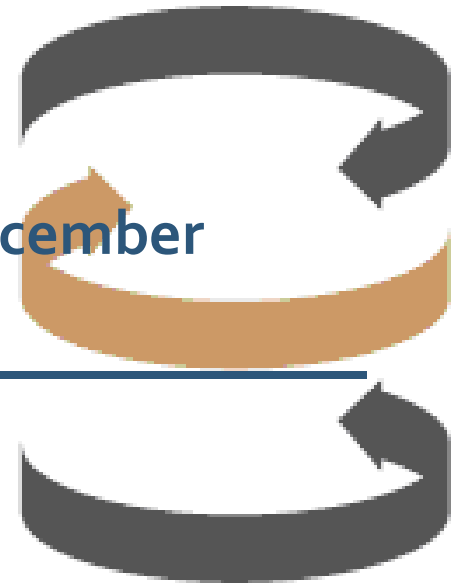


Lane Cove Chiropractic December Newsletter 2019



What's been happening here

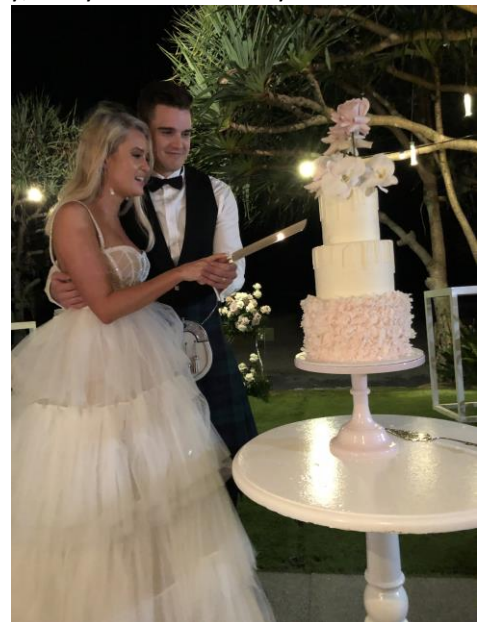
Mark:

This is the time of year we often spend more time with family. But for many of us this isn't possible. In my case my sister and her 2 children and husband live in the USA and my other sister lives even further away in Bronte. Just kidding, but sometimes the Eastern Suburbs does feel like a different country to me.

There's a saying that goes something like, "You can't choose your family, but you can choose your friends." Seems to me that family can be something you choose as well.

I feel like I've got several different 'families', there's the family I am related to and born into. I also have a group of friends I have known since my school days that I think of as my family and I have other 'families' as well my crossfit and running families. And of course, all of you our Lane Cove Chiropractic Family.

Speaking of family, Julie and I spent a week in Noosa during November to attend the wedding of my niece Bianca to Aodhan. The wedding was beautiful. The ceremony was in a grassy space on the beach and afterwards all the guests walked along the Noosa Beach boardwalk behind a bagpiper to the reception. Aodhan has Scottish heritage, hence the piper, and there were more kilts than in Braveheart. My sister and her family came out from New York so all our family were together for the first time in many years. To be able to all spend time together was a real treasure.



Ali:

I recently celebrated my 20th birthday! I spent the day with my close friends and came to work for birthday celebrations to continue with some fun gifts and delicious cake!

Christmas is very soon and I'm looking forward to spending some quality time with my family at the beach relaxing.

Hannah:

I have recently completed my very last practical assessment for my Diploma of Remedial Massage and now only have theory and clinics to go until I am finished, and I got married!! The first week of December I travelled down to beautiful Berry to get married at Willow Farm. It was a very relaxed wedding outside and was a very fun and special day surrounded by family and our closest loved ones. No crazy stories of runaway bride or drunk uncle speeches, sorry to disappoint!! (My veil did become a fly trap though collecting lots of bugs). The next day we all headed to Fairgrounds Festival where we had more time to relax, drink and try to wind up Liam Gallagher to play Oasis!



Research-

This time of year can be pretty busy and stressful. With everything needing to be finished 'before Christmas.' Deadlines to meet, parties to get to, shopping and cooking to get done, the kids on holidays, lack of sleep and a less than optimal diet. Stop! I feel a headache coming on!

It's common for Julie and I see more people at this time of year with stress or tension type presentations. A recent research paper, "A neuroscience perspective of physical treatment of headache and neck pain. (Rene Castien and Willem De Hertogh)" tells us that 40% of headaches are Tension Type Headaches (TTH). The most recent scientific thinking on headaches is that there is a spectrum, a continuum, with TTH on the left hand side of the continuum and migraines way over to the right. But migraines and TTH share some common causes and mechanisms. Both types of headaches come about because of impaired nerve signals from deep brain centres is the brainstem specifically a group of nerve centres called the Trigemino-cervical complex, that would normally dampen down or inhibit pain signals in the head and neck region.

The good news is that manual therapy, like chiropractic, can help to stimulate these nerve centres which can in turn relieve the headache and possibly prevent the likelihood of future headaches. It would also make sense, if you are a headache sufferer, to do whatever you can at this time of year to get as much sleep as possible, be mindful of your eating habits and keep up some regular exercise. I know easier said than done but lack of sleep or interrupted sleep patterns, poor diet and lack of activity are all known triggers for headache sufferers.

Practice Hours over the Holidays-

Julie and I aren't going away over the Christmas/ New Year period (we just went away, remember) And besides we like Sydney at this time of year!

So one or the other of us will be around except for the public holidays.

Christmas Hours

Mark and Julie are both here over the holiday period as shown below.

Tuesday, 24th Dec – 8am – 11:30am

Friday, 27th Dec – 7am – 3pm

Saturday, 28th Dec – 8am – 10:30am

Monday, 30th Dec – 2pm-6.15pm

Tuesday, 31st Dec – 8am – 11.30am

Thursday, 2nd Jan – 1pm – 6:45pm

Friday, 3rd Jan – 7am – 4:15pm -Hours back as normal

Wishing everyone a very Merry Christmas from all the team at Lane Cove Chiropractic and look forward to seeing you in the New Year.

