

## Clinic Locations & Contact Numbers:

**Creek St Clinic:** 99 Creek Street (Cnr Adelaide) - 3229 0115 **Ann St Clinic:** 69 Ann St (City Plaza) - 3229 9334



### John Davies

Remedial Therapist

#### Qualification:

Diploma Remedial Massage

#### Specialty:

Deep Tissue Massage,  
Cupping Therapy, Lower back  
treatment

#### Ann St:

Monday, Tuesday,  
Wednesday, Friday

#### Creek St:

Saturday

#### Interests:

Fishing, Soccer, Music,  
Surfing, Travel, Rock Climbing



### Alexandra (Allie) Boot

Remedial Therapist

#### Qualification:

Certificate IV Remedial  
Massage, Certificate II  
Fitness Practices

#### Specialty:

Remedial Acupressure,  
Resistance Training Therapy

#### Creek St:

Monday, Wednesday,  
Thursday

#### Interests:

Outdoor adventures, music

## Eat Your Way to a Healthy Body

Healthy eating is essential to your health and well being. High processed foods laden with sugar and chemicals makes your body sluggish and tired. If your car is low on fuel, you'll notice that it runs slower and feels like it's working harder than it should be. The same thing happens with our bodies. When we don't provide ourselves with the nutrients that we need, we become slow and tired and our motivation drops to an all time low. The solution is simple. Change your diet.

#### Breakfast:

Breakfast is said to be the most important meal of the day. It should in fact be your second biggest meal, after lunch. By missing breakfast (as many of us do in this hectic day and age) we are depriving ourselves of essential vitamins and minerals. It also increases the chance of you reaching for that un-healthy mid-morning snack. By kick starting your day with low GI (wholegrain and rye breads) and high protein (i.e. sardines) foods, you are giving your body and your brain enough energy to easily get you through to lunchtime. Try foods such as:

- Brown rice, low-fat milk and a banana
- A spinach and mushroom omelette with a slice of wholegrain toast
- Porridge and low-fat milk with fruit for added flavor
- A banana and strawberry smoothie with low-fat milk

#### Lunch:

According to Nutrition Australia, we should aim to eat 20 to 30 different foods everyday; and as lunch is supposed to be the largest meal, this is a perfect opportunity to eat a variety of foods. To fit as many food groups in as we can, try eating vegetable soups or salads with many different types of vegetables along with wholegrain or multi-grain breads. Some ideas are:

- Refried-beans and salad burrito, a handful of cashews and a piece of fruit



- Minestrone vegetable soup with a multi-grain roll and a small fruit salad
- Tuna or salmon salad, low-fat yoghurt and a handful of almonds
- Lentil and vegetable stew with rye bread

#### Dinner:

If you can, you should try to have dinner before 8pm. Research suggests that after this time our bodies may not process carbohydrates as efficiently. Try to keep your serves down to a small size

and include lean unprocessed meat if you can along with low GI carbohydrates. Healthy choices include:

- Cajun spiced fish with fennel, baby spinach and mint salad and a multigrain dinner roll
- Chargrilled chicken with prosciutto cherry tomatoes and olive salad
- Steamed vegetable and lean beef stir-fry with soy sauce served with long grain rice
- Tuna steak with wasabi mayonnaise, roasted vegetable salad served on long grain rice

#### Snacks:

No matter how hard we try to ignore them, the biscuit and lolly tins are always going to be sitting there tempting us when in search of a mid-morning/mid-afternoon snack. The best way to get around this is by having healthy snacks on hand. Small amounts of these will keep you going throughout the day:

- Dried fruits
- Nuts
- Wholegrain crackers
- Carrot and or celery sticks

By eating healthy you are helping your body and your mind. By changing your diet you will find you have more energy to exercise which in turn will lead to you a happier healthier you!

### ANN ST IS MOVING!

**Where:** 99 CREEK ST (Cnr Adelaide St) - only a 10min walk from Ann St clinic or catch the free City Loop Bus Service from the City Hall, stop on Adelaide St, disembark at the next stop and stroll up to Creek St.

