

Hello. Do athletes such as those at the Winter Olympics, the Commonwealth Games or the football inspire you? Do you admire the skill and communication talents of movie stars? Whatever motivates you, we'd like to make sure you have the health and wellbeing to be able to achieve in your own life - work, family and play.

Congratulations to Dollene and Ara on the birth of their son Mark. Mother and baby are doing very well. We wish them much joy!

Season and nature changes and we welcome some new staff members. Rachael Veronesi is a new chiropractor with a Master's degree in chiropractic. She's a lady of many skills and talents which you'll discover when she adjusts you. Beside caring for her patients she likes dancing and spending time at the beach.

David Logue is here now that Dollene is busy looking after baby number two. David makes a great impression with patients and their feet!

Meaghan continues to study and offer new therapies. The current popular one is Hot Stone Massage. You can feel the real benefits of this on Mondays, Fridays and Saturdays.

Soon, you'll be able to find us on the web, read about us, download newsletters etc. Type in [www.healthpluschiropractic.com.au](http://www.healthpluschiropractic.com.au)

We're offering an amnesty to any patient who inadvertently still has any books from our lending library or equipment on loan. Please return the item as soon as possible!

We are a finalist in the Holroyd Small Business Awards. Thanks to all those who voted for us.

## Oedema (swelling) of the foot and ankle **Trigger Point Massage**

By the time you read this article, I'd either be still carrying my not so little bundle or I would have already delivered it, marveling in the miracle. Being heavily pregnant during the hottest months of the year has sparked two common questions by people. The first being; are you stupid? And are your feet swollen?

Oedema is the abnormal accumulation of excess fluid. It is a common occurrence and is usually seen in the lower limbs due to gravity. It tends to make the skin appear puffy and shiny, with a doughy feel. Generally speaking there are two types of oedema. Pitting oedema whereby an indentation is left on the skin after applying pressure and non pitting oedema.

There are two possible mechanisms that can cause an abnormal fluid build up in the tissues. These are; Firstly an increase in the pressure within the blood vessels, causing fluid to shift out of the blood vessels and into the surrounding tissue. Secondly, a decrease in the amount of proteins in the bloodstream causing water to shift from the blood vessels into the surrounding tissue.

Causes of oedema are:

- 1) Heart failure – This refers to when the heart is unable to pump blood effectively around the body. Blood tends to pool in the veins causing fluid to shift.
- 2) Kidney disease – here large amounts of protein are lost through the urine. Renal failure can also cause oedema by causing salt and water retention
- 3) Thyroid disease – both an under active and over active thyroid can cause oedema
- 4) Venous insufficiency – such as varicose veins can cause pooling of the blood in the legs and therefore swelling
- 5) Lymphoedema – occurs when there is an obstruction in the lymph vessels leading to insufficient lymph drainage back to the lymph nodes.
- 6) Medications – certain medications can cause ankle swelling such as blood pressure tablets, steroids and antidepressants
- 7) Miscellaneous factors – these include such things as heat, immobility and pregnancy

If only one leg is swollen then the cause is more likely to be a localized problem such as blood clots, joint inflammation or lymphoedema

Treatment of oedema

This of course depends on the underlying cause, there are however measures that can be taken to avoid or assist in oedema. These being; Keeping legs elevated as much as possible, Reduce salt intake, Exercise, Weight loss, and wearing compression stockings.

Medical advice should always be sought if you have persistent leg swelling of unknown cause.

Ever wondered what can be done to help headaches, neck and back stiffness, tennis elbow, bursitis, frozen shoulder, shin splints and many more??

Ask one of our massage therapist's and you just might get the answer!

Trigger points are accumulations of waste products around a nerve receptor. Often times they feel like nodules or taut bands of fibres within soft tissue. Trigger points form in muscles which have been overused or injured due to an accident or surgery. Common characteristics are increased muscle tension and muscle shortening. Increased muscle tension is the primary side-effect of trigger points and pain is the most common secondary effect.

Trigger points can present themselves as referred patterns of sensation, such as sharp pain, or dull aching, tingling, pins and needles, hot or cold, as-well as create symptoms such as nausea, ear ache or blurred vision.

Trigger points can exist in two states, either active or latent. Active points are those which cause discomfort. Latent, wait silently in the muscle ready to pounce on a future stress to activate them. Aches and pains which began in the past become more frequent and severe in intensity as we age. It is common to attribute this discomfort to arthritis, instead of our tight muscles which harbour trigger points.

When Trigger points are not treated, they will create satellite trigger points in the affected area. For example, a trigger point in the trapezius may cause a trigger point in the temple, the trigger point in the temple then may cause a trigger point in the jaw, and then you may have possible Temporomandibular Joint (TMJ or jaw) problems.

To diffuse a trigger point, pressure is applied on the spot for approximately 10 seconds, it is then released, and then further pressure is applied, in a pumping motion whilst the patient breathes deeply. This action will pump away toxins and soothe the nerves. It is common to find immediate relief after just one treatment, although further treatments would be suggested to fully release the area. Stretching would also be given after this treatment, to encourage the muscle to stay in a lengthened position.

