



Your posture could be the answer!

If you have poor posture, for example rounded shoulders and head drifted forward from normal, your overall health is likely to be reduced.

For every inch your head moves "forwards", the head "gains" 10 pounds in weight, as far as the muscles in your upper back and neck are concerned, as they have to work harder to keep the head (chin) from dropping forwards onto your chest. This forces the muscles that raise the chin to remain in constant contraction, putting pressure on the nerves at the base of your skull. This can cause headaches at the base of the skull, and even mimic sinus headaches!

Persistent forward head posture puts compressive loads upon the upper thoracic (upper back/shoulder area) vertebra, and is also associated with the development of an upper thoracic hump. This can interfere with the nerves in this area which perform the vital function of helping coordinate and control your heart.

Poor posture in all its forms can contribute to a wide array of health issues, poor digestion, fatigue, irritability and the list goes on. Why? Well your entire nervous system, which controls your body, depends on the proper health and alignment of your spine. Healthy spine and good posture means a healthier you in many ways.

Fish Oil better than Ritalin

Fish oil improves the symptoms of attention deficit hyperactivity disorder (ADHD) without the side effects of drugs like Ritalin and Concerta... a study by the University of Adelaide found.

When 130 children between the ages of 7 and 12 with ADHD were given fish oil capsules daily behavior dramatically improved within three months. After seven months, the children were not as restless and showed improvements at school. Improvements in concentration and attention improved by one third.

Pathways quarterly publication of the international Chiropractic Pediatric Association :pg40:issue11:-2005-2006

20% off Anti-stress Supplements for the month of March!

Free health assessments for the month of March!

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Email: info@handsonsydney.com.au to book



Meet Shaun, our new city Chiropractor

I have been exposed to Chiropractic ever since I was a small child. I had a nasty curve of the spine (a scoliosis) which was suggested be repaired through surgery. We really didn't want to go down that route, so I went along to Dad's Chiropractor. Needless to say, I didn't have surgery and have loved the regular visits to my Chiropractic ever since!

I have been a rugby league referee for many years. In 2004, I was selected to join the NSW Rugby League Premier Referee's squad.

I love dealing with people and seeing how we all interact. We are all remarkably adaptable! Our bodies have an amazing ability to adapt and adjust to whatever gets thrown at us. With the gentle, drug-free help of Chiropractic, I have personally seen how much better we can function. Better able to deal with the stresses of life. Better able to recover from injuries, or indeed, stay injury free.

"HEALTH IS NOT SIMPLY THE ABSENCE OF SICKNESS" HANNA GREEN



Emotional Eating

"Eating for reasons that have more to do with your emotional hunger than your physical needs, a phenomenon dubbed emotional eating, can wreak havoc on an otherwise healthy diet. Emotional eaters may eat when bored (as a means of entertainment), when upset (instead of facing difficult emotions), or when generally dissatisfied with life (to fill a void). All these extra calories add up, especially when the grazing fare is junk food instead of carrot sticks."

www.about.com

8 signs of emotional eating:

1. Your hunger comes on suddenly.
2. You crave specific foods - generally not carrot sticks or steamed broccoli.
3. Your hunger feels urgent.
4. Your hunger is often paired with an upsetting emotion.
5. Your eating habits involve unconscious eating.
6. You don't stop eating in response to being full.
7. Your hunger isn't located in your belly.
8. After you satisfy your hunger, you are often filled with a sense of regret or guilt.

http://www.diet-blog.com/archives/2007/06/13/8_indicators_of_emotional_eating.php

Regular adjustments and following our health coaching at *Hands on* can help you to control your cravings and ensure that your eating habits contribute to a healthier body and mind.

This month we are conducting a free class discussing the who, what, when, where and why of emotional eating. Find out ways to eat better, control those cravings and heal your mind.

March Only! Free talk **'Emotional Eating'**

Circular Quay: Tues 16th 6pm & Wed 17th 12pm

Leura: Tues 16th 1pm & Sat 20th 10am

Winston Hills: Tues 16th 1pm & Fri 19th 11:30am

All are welcome - bring a friend! Limited places are available so call: 9251 3411 or email: info@handsonsydney.com.au to RSVP



Sue's victory with 'Ulcerative Colitis'

Celebrating her time at *Hands on*

In 1980, I spent 6 weeks in hospital in England, I was in terrible pain and within an hour of having an operation that meant I would use a colostomy bag for the rest of my life!

Fortunately my temperature dropped and I was saved, for now. The next ten years I survived on a diet of steroids, immune suppressant pills and anything else that would stop the ulcers bleeding. But they didn't stop, the steroids got stronger and I got worse.

You cannot imagine my daily routine, it got to the point that I almost could not go out in public. I was on the verge of going for partial bowel removal just to survive another day.

Specialist after specialist, probing, checking, prescribing, I got no relief and began to give up. No one could live in this condition for much longer. Until a friend of mine recommended I see a Chiropractor "what for!" I exclaimed, I had no idea how on earth a Chiropractor could help me at all, don't they just treat back pain?

I was at the end of my tether so I had nothing to lose! After a period of treatment I was almost completely off my medication and starting to get better. Eventually I stopped all medication and continued with Chiropractic adjustments; the pain the bloating went away, and gradually the bleeding stopped.

Today I'm totally cured and have been for at least 10 years, without drugs or surgery! My old specialist who said I couldn't be cured was astounded.

Thank you to Chiropractic - it saved my life!