**When:** All therapists will be treating from our Creek St clinic from **Monday 12th February**

*We would like to thank all our valued clients over the years and hope to see you at Creek St!*

# Arthritis - the facts

Nearly one in seven people are affected by some kind of **arthritis**. Many people automatically associate arthritis with swollen aching joints, but they are not always correct.

The cartilage that normally protects the joints around our bones allows for smooth movement and shock absorption when pressure is placed on the joint (i.e. walking). Arthritis breaks down that cartilage causing the bones to rub together; this in turn causes pain, swelling, inflammation and stiffness. There are many reasons why you may experience joint inflammation:

- Broken bones
- Infection (bacterial and or viral)
- Autoimmune diseases
- General 'wear and tear' of joints

Usually after infection has cleared or the injury has healed, inflammation tends to go away. When the injury doesn't heal and the inflammation results in long term pain, this is usually referred to as chronic arthritis. The most common type of chronic arthritis is *Osteoarthritis* and is more likely to occur later on in life.

Risk factors for Osteoarthritis include:

- Being overweight
- Previously injuring the affected joint
- Using the affected joint in a repetitive action that puts stress on the joint (can also be seen as R.S.I - Repetitive Strain Injury)

Even though Osteoarthritis is incurable, there are many ways you can help yourself to control it and to reduce discomfort to a bare minimum - without medications. Making lifestyle changes without medications is actually *preferable* for treating Osteoarthritis and joint inflammation.



- **Exercise** - An individualised exercise program tailored to you by a physical therapist is necessary to reduce stiffness and improve muscle and bone strength. These result in healthy joints. Range of motion exercises should be included in your program to increase flexibility along with strength training exercises for muscle toning.

- **Diet** - There are many different food types that when added to your diet can increase movement in your joints therefore reducing symptoms. Antioxidants such as Vitamin E (found in fruits and vegetables) and Selenium (found in Brewer's yeast, wheat germ, garlic, whole grains, sunflower seeds and Brazil nuts) help to deactivate free radicals therefore preventing disease. Omega-3 fatty acids (found in cold

water fish - salmon, mackerel and herring - flaxseed, soybeans, pumpkin seeds and walnuts) are a great natural inflammatory and help to lubricate joints.

- **Massage** - Massage is a very good way of helping to reduce pain and other symptoms of arthritis. It can soothe stiff sore muscles, reduce inflammation and swelling. When used in combination with exercise, massage can greatly improve range of motion.
- **Acupuncture** - Research shows that acupuncture has had brilliant results for relieving the symptoms of Osteoarthritis. In a recent study 25% of patients who had booked knee surgery cancelled their operations after receiving acupuncture treatment. The acupressure points that are stimulated through acupuncture help to release the body's natural pain-killing endorphins, increase blood flow and circulation in the body.
- **Osteopathy** - Osteopathic treatment involves manipulation of the skeleton and muscles. It is a "whole body" system of manual therapy using a wide range of techniques to treat musculo-skeletal problems. When used in relation to arthritic ailments, it aims to get the best out of the affected areas by improving joint mobility and reducing excessive muscle tension, therefore reducing pain and discomfort.

If you or someone you know are experiencing any of the stated symptoms, come in and let one of our qualified therapists help you.

Valentine's Day!

14th February

Spoil the one you love this

Valentine's Day

with a gift voucher for a relaxing massage

or

a Scentual NRG Body Product Gift Pack!

## SENSUAL OIL BLENDS...

Aromatherapy essential oils are nurturing, reassuring and sensual. Use these combinations this Valentine's Day to bring out the extrovert from within.

### Passionately Yours

3 drops Ylang Ylang  
2 drops Bergamot  
3 drops Jasmine



### Sensuous Synergy

2 drops Bergamot  
3 drops Patchouli  
2 drops Rosewood  
3 drops Ylang Ylang

Come in and view our range of Sensual NRG Essential Oils

Essential woman/man - A guide to using aromatherapy by Jennifer Jefferies pg 43