

## Relaxation - puts **PLUS** into your Health !

**Hi from your health care team.** How are you feeling at this time of the year? Are you well, fit and healthy? Are you as *relaxed* as you feel you should be? As Australians, we have wonderful opportunities to enjoy our long summers and have an enviable reputation for being a laid back, people that use our sunshine to relax. Are we making the most of the lifestyle available to us. This newsletter covers how to positively use relaxation for better health. Our next Relaxation Workshop starts February 18 - see back page for details.

For those that are unaware, Najeeba now has a beautiful baby girl - Annabell. Many congratulations to the new proud parents.

We have a new chiropractor to introduce - Kerrie Park has replaced Bethany. Beth has followed her heart to Queensland. Kerrie has hit the ground running and is immensely popular with her patients. With Najeeba taking a maternity break, Patricia De Guzman is working with Anthony as a massage therapist. We welcome both talented and caring women.



Kerrie and Patricia  
- great healing hands!

### *Sore Feet = No Fun!*

"if your feet hurt then - you hurt all over"....how many times have I heard this over the 14 years of being a podiatrist. If you look around a room full of women wearing high heels, you most definitely will see this. Faces that grimace and frown, complaints of "I can't walk" or "my feet are killing me"! So, I wonder...could the same be said of relaxation and feet? Could your feet be the key to true relaxation? Let us consider...

A foot massage....ahhhh..... I'm relaxed just thinking about a Brad Pitt look -a -like (or my husband) giving me a foot massage. Getting into those spots that you never knew felt so good. You'll soon be begging for more.

A foot spa -....ahhhh....the warm water bubbling over your feet, sending a warm and fuzzy feel-

ing right through your body. A feeling of relaxation that lasts long after the water has drained away. Did you know that the foot spa is the number one selling gift idea for Christmas and Mothers Day... (Dear Santa, please don't get any ideas as I've already asked for an ipod nano).



A comfy pair of shoes..... makes you feel like you are walking on air and of course increases your shopping mileage by at least two hours, or if your a man, increases the amount of time spent at the pub by three.

Reflexology.....Now there's a concept, healing other parts of your body through accupressure points in the foot whereby each section of your foot represents a body parts. So even a headache can be cured through your feet.

A visit to the podiatrist.... there's nothing like visiting your podiatrist for the ultimate foot relaxation experience. Attending to corns, calluses, ingrown toenails, cracked heels or any other foot issue you may have, will no doubt see you in good stride.

There's no denying it. Happy feet are healthy feet and healthy feet make for a relaxed body that's ready to take on the under-rated task of supporting three times your body weight when you walk, run and jump. So be kind to your feet as they really are the key to true relaxation.

# Massage therapy and the Relaxation Response

Massage is perhaps one of the oldest healing traditions. Many cultures - including the Ancient Greeks, Egyptians, Chinese and Indians - were convinced of the therapeutic properties of massage and used it to treat a variety of ailments. The skin is the largest organ of the human body and is packed with nerve endings. Massage works by soothing soft tissue and encouraging relaxation. Massage is especially effective in treating 'vicious cycle' complaints. For instance, a tension headache is often self-sustaining because the pain makes the sufferer clench the affected muscles even harder. This, in turn, creates more pain. A thorough neck and shoulder massage can release muscle tension and break the pain cycle.



Stress is a response that your body makes to all the demands made upon it daily. Most people have felt stress related muscle tension that can develop into painful conditions such as headaches, neck or back pain.

Most of our stress comes from a fast paced lifestyle. For example, moving house or a career change, can be major life changes that put immense pressure and cause stress. Then there are also the vague and constant stresses like, money worries, relational conflicts and job expectations. When you experience these pressures, your body releases adrenaline in response to stress. This hormonal change in your body increases the heart rate and blood pressure and results in tense muscles to prepare your body to respond to pressure.

Though stress can be unpleasant, it is an important and useful part of life. It stimulates learning and personal growth and is a natural part of any important accomplishment. In fact, the most effective and the healthiest people are not those who avoid stress but those who respond successfully to it.