# HEALTHY BREATHING

## CARDIAC HEALTH AND MANAGEMENT OF STRESS-RELATED PROBLEMS

“Not only is Man dependent upon breath for life, but he is also largely dependent upon correct habits of breathing for continued vitality and freedom from disease. An intelligent control of breathing power will lengthen our days upon earth by giving us increased vitality and powers of resistance, and on the other hand, unintelligent and careless breathing will tend to shorten our days, by decreasing our vitality and laying upon us disease. The percentage of civilized man who breathe correctly is quite small.” (The Hindu-Yogi, Science of Breath, pp 8-9, 1903)

Respiration or Breathing controls blood flow to the brain and therefore its metabolism and states of consciousness. Various body and psychological disorders, such as anxiety, panic and depression, as well as psychosomatic disorders such as hypertension, some migraines and colitis, are also influenced by breathing. In addition to these, various medical conditions with an organic base can be directly or indirectly linked to our breathing patterns. These may include heart arrhythmias, asthma-related problems and some seizures. There is ample scientific evidence linking chronic respiratory alkalosis in panic sufferers, and most anxieties, panic and even Type-A clients. This blood alkalinity results from poor breathing and can be remedied by proper breathing.

Stress may result in feelings of frustration and anxiety. These feelings cause heart rhythms to become more disordered and irregular. These disordered rhythmic activities inhibit activity in the higher brain centres, causing energy drains, insecurities and problems with decision making processes. On the other hand, when one generates intentionally feelings of love, gratitude and appreciation, one increases clear and effective thinking, problem solving capacity, memory recall, and increased connection with core values.

Recovery from stress results when balance is restored to the autonomic nervous system in the body. Computer technology is now available to train people to restore this balance in their autonomic system. This technology is referred to as Breath training, Respiration Biofeedback or Heart rate variability training. The aim of this training program is to assist individuals regulate their heart rate by learning and practicing good breathing techniques.

Angelo and Josephine, psychologists at Health *plus* Chiropractic, can assist you to manage stress-related difficulties by training you in these breathing techniques.

## **STRESS- the Chiropractic Paradigm of Health**

An acute or short term stress response is an absolute necessity for survival in a stressful environment, However we are not designed to be under chronic or long-term stress. While a stress response was originally designed to be helpful in a fight or flight situation, in today's 21st century environment, the stress response is now being stimulated for weeks, months or even years!! It is the fact that we are exposed to pathological chronic stressors, not our body and minds innately intelligent adaptive response to the new imposed unnatural levels of stress.

A typical stress response for your body begins with some sort of stimulus (rushing to meet a deadline). Your nervous system then initiates a stress response. This response is wide spread throughout the body, and it includes increasing the heart rate and blood pressure, which allows rapid delivery of energy and stress hormones. There are many other stress driven processes that occur that increases our chance of survival in a fight or flight situation.

What happens when we place ourselves in these pathological chronically stressful environments is that we begin to force our bodies and our minds to adapt to the situation. The increased demand that is placed on our bodies, has been attributing to our epidemic of health problems. Some of the changes that your body undergoes as a result of long-term stress include increased heart rate and blood pressure, increased fatty acids and glucose. Now ask yourself if this situation isn't a heart attack waiting to happen! The increased blood glucose and circulating blood fats are triggered by stress and therefore paving the way for obesity and type II diabetes. Drugs may be successful in lowering blood pressure or cholesterol but they cannot produce health.

The key in understanding how the chiropractic adjustment can help lead to body harmony, health and an increased resistance to dis-ease, is understanding that the adjustment corrects the subluxation and normalises both structural and neurological components. In other words specific movement (the adjustment), aids the innate way we are able to return our bodies to their natural balance (naturally decreasing stress/anxiety and increase pleasure and learning).

*“Therefore chiropractic does not in the strict sense treat disease, it treats the patient with the purpose of returning the body to a normal (homeostatic) state”.* Coulter JMPT

This paradigm is what determines the goals of wellness chiropractic care, as we endeavour to provide physiologically compatible care in order to support your bodies abilities to adapt to the environment and maintain and/or regain your natural well being and health.



Chiropractors: -

Massage Therapists: -

Podiatrist: -

Psychologists:-

Anthony O'Reilly, Paul Trofa, Robert Turner-Jensen  
and Rachael Veronesi

Gary Fairhurst, Meaghan Brady and Sarah Egan

Dollene and Ara Hadjetian, David Lough

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Health Plus Chiropractic is a team of health care professionals committed to the highest quality of care and service by being consistently enthusiastic, efficient, loving and dedicated to health care. We will treat and educate those who strive for optimum health and wellbeing, and in return be rewarded by seeing satisfied patients, reaching our full successful potential and bringing joy and fulfillment to us all.