

Hi

Welcome to the Autumn edition of Healthy News. With the onset of winter upon us, this edition looks at how to boost your immune system **before** the cold and flu season arrives. As this month is Osteopathy month around Australia we have included some information about osteopathy and it's many benefits.

We look forward to seeing you at the clinic soon.

Regards Lloyd and Jenny and the Team at Springwood Natural Health



CLINIC HOURS

Monday, Wednesday & Friday
8.30am—5.30pm

Tuesday & Thursday
8.30am—7.30pm

Saturday
8.30 - 12.30pm

Healthy Ideas for Kids lunches or kids at heart

- Home made Sushi (don't have to use raw fish unless you like it)

Egg Omelette, Turkey, Ham or the bore rolled in Nori, sushi rice, avocado, cucumber, carrot, mango beans and sprouts. Fun to make with the Kids

- Pizza rollups

Using either sourdough bread or gluten free type of rollup bread. Using left over lamb or mince, chicken, white cheese, olives, red onion, pineapple, Tomato paste

Roll up toast in either oven or sandwich press

Osteopathy:

What is Osteopathy?

The philosophy of Osteopathy is to treat the whole person, not just the symptoms. It places emphasis on the relationships between the body's structure, framework and function, teaching the appreciation of the body's ability to heal itself.

Osteopaths work with their hands to perform such treatment using a variety of techniques:

- Massage and stretching techniques
- Articulation techniques – passive joint mobilisation
- Muscle energy techniques – releasing contracted muscles by working against resistance
- Counterstrain techniques – counter stretching restricted joints and muscles whilst in position of comfort in order to achieve release
- Functional techniques – gentle joint mobilisation Manipulation

- Visceral techniques – management of conditions affecting internal organs involving gentle and rhythmical stretching of the visceral areas.

Why see an Osteopath?

The most common complaints for which patients consult Osteopaths include back and neck pain, sciatica, headaches, pains in peripheral joints such as shoulders, knees and ankles, tendinitis and muscle strains, work-related and repetitive strain injuries, and sports-related injuries. Other conditions for which Osteopathy can play a significant role in reducing the severity of symptoms include asthma, gynaecological dysfunction, arthritic conditions and chronic fatigue.

How Can Osteopathy Help?

Osteopathic treatment can go a long way towards relieving distressing conditions. If

surgery is also required Osteopathy can be extremely helpful during the recuperation period. Osteopathy's safe, gentle and effective techniques aim to maintain your health, increase mobility, improve balance, prevent further joint wear and tear, and help keep you active. Osteopaths can work with other health practitioners to ensure a holistic approach to your health care. Our Osteopath Dr Paul Gray is a highly skilled and dedicated osteopath. For more information or to make a booking please ring the clinic.

