



CHIROPRACTIC
Solutions

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Spring & Summertime

- Let's work toward strengthening our health



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It is such a delight to wake as the sun is rising, birds chirping, flowers blooming and the warmth of the sun brightens not only the day but our moods. With this wonderful change however, comes a sense of panic – quick, summer is upon us let's get everything we have put off throughout the year done RIGHT NOW so it's "ready for summer"! This includes various things – home projects, the garden and of course our health and fitness. The focus here is your health.

Whilst it is fantastic and highly encouraged to be active, the emphasis should be placed upon continual, yearlong exercise regimes. There are many positive reasons for this. Principally, your health and internal systems will be well equipped to continue to keep you well and prevent occurrence or progression of many degenerative conditions. Degenerative conditions include, but are not limited to, cardiovascular disease, degenerative joint disease (arthritis), osteoporosis, diabetes, some cancers, mental disorders, etc. Regular exercise will also prevent the injuries quite often obtained when the weather improves and a rapid increase in activity occurs, and it also encourages faster healing. An active society will also benefit economically, and show social and community health benefits.

Quite often the focus of exercise is misdirected toward weight loss rather than health strengthening. Exercising regularly will provide you many benefits, such as increasing your endurance, healthier muscles, joints and bones, increasing your metabolism, give you more energy, enhance a sense of well-being and therefore enable you to be better able to cope with stress, to get to sleep and stay asleep.

Your most important asset is your health and it makes sense to protect it, and most importantly to invest in it. The federal government earlier this year made reference to the importance of shifting the focus of the health system to prevention rather than cure. Whilst their main aim for the push toward prevention was geared toward decreasing the strain on hospital loading, it is still encouraging that they are putting in place public education more directed toward continual true health care, rather than disease focused care.

Physical inactivity is also associated with high direct health costs, with a conservative estimate of around \$400 million each year. There are about 8,000 preventable deaths each year in Australia associated with physical inactivity, and it makes a large contribution to the overall burden of disease in Australia, ranking second only to tobacco use as the most important issue in prevention. These important benefits provide a rationale for sustained and focused efforts to increase activity levels amongst all Australians. There is also evidence that rates of participation in physical activity in Australia are declining. Serial surveys in 1997, 1999 and 2000 showed increased awareness of the health benefits of being active but some evidence for a decline in regular participation. Therefore we can't all claim we did not know regular activity will keep us healthier and more active longer; decrease our susceptibility to diseases and increase our recovery rate if we do happen to fall ill. We simply need to take accountability for our health and work toward enhancing and keeping it for life.

Congratulations to all of you for recognising an important step in your health which is supporting the correct functioning of your nervous system through regular chiropractic care! As you will all have learnt, Chiropractic treatment assists your body in functioning at its best. How you look after it in between visits helps your recovery, prevents recurrence, and keeps you well. Health and wellness is what you eat, how rested your mind and body is and of course the physical aspect. If you focus inward – nervous system, digestive health, immune health, etc - the outer you will look radiant!