

Health Central

Headlines

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Dec 07 – Feb 08



Science is organized knowledge. Wisdom is organized life.
Immanuel Kant

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Monday–Friday: 6.50 am–6.30pm

Saturday: 8.00 am–1.30pm

Visit Our Website:

www.healthcentral.com.au

The Benefits of Good Sitting Posture

Good posture assists in the prevention of common complaints, some of those being: back, neck, shoulder and arm pain. Good posture helps maintain the three natural curves of the spine (known as an S curve) see figure 1.

Unfortunately for a number of reasons many of us sit in a slouched position, called the C curve. See Figure 2. The C curve is characterised by excessive stooping of the upper back and a forward neck posture. C curve posture places large amounts of stress on the spine and can contribute to a number of injuries, some of these are:

- * Compression of the spongy discs that are the shock absorbers of the spine.
- * Eventual degeneration of the spinal disc.
- * Stress on the ligaments (the tissue connecting the spine bones are overstretched)
- * Stress on the joints (strain)
- * Muscles that fatigue quickly
- * Compromised nerve innervation * Headaches
- * Neck and back pain
- * Affects shoulder stabilisation.

In addition to good posture, the evidence shows it is not healthy to sit still for long durations, so try and get up and move every half hour (Bridger, 2003).



Figure 1



Figure 2

How can we maintain the S curve?

Your Occupational Therapist can provide:

- * Soft tissue treatment
- * Ergonomic assessment, advice and modification
- * Exercise and stretching programs

See next month's newsletter for more information on how to maintain the healthy S curve of the spine.

Health Central To Open In Queensland

We are very excited to be able to give you the latest news about the Health Central Clinic to be opened sunny Queensland.

Health Central will be opening its first clinic in Queensland in Currumbin on the Gold Coast. Jacque Cooper is getting the Gold Coast operation underway and is set to open in February 2008.

Many of you met Jacque when she was working with us here in Perth during October, which she reminds us, was wet and cold for the entire month and now does not believe us that the weather in Perth is always nice.

As it is our first clinic in Queensland, Jacque will be looking to recruit some eager staff to be part of the Queensland

team and participate in the three year training program that Health Central offers to all staff. She also has a list of about 50 000 things to do in preparing the clinic by February so be careful not to put your hand up too high!





Clinic Notes

Both Clinics are now stocking a variety of supplements, for the convenience of our clients. These are available from the Front Counter.

Health Central OTI will be closed on the following Public Holidays:

- ◇ Christmas Day (25 Dec)
- ◇ Boxing Day (26 Dec)
- ◇ New Years Day (01 Jan)
- ◇ Australia Day (28 Jan)

Supplements Available @ HC OTI

- Flavonoid C BioComplex (Vitamin C)
- Footsies Detox Patches
- Red Ginseng
- White Ginseng
- Mag-Oro Magnesium Tablets
- Multivital Tonic (375 ml)
- Oil of Emu (55 ml)
- Olive Leaf Extract (500 ml)
- Red Iron—Colloidal Iron Supplement
- Salon Pas Heat Plasters
- Swisse Women's Ultivite Tablets
- Traumeel Cream & Tablets
- Tresos B Tablets
- Ultra Muscleze Powder
- Schuessler Tissue Salts
- Hoteeze Pads

These supplements are supplied for your convenience. Health Central works to meet the demands for these supplements to the best of our ability, but please be patient if on occasion we run out of a particular product. We will endeavour to fill orders as soon as possible.

If you have any questions in relation to supplements, please do not hesitate to talk to your Practitioner.

Why Do Footsies Help Me?

Imported from Japan Footsies are innovative and powerful foot patches containing all natural ingredients developed from years of medical research in Japan, to remove toxins and heavy metals. This is achieved by stimulating reflexology points as well as your blood circulation.

Heavy metals are some of the most destructive toxins that end up in our bodies; they are hidden in everyday food and drinks. A build up of heavy metals can interfere with the normal functioning of the body and may result in any array of symptoms such as fatigue, joint pain, gout, headaches, skin rashes, anxiety, obesity, infertility, diminished memory and anaemia and can lead to more serious illnesses.

Many heavy metals block the body's ability to absorb nutrients. For example:

- Aluminium blocks Vitamin C, E, B1, Zinc, Selenium, Sodium, Potassium, Phosphorus
- Arsenic blocks Vitamin E, Selenium, Sulphur;
- Cadmium blocks Zinc, Magnesium, Selenium, Sulphur;
- Cooper blocks Zinc, Magnesium, Vitamin C & E;
- Lead blocks Iron, Calcium, Molybdenum and
- Mercury blocks Zinc, Selenium, Iron.

An estimated 25% of the population suffers from some form of heavy metal toxicity.

