



Clinic News

It is our pleasure to announce that in February Joanna Doyle had a baby boy, Liam.
We wish Joanna all the best with her 3 beautiful boys.

Polly Wilkie is also expecting baby number four soon!

We highly recommend patients continue their care with our experienced practitioners,
Cathy Doyle and Caolan Cullinane, and our
Massage Therapist and Herbalist, Luke Testa.
Practitioner profiles and availabilities are on our website
www.careclinic.com.au

In January, we welcomed Cathy Doyle to the Care Clinic Bondi Junction team.
Cathy brings a keen and fresh outlook offering safe and effective chiropractic care
incorporating kinesiology, NET, nutritional and supplement support for individuals
and families.

At our other practices:

At Care Clinic **Gladesville** we have incorporated a health food shop, stocking a wide
variety of gluten free and gourmet foods and a fully serviced dispensary of nutritional
supplements.

(Organic tea and coffee coming soon).

At Care Clinic **Milsons Point**; Sam Bettison and Kylie Moreno are available to look
after you Monday-Saturday.

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COLD AND FLU SEASON: ARE YOU PREPARED?

More than 200 different viruses can cause the common cold. Children usually have about 6-10 colds per year, teenagers and adults have 2-4. The flu is much more serious than the common cold.

Herbal medicine can assist in many situations, including poor immunity, low energy levels, poor sleep quality, digestive disturbances, as well as more serious conditions.

At Care Clinic we stock a wide range of products to help see you and your family safely through cold and flu season.

The products in our dispensary are well below recommended retail price.

LUKE'S IMMUNE SYSTEM ESSENTIALS

Andrographis: evidence that suggests taking it prophylactically reduces the risk of catching a cold by 50% after continuous use and seems to significantly improve symptoms of the common cold when started within 72 hours of symptom onset.

Echinacea: seems to have immunostimulant and anti-inflammatory effects that may help reduce cold symptoms.

Elderberry: is active against both influenza A and B. New research shows that an elderberry fruit extract also has in vitro activity against swine flu.

Essential fatty acids: research suggests a combination of the essential fatty acids linoleic acid and alpha-linolenic acid might reduce respiratory infections in children.

Garlic: There's evidence that taking a garlic supplement prophylactically might reduce the chance of catching a cold.

Probiotics: *Lactobacillus rhamnosus*, *Lactobacillus acidophilus* and *Bifidobacteria animalis* have been shown to modestly reduce the incidence of respiratory infections in young children in day care.

Vitamin C: evidence suggests that taking high doses of vitamin C orally might decrease the duration of cold symptoms.

Zinc: evidence suggests that a combination of zinc plus selenium might improve antibody response to the flu vaccine. Zinc lozenges started within 24-48 hours of the onset of cold symptoms reduces the severity and duration of colds.





Backpack guidelines for your child

School backpacks were felt to be **heavy by 79.1% of children**, to cause **fatigue by 65.7%**, and to cause **back pain by 46.1% (*see below)** Poor posture when carrying a loaded backpack is one of the intrinsic risk factors for spinal problems, and it's magnified if students repeatedly carry a heavy load or carry it poorly. Fatigue is one of the most common symptoms of poor posture. It takes a lot of energy to hold the body in an awkward position, and, in turn, alters **breathing capacity which can be diminished by up to 30%**. Providing children with a good school backpack is crucial, but educating them on how to use it appropriately is just as vital.

The right fit.

- Wide padded shoulder straps (avoid narrow straps that may dig into shoulders) and an adjustable waist belt are essential
- The backpack should not exceed the length of your child's torso or width of their waist
- Compression straps fitted on the sides of the backpack help to tighten the load and stabilise the contents

Correct use.

- The backpack should be worn close to the body, and about 2 inches above the waistline (or hollow of the back) so that the load is central to the back
- The Chiropractic Association of Australia recommends that backpacks should **never** weigh more than 10% of the child's weight
- The weight should be spread among the provided compartments, with the heaviest items closest to the back and at the bottom of the backpack
- A handy hint is to purchase a backpack that has reflective material to ensure your child is visible in poor lighting

If a backpack is too heavy your child will be pulled backward, and will be forced to bend forward at the hips to compensate. This causes an unnatural compression on the spine and over time, the shoulders and upper back can become rounded into a 'stooped posture' and your child or teen can develop shoulder, neck, and back pain.

If you are unsure about whether your child's backpack is suitable feel free to bring both the backpack and your child into the team at [Care Clinic](#) for a thorough chiropractic analysis. Keeping their posture in check is fundamental for their development. Your Chiropractor can provide guidance on regular exercise routines that will help to address specific postural problems and strengthen muscles to help maintain improved posture.

***References available on request**

Good posture and correct fit backpack



Poor posture and backpack choice



What can Chiropractic do for my immunity?

Growing research supports the use of chiropractic care in warding off the effects of cold and flu. Chiropractic adjustments have a positive influence on the functioning of the nervous system. Since the nervous system coordinates and controls the immune system, spinal adjustments can in turn have a positive effect on immune function. Regular chiropractic visits help to strengthen immunity and can reduce the incidence of colds, earaches and general illness.

Blood tests taken before and after chiropractic adjustments show an increase in IgA levels (immune system function) with a corresponding decrease in cortisol (a stress hormone). These results suggest that **chiropractic may be of assistance in helping your body adapt to stress and enhance self healing.** This is why chiropractic is such an integral part of a healthy lifestyle (Ali).

In a large retrospective study, 2,818 subjects reported an average overall improvement following chiropractic intervention, ranging from 7-28% (Blanks) These symptoms included stiffness/lack of flexibility in the spine, physical pain, fatigue, incidence of colds and flu, headaches, menstrual discomfort, gastrointestinal disorders, allergies, dizziness and falls. **The incidence of colds and flu was reduced by an average of 15% in this large population who were undergoing regular chiropractic care.** Adding chiropractic care can help to remove interference to the nervous system in turn enhancing the ability of the immune function to ward off colds.

Warm up this Winter with a Hot Stone Massage!



Relieves pain and enhances well-being
Promotes deep muscle and tissue relaxation
Alleviates anxiety, stress and insomnia
Improves circulation

Appointments available Tuesday and Friday 11am to 7pm
Luke also offers Remedial, Deep Tissue, Relaxation and Pregnancy
Massage.

We're on the Web!

Visit us at: www.careclinic.com.au