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He is the head of the well-being team.

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BSc (Chiro), B.Chiro, B.SportSc, ICCSP

Graduated from Murdoch University.

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Dr Sasha Aspinall

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Graduated from Murdoch University

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BSc (Neuro), BSc (Chiro), B.Chiro

Graduated from UWA with

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CLINIC STAFF

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CONSULTATION TIMES

Consultations are by appointment

Monday to Friday

8am - 11am & 2pm - 6pm

Saturday

8am - 12 noon

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Health Adjustment

SPRING 2021

Editors Note - Dr Gareth Calverdash 🤓

SPRING IS HERE! Welcome everyone, **women especially**, we're talking to you this season! With Women's health week around the corner we are discussing all things women's health: there's info on **foods and moods, pregnancy & back pain**, and more to come on social media if you want to follow us:

www.facebook.com/HiltonChiropractic www.instagram.com/hiltonchiropractic

Women's Health Week: 6 - 10 September 2021

Women's Health. Powerful stuff.

Good health is powerful! So this September, Women's Health Week will be a great reminder to set aside time for your health and well-being.

Make an appointment for 50% off an initial or returning appointment here at [Hilton Chiropractic](http://HiltonChiropractic), see our special offer below. Remember to keep active, and connect with family and friends.

Why Women's Health Week?

In 2013, realising that there was no event dedicated to women's health in Australia, Jean Hailes for Women's Health ran the very first national Women's Health Week. Thousands of women across Australia subscribed to take part in a week of events and online activities, learning more their health.

Now in its ninth year, Women's Health Week continues to gain groundswell nationally. In 2020 (despite COVID-19), more than 90,000 women participated in more than 1400 events, and over 45,000 women subscribed to the online campaign.

We are proud that Women's Health Week attracts the support of organisations, high profile ambassadors, businesses, community, sporting and media groups across the country.

Women's Health Week is now a permanent feature on the Australian calendar taking place in the first week of September.

About Jean Hailes

Jean Hailes for Women's Health is Australia's leading and most trusted women's health organisation. For more information, please follow the link to her website:

www.jeanhailes.org.au

WOMENS SPRING SPECIAL 2021

CALLING ALL

Mums, Nans, Sisters, Daughters

Give yourself the gift of health this Spring
In alignment with *Women's Health Week*
we would love to offer you 50% off

***Review consultation**

***Initial consultation**

To book this special, please
Call 9337 6033

or visit www.hiltonchiropractic.com.au

Did you know that
Hilton Chiropractic
can ALSO help with:

***Pregnancy Pain**

***Pelvic Pain**

***Hip Pain**

***Incontinence**

***Abdominal Wall**

***Low back pain**

***Migranes**

50%
OFF

Chiropractic during Pregnancy by Dr Sasha Aspinall

If you're pregnant and looking for options to help you deal with back or pelvic pain, you may wish to consider chiropractic care. Let's take a look at the subject.

Around two-thirds of pregnant women experience lower back and/or pelvic pain during their pregnancy, tending to occur more often later in the pregnancy and if the mother has a history of pain before or during previous pregnancies. About half of these women don't receive help or advice for the problem, which often interferes with daily activities, work, and sleep. Women may feel limited in their options while pregnant, wishing to avoid drugs or other therapies that they're unsure about.



There are thought to be a number of possible causes for lower back and pelvic pain during pregnancy, though it is a complex topic that we don't understand very well at present. Changes to your centre of gravity (from your growing tummy!) and weight gain leads to extra loads passing through the small spinal joints and shock absorbing discs of the lower part of the spine, as well as to the joints and ligaments around the pelvis. Muscles around your spine, pelvis, and abdomen might not function effectively because of the changes to your posture. On top of this, the pregnancy hormone Relaxin is thought to cause joints and ligaments to become lax or loose, in preparation for child birth. It is likely a combination of these factors, among others, that lead to pregnancy-related low back and pelvic pain, making it a complex issue.

So can chiropractic help?

There's evidence that chiropractic may be helpful for lower back and pelvic pain in pregnancy. One recent study found that pregnant women who had chiropractic care once a week added to their regular medical care had significantly improved back and pelvic pain. There are also several other studies that found some positive results with chiropractic care. The research in this area is positive, but limited at present. There are many tales of pregnant women experiencing great relief with chiropractic care, but better research is still important as well.

Alongside potentially helping with lower back and pelvic pain, it is suggested that chiropractic care can help women have an easier birth process. It may do this by helping to align the joints of your pelvis and reducing pelvic 'torsion' (twisting), allowing the baby to move about in the womb and through the pelvis easier. Many chiropractors also report that chiropractic can assist in ensuring your baby is in the right position for birth (head down). There is a lack of research on this topic though so these thoughts are based on the experience of chiropractors and their patients.

What does chiropractic treatment involve?

Chiropractors will work around your growing belly and have a variety of gentle techniques at their disposal to manipulate or mobilise your joints to ensure they are balanced and moving correctly. Working on spine and pelvic muscles can also be an important part of supporting your body. You will usually be given advice and exercises to help you manage your symptoms proactively too.