A detox may be beneficial if you:

- ◇ have pre-existing illness
- ◇ often eat fast, fried or refined foods
- ◇ carry extra weight or overeat
- ◇ suffer from headaches or aches and pains; consumer caffeine or sugar
- ◇ have high blood pressure or blood cholesterol
- ◇ experience constipation or digestive problems
- ◇ often feel tired or experience fatigue
- ◇ have allergies to foods or the environment
- ◇ regularly take drugs or prescription drugs; or
- ◇ smoke or abuse alcohol

Other Benefits of using the Footsies Detox Program Include:

Alpha brainwaves are increased during the usage of Footsies. Alpha brainwaves are conducive to creative problem solving accelerated learning, mood elevation and stress reduction.

Negative ions were increased when using the Footsies program. Negative ion exerts a cleansing and liberating energy upon our entire nervous system with a clearing and stabilizing effect.



How is Toxicity in the Body measured?

Usually, hair analysis is the process of assessing the body's mineral and toxicity levels over a period of several months.

Each hair root, anchored to the scalp, is nourished by a network of delicate blood vessels. These vessels deliver vitamins, minerals and trace elements to the outer layers of the hair shaft and any toxins or drugs present show up during hair analysis. Hair can accumulate more than thirty minerals, trace elements and toxins over a three month growth period.

But if you do not want to go through the hassle of having a hair analysis test done, you can simply use the Footsies Detox Patches and watch the discolouration of the patches decrease. Using the patches can not do you any harm and are a great way to maintain the overall health and well being of your body from the inside. Footsies do not deliver any chemicals into your body and they merely supports your body's innate functions. It is therefore very safe. The powder is acidic however not any more so than the natural acidity of your skin.

Ask your Health Central practitioner about how Footsies may be able to help increase the benefits you feel from your supplements as well as improving your body's rate of recovery from every day activities.

Information from ThinkLife Website:
www.detox-patches.com

Christmas Diet Rules

- If you eat something and no one sees you eat it, it has no calories.
- When you eat with someone else, calories don't count if you do not eat more than they do.
- If you fatten up everyone else around you then you look thinner.
- Cookie pieces contain no calories. The process of breaking causes calorie leakage.
- Things licked off knives and spoons have no calories if you are in the process of preparing something.
- Anything consumed from someone else's plate has no calories since the calories rightfully belong to the other person and will cling to his/her plate. (We ALL know how calories like to cling!)

REMEMBER!

STRESSED spelled backwards=DESSERTS



Whole Body Vibration

Information Sessions

The Therapists at Health Central OTI are always willing to organise information sessions or presentations on the benefits of Occupational Therapy and Soft Tissue Treatments at your workplace or sporting club. Please feel free to talk to your Therapist.

Our Purpose

Your health is our concern but ultimately your responsibility. If you are unable to make an appointment please inform the clinic as soon as possible so that your appointment time may be made available to someone else.

A Younger Focus

Take some time to consider your children's health. Prevention is always better than cure (and usually quicker) so take the time to book them in to see one of the Occupational Therapists at Health Central OTI.

Help Those Around You

Do you know anyone who you think would benefit from the services offered at Health Central, OTI? If so please do not hesitate to give them our contact details and encourage them to call. We welcome all referrals.

Health Connections

Do you have any other health concerns, but are unsure where to go to? Health Central Therapists have developed many reputable networks over the years with other health professionals. Please, feel free to ask your practitioner for their recommendations.

Whole body vibration (WBV) is no new phenomenon, it was first used and developed by the Soviet Space Program to allow humans to remain in space longer. Russian cosmonauts established a new record when in 1994/5 they were able to remain in space for a total of 430 days, compared to US space expeditions which were only able to remain in space for 196 days. This was due to the significant benefits of the WBV in building muscle and bone for maintained physical and psychological functioning while in an antigravity space environment. Recently, scientific research from around the world on the effects of Whole Body Vibration is beginning to appear in prominent medical publications and leading fitness research journals, leading to WBV being more commonly used for medical treatment purposes and in peoples own homes.

WBV works by oscillating vibration frequencies to the bodies muscular, skeletal, organ, glandular and nervous systems. The differing vibration frequencies have differing effects on body function with low frequencies being effective in improving balance, warming up and cooling down, middle frequencies being effective for improved circulation, organ function, hormonal regulation, muscle and bone strengthening and the higher levels being effective for massaging the muscles and removal of lactic acid.

Why WBV in conjunction with your Occupational Therapy treatment?

Regular use of the WBV helps to restore strength, flexibility and range of movement, before and after musculoskeletal injuries and/or traumas. This assists in both recovery of musculoskeletal injury as well as assisting in future injury prevention.

Whole Body Vibration technology is being used by people of all ages and for diverse purposes from elite athletes to the elderly. It also offers new opportunity for sufferers of arthritis, multiple sclerosis, osteoporosis, Parkinson's disease and stroke etc. It allows people to gain the benefit of exercise while staying within their personal physical capacities.

Additional general benefits for you overall health with WBV

Whole Body Vibration improves circulation and oxygen delivery to peripheral tissue such as the feet, hands, skin and hair, in addition to organs, glands, muscle and fat. The increase in oxygen and blood circulation also increases the ability of cells to eliminate waste, respond to hormones and absorb nutrients, sugars and minerals. Aging is intensified by lack of proper oxygenation and circulation to any part of the body.

