



Winter Health

It is important to eat a balanced diet consisting of protein, carbohydrates and healthy fats to get all the nutrients the body needs to function.

In winter it is important to eat more foods that are high in vitamin C, D, E beta carotene (A) and essential fatty acids. These foods will assist the body to have a stronger immune system thus avoiding colds and flu's.

Vitamin A – Beta carotene is a precursor to vitamin A, which helps keep eyes, skin, and bones healthy. Found in spinach, carrots, squash, broccoli, yams, tomato, rock melon, peaches and grains.

Vitamin C – Helps boost the immune system, promotes healing, and keeps skin healthy. It is found in foods such as, spinach, broccoli, citrus fruits and juices, rock melon, banana, kiwi fruit and strawberries

Vitamin D – Without Vitamin D, bones can become brittle, soft and thin. It is important to get at least 15 minutes of sunlight everyday because Vitamin D is activated under the skin when exposed to sunlight.

There are only a few foods that we can source for Vitamin D. They include; fatty fish (salmon, mackerel and sardines), cod liver oil, beef liver and eggs. Fortified foods such as milk, breakfast cereals, crackers and cereal grain bars.

Always try to eat seasonal fruit and vegetables

Proper nutrition helps to regulate your body's core temperature and keeps you warm while fuelling your muscles.

A drop in body temperature stimulates the appetite.

Eating a variety of warm foods, such as tomato and vegetable based soups will help to keep the body at a warmer temperature and thus curbing the appetite.



Chiropractors' Association of Australia

Free Posture Photo and Health Check at Hands On

Call 1-300-0-handson

www.handsonsvdnev.com.au



Meet Dr Debb, our City Chiropractor

I had a previous life as an IT Business Analyst but had always had an interest in science at school. (Yes I did at one stage want to be a Marine Biologist). During one of those "economic downturns" that we had to have in the nineties, my IT job disappeared and I was forced to re-think my work life balance. I had the time to think and take stock of where I'd been and where I should go in the future. The IT job had severely chewed into my personal life.

I devoted some of my new founded personal time to my health. Having children plays havoc with your body. My right shoulder and hip were not happy after 3 kids, 15 years of desk work, no exercise regime, and looking after everyone else's needs above my own (mum's do that!). I started regular exercise, (just walking) and a friend of mine recommended a "chiropractor" to me who had helped one of her kids. The rest is history now; I liked the science, structure does govern function with his help I sorted out the hip and shoulder issue.

I enrolled at University in 2002 and completed the Masters Degree of Chiropractic in 2008. I continued with chiropractic treatment through the whole "degree ordeal" so my body could always be at its best.

I love being a health worker. I feel privileged to bear witness to amazing health improvements which patients demonstrate regularly. It is a very rewarding role when you can play a part in improving a person's health outlook.

"HEALTH IS THE GREATEST POSSESSION" LAO TZU

If you have a schedule of regular adjustments, we would always recommend additional adjustments when you have a cold or flu.

The adjustment will stimulate your immunity.
Facilitate lymphatic drainage.
Open your sinuses.

Flu Fighter Tea: A warming drink to support the immune system and soothe coughs and sore throats:

Bring 1 litre of water to the boil and add:

- 1 tablespoon of honey
- 2 teaspoons of fresh grated ginger
- 1 lemon, sliced (leave skin on)
- 1 cinnamon stick or ½ teaspoon of cinnamon powder
- 6 cloves
- 1 clove of garlic
- ¼ teaspoon of fresh chopped chili

Continue to boil for 1 minute. Allow to cool slightly and drink warm tea freely throughout the day

Boost your mood in winter:

Season affective disorder: SAD is a type of depression that follows the seasons and is generally caused by your body's reaction to lack of sunlight. Get outdoors more and exercise.

Some people experience a serious mood change when the seasons change. They may sleep too much, have little energy, and may also feel depressed. Though symptoms can be severe, they usually clear up.

www.wikipedia.org/wiki/Seasonal_affective_disorder

Lift your mood by exercising regularly, when you exercise your body releases mood boosting chemicals (dopamine, serotonin, endorphins, etc.)

Eating a balanced diet, exercising regularly, setting goals, and keeping your body healthy, can all help boost your mood and your immune system for the winter months.

JUNE ONLY FREE TALK!

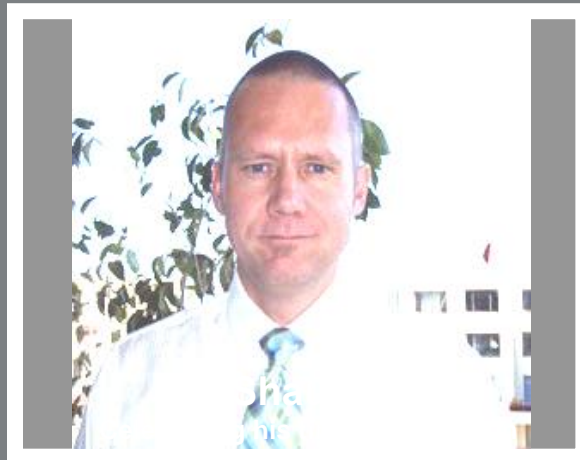
'Beat the flu without the shot- health and immunity'

Circular Quay: Tues 22nd 6pm & Wed 23rd 12pm

Leura: Tues 22nd 1pm & Sat 26th 10am

Winston Hills: Thurs 24th 6:30pm & Sat 26th 11am

All are welcome - bring a friend! Limited places are available so call: 1-300-0-handson or email: info@handsonsydney.com.au to RSVP



I was diagnosed with a severe scoliosis when I was 12 years old, I experienced up until then a number of symptoms of poor health, these being fatigue, inability to concentrate, poor behavior etc. As an active child I loved sport, but because of my condition I couldn't always participate. After some games I often suffered from excessive soreness and was prone to injury.

My Dr's referred me to a specialist who said that I would need surgery to correct the "nasty curves." This risky procedure would involve inserting a rod into my spine. This was not an option my parents wanted to take.

My parents had seen Chiropractors before, but I was afraid that nothing could be done considering the severity of my scoliosis. I felt that my only other option was a drastic one which worried my family and I immensely.

Reluctantly I decided to see my family Chiropractor. I had numerous sessions with the Chiropractor and guess what? Over time my scoliosis disappeared. Although my spine isn't perfect I was able to represent in swimming, tennis, cricket running and ultimately made it to the NRL/NSW referee squad...(needless to say one needs to quite fit and healthy to be able do this). I wouldn't have dreamed I could have accomplished this previously.

In the end, I avoided potentially dangerous surgery. Instead, my general health, well being and quality of life have improved dramatically. I can now enjoy being an active, involved and healthy adult, living the life I didn't believe I would have. **Thank you to Chiropractic - it saved my life!**