What are the risks?

You might wonder, is chiropractic safe for me and my baby while I'm pregnant? Generally, the answer appears to be yes. There are no reports of risks specific to a healthy pregnant mother or growing foetus. Of course, you must consider the normal risks associated with chiropractic that apply to any person. These are mostly minor. You can get more information about the risks by speaking to a chiropractor, which can depend on your specific situation and the types of treatment used. And remember, you always have a say in what types of treatment you do or don't receive and can opt out of anything you are concerned about.

What else can I do?

Regular moderate exercise in a normal pregnancy is highly recommended. It may relieve lower back and pelvic pain as well as help prevent excessive weight gain, among a variety of other health benefits for the mother.⁹ See the Sports Medicine Australia brochure "Pregnancy and Exercise" for further information about recommended exercise levels here. You can also consider physiotherapy, massage or acupuncture for pregnancy-related lower back or pelvic pain. Each of these options also have some limited evidence to support their use,¹ so are viable alternatives to chiropractic care. Pelvic or sacroiliac belts can potentially be helpful short term, if you suffer from pelvic instability. You can speak to your health care provider about whether these might be right for you. You may also wonder which pain killers are safe - talk to your doctor or pharmacist who can best advise you.

The Final Message....

Chiropractic is a good option to consider if you are dealing with pregnancy-related lower back or pelvic pain, and could help you get through your pregnancy in greater comfort. We haven't yet found one 'best' treatment, but you definitely have choices. You don't have to suffer through, thinking there is nothing to be done. I encourage you to take control and support your body through this journey!

Dr Sasha Aspinall

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IF YOU SUFFER FROM DEPRESSION OR ANXIETY PLEASE TAKE THE TIME TO READ THIS ARTICLE

An Undernourished Body is a Depressed Mind by Cindy O'Meara

Just think about this: over the past 30 years, and particularly in the past five years, the rate of depression and anxiety has increased enormously. In the western world alone, **depression is one of the most debilitating and expensive illnesses**, costing billions of dollars a year. **One in five westerners has some form of mental illness** and around 6 per cent suffer serious depression. Considering most people are materially better off today and enjoy more convenience than existed just 30 years ago, you have to wonder what has caused the increase. Is it the pressures of the world, **or is it a result of the foods we eat affecting the brain chemicals that balance mood**, which in turn affects our coping skills?

There are three main chemical neurotransmitters in the brain that help send messages from one cell to the next. They are dopamine, noradrenaline and serotonin. Dopamine and noradrenalin are the brain chemicals that keep us alert; they have a tendency to make us think more quickly and they increase motivation, mental acuity and productivity. Serotonin, on the other hand, is the calming brain chemical - it produces a relaxed, more focused, less anxious, less stressed, more euphoric feeling. Our levels of these neurotransmitters are directly related to the foods we eat. Now I can see you reading with anticipation to find out which foods increase or decrease these chemicals, as there are always times in our life when we wish to have one or the other mood. **It's quite simple really: proteins** - such as meat, fish, eggs, freshly shelled nuts, yoghurt, cheese, legumes and complementary proteins - **cause an increase in the brain chemicals for alertness** (dopamine and noradrenaline), while **carbohydrates** - such as wheat, rye, millet, oats, rice, bread, pasta and starchy vegetables - **cause an increase in the brain-calming chemical, serotonin**.

CHOOSE YOUR MOOD BY CHOOSING YOUR FOOD

CALMING CARBOHYDRATES

All carbohydrates are not equal in their ability to offer mood-altering results. The best way to consume carbohydrates is in the form of whole grains and complex carbohydrates. Oats, millet, cracked wheat, buckwheat and rice are prime examples. Whole grains are broken down over a long period of time, keeping a constant flow of serotonin in our brain. To experience the maximum effect of carbohydrates on your mood, it is important to eat them without any protein.

PEPPY PROTEINS

If you're feeling sluggish, protein power can produce the effect you want. Protein encourages the production of dopamine and noradrenaline which produce alertness, mental energy and quicker reaction time. The effects of eating protein last about two to three hours. To maximise the 'arousal' effect of a protein meal, limit the intake of fat and carbohydrates. If you are not a good sleeper it is important not to eat protein for several hours before bedtime or you may experience difficulty falling asleep.

NEUTRAL FRUIT AND VEGETABLES

Most fruits and vegetables are mood-neutral foods, so you can consume them without affecting your mood. If you're feeling the way you want to feel, a meal of fruit or a healthy salad might be the best option.

SABOTAGING FATTY FOODS

Fatty foods cause havoc with moods. An overburden of fats means digestion overload, causing a large portion of blood flow to leave the brain and be shunted to the digestive tract to help with digestion and absorption, thus causing a condition I call 'brain fog'. The brain simply stops working at peak efficiency and goes into slow mode, causing tiredness, forgetfulness, lack of concentration and all other mind-confusing, unwanted feelings. (By the way, a very large indulgent meal will also give the same symptoms.)