WBV also assists in improving skin quality, stress management, revitalization and the balancing/harmonizing between the mind and the body.

As a result, improving these critical body functions is necessary to stall or even reverse the aging process and for overall health. Whole Body Vibration training should be an integral part of any longevity wellness program.

In line with this information it is clear as to why WBV is used at Health Central OTI. Practitioners from both the Ardross and Mt Hawthorn clinics have received multiple reports of the positive treatment effects resulting from WBV.

Use of the WBV while at HCOTI will be individually assessed by your Occupational therapist to ensure your safety and to maximize your treatment outcomes.

WBV can be purchased for your own personal use in the privacy of your own home through HCOTI. Just call either of our clinics for further information.

Top 10 New Years Resolutions

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make our list?

- | | |
|--|--|
| 1. Spend more time with family and friends | 6. Get organized |
| 2. Get Fit and Healthy | 7. Help others |
| 3. Tame the Bulge | 8. Quit the Vices (whatever they may be) |
| 4. Enjoy life more | 9. Drink More Water |
| 5. Learn something new | 10. Take Supplements/Do Stretches more regularly |



Occupational Therapy Students @ HC OTI

Each year Health Central does their part in helping further develop the profession of Occupational Therapy, especially in regards to therapists in the area of soft tissue, through supervising a selected number of fourth year students in their final placements. These practicums assist the students in consolidating the skills that they have learnt through their university studies, and in the area of Soft Tissue Management, further challenge the students to develop skills over and beyond those expected from an Occupational Therapy Graduate. These opportunities include business and clinic management, marketing and development of resources both for other therapists and clients of the clinic.

This year Health Central has had the wonderful privilege of watching three fantastic students stretch their wings and grow in knowledge, confidence and clinical practice. All 3 students were placed at one of the clinics for an 8 week clinic placement. They were expected to further develop clinical skills, build and manage an active clinic as well as complete individual resource project to address a particular need that is relevant to our clients. All the students operated very successful clinics and each should be proud of their efforts, endeavours and hard work.

Kellie was placed at the Ardross clinic, and was the first student to be supervised at Ardross. Kellie had a natural ability to develop an excellent rapport with her clients as well as providing them with a very high level of care. Kellie worked to develop an ergonomic information resource for both clients and staff which included a user friendly ergonomic checklist. This checklist, which clients are able to complete themselves, further supports the musculoskeletal work that they may be receiving from the clinic.

Nicole was the first student of the year at the Mount Hawthorn clinic, and like Kellie, showed a true and genuine interest and motivation in helping as many people as she could during her time at Health Central. She developed a very comprehensive and easy to use Core Strengthening Program for intermediate and advanced levels, which has complemented our Beginner's Core Strengthening Program.

Simon has also been placed at the Mount Hawthorn clinic, and started his first clinical week with almost all clinical spaces filled with new clients. As many of Health Central's clientele are involved in high levels of competitive sport, Simon has worked to develop a comprehensive strapping resource for clients and staff. This resource will be useful in the immediate support of weakened areas of the body that are a part of a sporting lifestyle and also in helping prevent further injury when clients return to the sporting arena.

If you are interested in finding out more about any of these programs, or feel that they would be of benefit to you please do not hesitate to talk to your practitioner.



Increasing Awareness of Alternatives

Practitioners and staff recently welcomed Dr Alex Boyd, of Breast Check, into the clinic to introduce non-invasive methods of breast scanning. Featured methods included Bio Impedance, which measures cell activity to make a map of breast tissue, Thermal Radiometry, which measures electrical properties of tissue (tumours have been shown to have different electrical properties to normal tissue), and Infrared, which gives a colour map to show potential risk areas. Dr Boyd also presented the Wave Brilliance pelvic floor rehabilitation technique for incontinence, which is available at Breast Check and is covered by Medicare. Breast Check can be contacted on (08) 9385 0938. Pamphlets on these methods and the location of the Breast Check clinic are available from Health Central reception.

When it comes to breast health, you should see your doctor straight away if you notice any of these changes. No matter what age you are.

- ◇ A lump, lumpiness or thickening. For younger women - if this is not related to your normal monthly cycle and remains after your period. For women of all ages - if this is a new change in one breast only.
- ◇ Changes to the nipple. Such as a change in shape, crusting, a sore or an ulcer, redness or indrawing of the nipple.
- ◇ Discharge from the nipple. If this is from one nipple and is bloodstained, or occurs without squeezing.
- ◇ Changes in the skin of a breast. Such as any puckering or dimpling of the skin, unusual redness or other colour change.
- ◇ Persistent, unusual pain. If this is not related to your normal monthly cycle, remains after your period and occurs in one breast only.
- ◇ A change in the shape or size of a breast. This might be either an increase or decrease in size.

Courtesy of iSource National Breast Cancer Centre

Their Clinic provides a warm and friendly environment, for what no longer has to be a scary and daunting experience for women. Their multiple imaging techniques are suitable for all ages and they use no radiation. Information on the physiology of your breasts is also available for clients. There is no referral required to visit Breast Check.

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