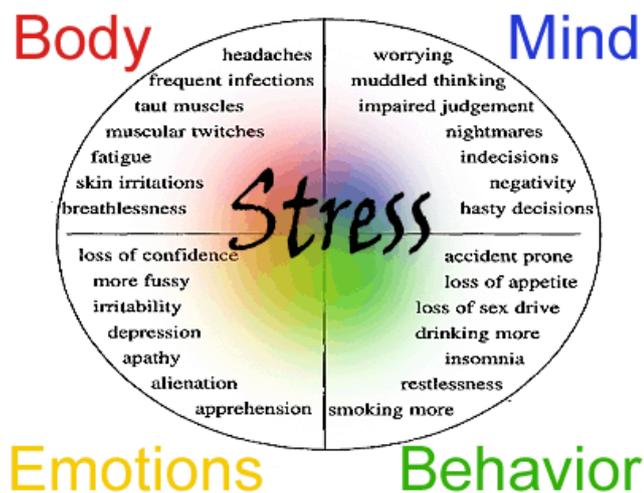
Therapeutic massage is a significant way for helping you to relax. Massage is a highly scientific hands-on therapy that works on the soft tissues and muscles of the body. It can help induce a sense of well-being and relaxation through the use of endorphins (the body's feel good hormones) and other natural body chemicals that make us feel good and reduce pain.

A deep relaxing massage can help improve both physically and mentally. Over time, massage can help you develop healthy and productive responses to the stressful challenges in your daily life.

If you want lasting stress recovery and prevent small problems from becoming big ones, then massage treatments as well as a healthy lifestyle, may be the answer to your body's needs. Regular massage provides immediate relief and helps you refocus your attention to recover and respond to stress. By making massage a regular part of your life you can experience an ongoing healthy and productive response to the stressful challenges leading you in complete healing and calmer state of mind.

# A Healthy Mind is a *Relaxed* Mind

Relaxation is the foundation of all mind-body therapies. The reason is that it helps prepare the body and mind for healing. Furthermore, it helps to facilitate learning and stimulates the flow of ideas, insight, intuition, creativity, and opens one's mind to new possibilities. Hence, relaxation is a state of being that we all desire and/or require. In fact the relaxation response is an approach that's been around for millennia. Nevertheless, according to Dr Herbert Benson, 2008, "its full potential remains untapped".



problems concerning negative emotions, thoughts and behavior patterns using a goal-oriented process. A psychologist, for example, may implement time-management training to help you more effectively manage your work flow, which he or she may then combine with mental relaxation techniques.

Not all stress is attributed to a specific source; some people experience stress all the time for no discernable reason. In cases such as these, people have been shown to benefit from a technique called biofeedback. Even though it sounds like something from a science fiction movie, biofeedback encompasses an assortment of techniques that are designed to help people gain control over various body functions including heart rate and breathing patterns. Patients are connected to equipment that monitor body function, while a biofeedback therapist assists them with a series of relaxation and mental exercises geared toward learning to control the body from within. According to The Association for Applied Psychophysiology and Biofeedback, it is "a process that enables an individual to learn how to change physiological activity for the purposes of improving health and performance." This form of therapy is becoming very popular amongst elite athletes, golfers and so on, as well as performers, business executives and students.

Stress is so commonplace in our modern times that it's become a way of life. So if you frequently find yourself feeling frazzled, overwhelmed, and frustrated it's time to take action to bring your nervous system back into balance. You can protect yourself by learning how to recognize the signs and symptoms of stress and taking steps to reduce its harmful effects. The more signs and symptoms you notice in yourself, the closer you may be to stress overload.

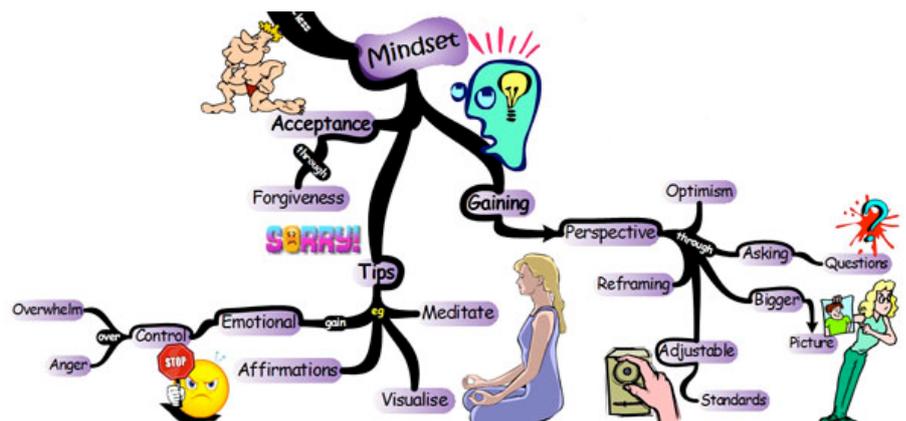
Most people ignore their emotional health until there's a problem. Just as it requires time and energy to build or maintain your physical health, so it is with your emotional well-being. The more you invest in your emotional health, the stronger it will be. People with good emotional health have an ability to bounce back from stress and adversity. This ability is called resilience. They remain focused, flexible, and positive in bad times as well as good. The good news is that there are many steps you can take to build your resilience and your overall emotional health.