ANTAGONISING ALCOHOL

Difficulty walking, blurred vision, slurred speech, slow reaction times, impaired memory, aggression, confusion, amorous, super mellow, - clearly, alcohol affects the brain and our moods. Alcoholism destroys the brain, but current research shows that moderate alcohol consumption increases blood flow to the brain, which seems to suggest a link with improved mental function. The results of the research show some specificity in the association between alcohol consumption and cognitive ability. Research at University College, London, has found that those who drink only one glass of wine a week have significantly sharper thought processes than teetotallers.

EXHILARATING CAFFEINE

While caffeine is an addictive drug it can also be a very useful tool for changing moods and states of alertness. Scientists have developed various theories to explain caffeine's wake-promoting and mind-altering power. It seems to interfere with the chemical adenosine, which is a natural sleeping pill made by the body. Caffeine has been shown to enhance mood and increase alertness; in moderate amounts it's potent for athletes, students, brain-storming committees and the like. Used wisely, and not as an hourly pick-me-up, caffeine taken as tea or coffee can alter brain performance, making it a very useful tool.

OUTSTANDING OMEGA-3 FATTY ACIDS

Omega-3 fatty acids, found in oily fish like salmon and mackerel as well as many nuts, like walnuts, can help stave off depression. Recent research has revealed that omega-3 is excellent for improving concentration and energy levels.

HELPFUL HERBS

Herbs have been used for centuries, not only for flavour in cooking but as natural remedies too. Ginger can lift the spirit, cinnamon counteracts exhaustion, camomile helps with nervous tension, while peppermint can be taken to help calm nerves and relieve anger. Basil is thought to clarify the mind, so try a large batch of pesto stirred through some healthy pasta to give your mind clarity.

VITAL VITAMINS AND MINERALS

B-vitamins play an important role in brain function. B6 helps to convert tryptophan into serotonin, vitamin B1 helps build and maintain healthy brain cells, and folic acid is also an essential brain food. Zinc is a mineral that helps keep the senses sharp as well as encouraging a healthy immune system - it is critical for proper growth and development of the nervous system.

PLAN YOUR DAY

It intrigues me that the typical western diet is carbohydrates for breakfast and lunch, and then protein for dinner and that most of the food eaten on a daily basis are modified by science and technology. If your moods and your sleeping patterns are not working for you, try changing and manipulating the foods you eat in order to change the brain neurotransmitters to those that best suit your needs. Add to that a daily dose of sunlight and exercise and finding a purpose for your life just may be the trick to reduce depression. The statisticians and health experts expect depression to be the most debilitating and most costly disease by the year 2020. It doesn't need to be. Our knowledge of the brain and its neurotransmitters clearly shows us that food is an important part of making sure this amazing complexity of chemicals and neurons runs efficiently. If you want quality thinking and you don't want to be a part of this destructive epidemic that affects many members of our society from teenagers to the elderly and every social strata, then re-read the section about which foods affect your mind and moods and choose accordingly. Make sure the quality of your thinking reflects the quality of your food ... which affects the quality of your thinking which affects the quality of your mood which affects ... By changing the quality of your thinking you then change the quality of your life. Happy Changing Habits

Cyndi O'Meara changinghabits.com.au

INGREDIENTS

- 60ml peanut oil
- 3 garlic cloves, crushed
- 2 tsp curry powder
- 2 tsp finely grated fresh ginger
- 4 (125g ea) chicken thigh fillets
- 1/2 red onion, finely chopped
- 1 small red chilli, chopped
- 2 tbsp peanut butter
- 180ml (3/4 cup) coconut milk
- 2 tsp soy sauce
- 40g chopped salted peanuts
- 1/2 lime, juiced
- 2 large zucchini, trimmed
- 1 Lebanese cucumber, sliced
- 250g cherry tomatoes, halved

NUTRITION

- Calories 521
- Protein 30g
- Fats 39g
- Carbs 9g

KETO SATAY CHICKEN BOWL WITH ZOODLE SALAD LOW CARB RECIPE



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METHOD

1. Combine 2 tablespoons oil, 2 garlic cloves, 1 teaspoon curry powder and the ginger in a shallow glass or ceramic dish. Add the chicken and turn to coat. Cover and place in the fridge for at least one hour to marinate.
2. Heat the remaining oil in a small saucepan over medium heat. Cook the onion, stirring, for 3 minutes or until softened. Add the chilli and the remaining garlic and curry powder and cook, stirring, for 1 minute or until aromatic. Stir in the peanut butter, coconut milk and soy sauce. Simmer, stirring, for 2-3 minutes or until thickened slightly. Reserve 2 teaspoons chopped peanuts for serving. Stir the remaining peanuts and the lime juice into the sauce. Set aside, covered to keep warm.
3. Meanwhile, use a spiraliser to cut the zucchini into long noodles or cut the zucchini lengthwise with a vegetable peeler then cut into long strips.
4. Heat a char grill pan or barbecue over medium-high heat. Cook the chicken for 3-4 minutes each side or until lightly charred and cooked through. Transfer to a plate and set aside to rest for 5 minutes before thickly slicing.
5. Divide the zucchini 'noodles' among bowls. Top with chicken, cucumber and tomatoes then drizzle with the warm satay sauce.