains no soy. If you need an easy snack to fuel your busy day while supporting your goals - this snack is for you!

Whether you're looking for an easy protein kick after training or need a convenient snack to sustain you on the go, a Smart Protein Bar can fuel you.

1.www.cronometre.com, 2.www.australiansportsnutrition.com.au/smart-protein-bar.htm, 3.www.bulknutrients.com.au, 4.www.healthline.com/nutrition/10-reasons-to-eat-more-protein

AUTUMN SPECIAL

2 FREE WHEN YOU
BUY A BOX OF 10



\$5 EACH
MANY FLAVOURS



*20G
PROTEIN
PER BAR