



[Feel Good February is here!](#)

“Healthy body, healthy mind.”

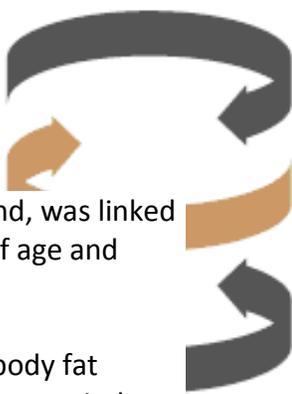
It’s a cliché for a reason. Because it’s true.

A recent research study published in the Journal Brain, Behaviour and Immunity found that losing muscle and gaining body fat as we age may trigger immune system changes that diminish brain function.

Adults with higher amounts of fat in their midsection had worse “fluid intelligence,” or logical, problem solving abilities, as they got older. Having more muscle was linked to better fluid intelligence.

The study looked at six years of data from 4,431 men and women, average age of 64. The researchers examined the participants’ changes in lean mass and abdominal and total body fat, and how those body composition changes were related to changes in their fluid intelligence—or logical, problem solving abilities—over the course of the study period.

They discovered that people in their 40s and 50s who had higher amounts of fat in their mid-section



had worse fluid intelligence as they got older. Having more muscle mass, on the other hand, was linked to better fluid intelligence. The body composition-brain power link remained regardless of age and education.

This seemingly unlikely brain-body composition connection appears to be rooted in how body fat impacts the immune system. Previous research has shown that people with a higher body mass index (BMI) have higher levels of immune system activity in their blood, which triggers the immune system in the brain and interferes with cognition.

Jumping off those findings, the researchers in this study looked at body fat and muscle separately (since BMI only takes total body mass into account). They found a clear connection between body fat and increased immune activity.

Among the women in this study, the entire link between more abdominal fat and worse fluid intelligence was explained by changes in two types of white blood cells: lymphocytes and eosinophils. In men, a completely different type of white blood cell, basophils, explained roughly half of the fat and fluid intelligence link.

Having more muscle was associated with better fluid intelligence, but there wasn't a strong immune system connection.

"Further studies would be needed to see if people with less muscle mass and more fat mass are more likely to develop Alzheimer's disease and what the role of the immune system is," study researcher Brandon Klindedinst, a Ph.D. student in neuroscience, said in the release.

In the meantime, protecting your mind is just another reason to eat a healthy diet and hit the gym to make some more muscle.

If you would like some advice on exercises you can do that won't injure your spine. Or, you'd simply like some exercise advice to get you started just ask Mark or Julie at your next appointment.

Also, you can reply to this email and we will supply a link to our website for an 8 minute daily exercise routine.

(The information in the above article was taken from Bicycling Magazine)

[How are you feeling good this February?](#)

Here's what we are doing at Lane Cove Chiropractic to help you feel the best you can:

LEVEL 1: PROPER TECH POSTURE

- Ears are aligned over the shoulders
- Eyes looking forward instead of down
- Back is straight
- Child is standing up



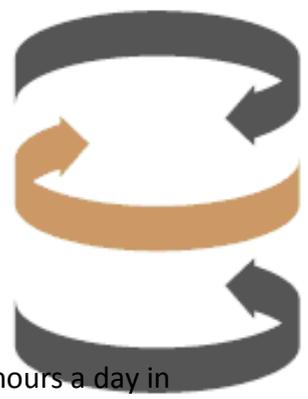
LEVEL 2: STANDING & SLUMPED TECH NECK

- Ears are in front of the shoulders
- Head drops down
- Eyes are looking down
- Shoulders and upper back are rounded forward
- Child is standing

LEVEL 3: C-SPINE TECH NECK

- Ears are in front of the shoulders
- Head drops down
- Eyes are looking down
- Shoulders and upper back are rounded forward
- C-Shaped spinal curvature
- Child is seated





For The kids!!

Free back to school posture and school bag check

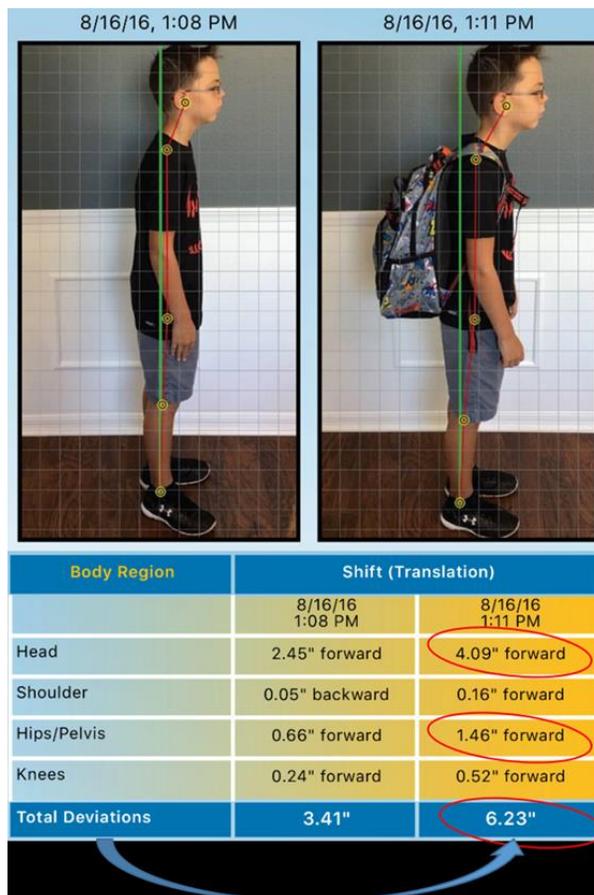
In our last newsletter we talked about how Australian school kids can spend up to eight hours a day in school. Kids don't often think about the impact that common activities like sitting in a classroom, carrying a heavy bag and excessive screen time, can have on their overall health and wellbeing. Mark and Julie would like your kids to start practising positive spinal health habits all year round.

As part of the Australian Chiropractors Association's Back to School public health campaign **Lane Cove Chiropractic** is encouraging our community to start practising these healthy habits in school and at home.

Chiropractors are well placed to assess and manage disorders of the musculoskeletal system and offer solutions and advice regarding your existing spinal health issues or how to improve overall health and wellbeing.

On Saturday 22nd February from 12.00pm – 2.00pm Mark and Julie are offering Free posture assessments and school bag checks for all students.

Call 9428 4033 to book in now and feel good all year round!



**“Roses are Red
Violets are Blue
Your spine loves Chiropractic
Your loved ones will too”**

No matter what Valentines means to you, it is always a nice reminder to share love for others but especially yourself.

Next week from Monday 10th to Saturday 15th February we are celebrating the week and sharing our love.

For any practice members that come in next week we are offering very special vouchers to give your friends, family and loved ones for an Initial Consultation, when they come in we will thank them and take care of the cost valued at \$110.00!

The best part is, once your friend has come in to redeem their voucher and begins care with either Mark or Julie *you* go in the draw to win a dinner for two!



Stay up to date and follow us on  @lanecovechiro &  @lanecovechiropracticcentre