There are many things you can do to reduce its impact and cope with symptoms.

Stress is a part of life, but it doesn't have to take over every waking moment. Learning to deal with stress using relaxation and psychological techniques versus medication or other harmful substances is more effective and empowering in the long run.

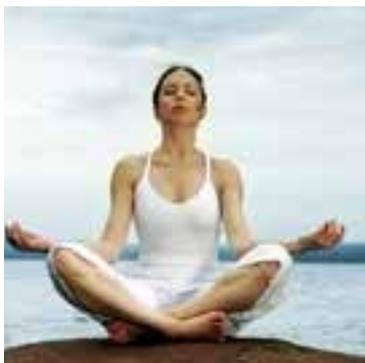
Relaxation techniques such as yoga, meditation, and deep breathing activate the body's relaxation response, a state of restfulness that is the opposite of the stress response. When practiced regularly, these activities lead to a reduction in your everyday stress levels and a boost in your feelings of joy and serenity. They also increase your ability to stay calm and collected under pressure.

Cognitive behavioral therapy is also a viable treatment for stress as it solves



# Chiropractic and Relaxation

Everyone experiences stress on a daily basis. Stress is defined as a reaction to any internal or external stimulation that upsets normal functioning and disturbs mental or physical health. Long lasting or chronic stress suppresses the immune system, which in turn increases susceptibility to illness, especially to immune-related disorders. Emotional stress also leads to hormonal imbalances that interfere with immune system function.



chiropractic adjustment, eating well, thinking well and moving well you can help ensure that your body is in prime condition to deal with whatever stresses you are confronted with. By doing these things you will not only make your body less stressed, you will make it more healthy as well. This often means you will have less symptoms, more energy, better resistance to disease, better sleep and much more.



Some "Relaxation Therapies" are better than others to reduce stress. These are forms of mind and body medicine that have one thing in common; they promote deep relaxation and reduce stress. A basic premise in mind and body medicine is that chronic stress can contribute to illness, and that relaxation restores the physical and mental functioning that improves one's health. More important than the stressors themselves is Our ability to cope is more important than the stressors themselves.

Chiropractic is a drug-free and non-surgical science. Chiropractors look at the human body and give special attention to its physiological and biochemical aspects. Major areas of concern for a chiropractor when examining a patient can include spinal or musculoskeletal structure, neurological activity, vascular systems, nutrition habits, emotions, and environmental relationships. The chiropractic adjustment can help to improve spinal joint mobility and improve chronic muscle tension that will aid in the bodies overall ability to relax.

You see, your body has a fantastic ability to deal with stress if you just give it a chance. By getting a regular

## Relaxation Workshop 2011

**We have an opportunity to start increasing Relaxation in your life by coming along to the Relaxation, Meditation & Stress Management Workshop. These workshops are highly rated and valued by attendees. Led by experienced and skilled psychologist Josephine Capitani, the course will make a great impact on all parts of your life.**



**This 8 week course starts Friday 7.30 pm 18 February 2011. Cost is \$220**

**Enroll now - places are limited.**

(Medicare rebates may be available - conditions apply)

**Health plus  
Chiropractic**

Chiropractors: - Anthony O'Reilly, Rachael Veronesi and Kerrie Park  
Massage Therapists: - Gary Fairhurst, Meaghan Brady, Sarah Egan & Patricia De Gruzman  
Podiatrists: - Dollene and Ara Hadjetian, Jake Foley  
Psychologists:- Dr Angelo Schibeci and Josephine Capitani

[www.healthpluschiropractic.com.au](http://www.healthpluschiropractic.com.au)

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Health Plus Chiropractic is a team of health care professionals committed to the highest quality of care and service by being consistently enthusiastic, efficient, loving and dedicated to health care. We will treat and educate those who strive for optimum health and wellbeing, and in return be rewarded by seeing satisfied patients, reaching our full successful potential and bringing joy and fulfillment to us all.