



What is Stress?

Stress is the consequence of the failure to adapt to change. It is brought about by the inability to cope with physical, chemical or emotional factors in your environment. For example: external stressors – extreme temperatures, poor working conditions; and internal stressors – infections, anxiety, negative emotions.

3 Stages of Stress:

Alarm - This is the 1st stage. When the threat or stressor is identified or realised, the body's stress response is a state of alarm. During this stage adrenaline will be produced in order to bring about the fight or flight response. There is also some activation of the Hypothalamic pituitary adrenal axis (HPA axis), producing cortisol.

Resistance - This is the 2nd stage. When the stressor persists, your body attempts to cope. Through these attempted adaptations to the strains or demands of the environment its resources are gradually depleted over time.

Exhaustion - This is the 3rd stage. In this stage your body's resources are eventually depleted and normal function is unable to be maintained. At this point the initial autonomic nervous system symptoms may reappear (sweating, raised heart rate, etc.). If stage three is extended, long term damage may result as the capacity of glands, especially the adrenal gland, and the immune system is exhausted and function can be impaired. The result can manifest itself in obvious illnesses such as ulcers, depression, cardiovascular problems, and many other things.

Relaxation Techniques:

Deep breathing: Stressful situations often result in shallow and fast breathing (an effect of adrenalin). Taking deep breaths is an effective technique for winding down. Inhale slowly through the nose for a count of 10. Then exhale slowly and completely also to a count of ten. Concentrate fully on the breath. Repeat five to ten times and get into a habit of doing them several times a day.

Muscle relaxation: Very useful with deep breathing for getting to sleep. Lie down in a comfortable position without crossing limbs. Breathe slowly and deeply. Concentrate on each muscle in your body. Tense each muscle as tightly as possible for five seconds. Then release it completely and concentrate on how it feels to have the muscle totally relaxed. Begin at the head and make sure to include: forehead, ears, eyes, mouth, neck, shoulders, arms, hands, fingers, chest, belly, thighs, calves, feet.

Free Posture photos for the month of April!

Call: 1-300-0-handson or

Email: info@handsonsydney.com.au to book

Have your children's posture assessed!



Meet Matthew, our new Winston Hills Chiropractor

Chiropractic and its influence on the human body amazed me from the first time I had an adjustment. My first experience with chiropractic came as a result of my passion for sport. I played cricket and soccer for both Winston Hills and Baulkham Hills, but along with this passion, came disappointment as I was frequently on the sidelines with frustrating injuries. Chiropractic became a big part of my off-field preparation as it has allowed me to return to the field faster, and reduced my injury rate.

I have a great interest in working with sports injury, rehabilitation and proprioceptive/co-ordination training to improve injury recovery rates and sporting prowess. This too can be applied to all ages, conditions and health concerns. It's astounding how chiropractic - a gentle, non-invasive drug-free therapy - allows an individual the ability to optimise motor and sensory capacity.

Growing up, and now working in the Hills district, means I can exercise my passion for Chiropractic at 'home' helping my local community; there is nothing more rewarding than this. Helping people to reach their ultimate health and wellbeing is very fulfilling.

HANDS ON

Blue Mountains-87 Railway Parade, Leura. Ph 4784 2990

Circular Quay-Ground floor, 15 Young Street. Circular Quay. Ph 9251 3411

Winston Hills-168 Windsor Road, Winston Hills. Ph 9639 6307

"THE FIRST WEALTH IS HEALTH"

Relaxation Techniques continued...

Mindfulness meditation: Sit upright with spine straight, cross legged on the floor or in a firm chair with both feet on the floor and legs uncrossed. Eyes closed or gently looking a few feet ahead; become conscious of your exhalation. As your mind wanders, simply note it as a fact and return your attention to the out breath. It may be helpful to imagine thoughts as clouds dissipating away or to use a mantra.

Mini-meditation: Chose a routine activity that you do alone. Allow the mind to wander to any immediate sensory experience e.g. a sound outside the window, the smell of the stove, etc. If the mind starts to think about the past or future worries redirect it gently back to the present. The redirection of your thoughts disrupts the stress response and prompts relaxation. It also helps promote an appreciation of the simple pleasures already present in your life.

Your adjustments at *Hands On* actually work to reduce stress in your body, both physical and emotional. The results are a healthier you and a body that functions better, meaning you can spend more time feeling the best you can be.

(Hands on presentation: "stress" 2009)

Frequently asked questions?

What is a Chiropractic adjustment? An adjustment is a safe and gentle chiropractic procedure used to eliminate or reduce a bony misalignment. The misalignments occur for many reasons, and affect the body physically, biochemically, emotionally and interfere with nervous system transmission. An adjustment helps to restore normal mechanical and neurological function to the body. Adjustments are vital for the optimal health of the body.

Who can benefit? Chiropractic benefits people of all ages from infants to those in their golden years. Not only can Chiropractic help to alleviate specific conditions, but it also helps to improve overall health and well-being by improving the body's innate ability to heal itself.

Mention this newsletter and book in for a free health assessment.

April Only! Free Talk

'Children's Growth and Development'

Circular Quay: Tues 20th 6pm & Wed 21st 12pm

Leura: Tues 20th 1pm & Sat 24th 10am

Winston Hills: Tues 20th 6:30pm & Fri 23rd 11:30am

All are welcome - bring a friend! Limited places are available
so call: 9251 3411 or email:

info@handsonsydney.com.au to RSVP



Irina's journey from debilitating pain to wellbeing

Celebrating her time at *Hands on*

I have been working at Hands on for over a year and have been a patient there since late 2007. I arrived suffering from headaches, hay fever, and surviving on pain killers to get me through the day. I was also in a great deal of pain in my lower back stemming from bad falls when I was a child. I was unable to sit down or sleep comfortably and in agony after sitting down too long in one position. My headaches were always a problem too, making life difficult to get through. I had a couple of bad falls as a child and as a teenager, I underestimated the damage it had done to my body and did not seek help until my mum stepped in and insisted I see the staff at Hands On Sydney.

The x-rays taken revealed a compression fracture in my lower spine and several calcium deposits which were preventing normal movement without pain. Along with the pain, I was approaching my last year at high school and was terribly stressed by the HSC exams which started to adversely affect my sleep.

Admittedly, I was a bit skeptical of chiropractic treatment as I had little knowledge of it thinking that it was just about treating back pain. I was unwilling to have anyone "crack" my back as I believed all chiropractors do. Surprisingly, the adjustments were non-invasive and very gentle, slowly but surely getting me back on my feet. After a few weeks, I noticed a definite improvement in my mobility and a general reduction in pain, my sinuses began to clear and my headaches were subsiding. Three months later, no trace of the debilitating affliction remained; I was clear-headed and relaxed and did extremely well in my exams, allowing me to get into the university degree that I wanted.

If not for Hands On I would still be held back by my injuries and unable to enjoy life as I do now. The body is an amazing thing that with a little help can heal itself. My deepest thanks to Hands On for giving me back my life.

20% off weight loss supplement bundle for the month of April only