

70-72 Loudon St  
Sandgate, Qld 4017  
(p) 07 3869 4930

UPPER CERVICAL SPECIFIC CHIROPRACTIC CARE  
"THE KEYSTONE TO OPTIMAL HEALTH & WELLBEING."  
NOVEMBER 2009

4/5 Discovery Dr  
North Lakes, Qld 4509  
(p) 07 3482 4408

## Happy Birthday!

Having just marked its 3<sup>rd</sup> birthday in Sandgate, I would like to take this opportunity to officially unveil our newsletter, 'The Keystone', delivered bi-monthly. You will find it on our website ([www.newerachiropractic.com.au](http://www.newerachiropractic.com.au)), in your email box or in our offices (and other local businesses).

Our goal has always been to deliver the highest order of upper cervical chiropractic care. Our successful track record of positive patient outcomes is testament to achieving this milestone. However, as primary health care providers, we have another responsibility which is far too often diminished or ignored altogether. That is to ensure that you understand your specific problem and are taught to make intelligent, informed decisions about your healthcare.

Although this newsletter has been a long-time coming for a number of reasons; first and foremost our objective is to help fill the information void. To that end, the 'Keystone' will provide factual, timely information to aid you in making the right health care choices for you and your family. We will be delivering information that is interesting, as the section 'Fun Factoids' would suggest; what's happening in the world of health research; a New Era calendar of events (past and future); Uncommon advice for Everyday Life; a Patient Testimonial, and a general health section called 'About your Health'.

We invite you to read and pass this information on to friends and family.

### **Reflections**

The past three years of my life have been very special – the long years at university learning my craft as a Chiropractor did not come close to preparing me for what I have experienced here. Entering into a professional relationship with each of you as your chiropractor has developed into a special bond that has enabled me to enter your world and for you to enter mine at a more meaningful level. To know and care for entire families, some spanning five generations, is a privilege so awesome, I can barely contain my joy. For this, I am truly grateful.

Working in Sandgate has also given me the pleasure of being involved; at the community level through my association with the Chamber of Commerce and the Sandgate Junior Hawks AFL Club.

I would like to thank everyone that passed on their prayers, kind words and well wishes during my recent illness. I am again doing very well and will be adjusting for a long time to come.

I would like to thank New Era's front office reception staff for their tireless efforts to ensure the each patient's visit is a pleasant one. We have attempted to create an environment that is friendly, warm and caring. Without these wonderful ladies (Robyn, Jenny and Judie at Sandgate; Joan, Kathryn and Cheryl at North Lakes), that just wouldn't have happened.

In closing, I would like to thank Dr. Jeff and Dr. David for their passion, energy and professionalism. I am honoured to count them as friends and colleagues.

Now we will continue our work – changing the health of Australians one Atlas at a time!

*Sincerely, Dr. John*





## Fun Factoids

- A nerve can send up to 1000 impulses per second
- Dental plaque begins to develop within 6 hours of brushing
- Only 1/5 of air breathed is oxygen
- The stomach can stretch up to 50x its empty size and hold about 4.25L
- The femur (thigh bone) is the longest bone in the body
- The body is made up of ~100 trillion cells: that number looks like 100,000,000,000,000
- One in 12 men is colour blind
- Fingerprints form 6-8 weeks before birth



## Why 'The Keystone'?

Why did we name this newsletter 'the Keystone'? You have probably observed that our 'catch cry' is "The Keystone to optimal health and wellbeing." As I have come to learn, most people are not familiar with the concept of a keystone. Perhaps a definition would be helpful.

"A **keystone** is the architectural piece at the crown of a vault or arch which marks its apex, locking the other pieces into position. This makes a keystone very important structurally...." *Wikipedia*

In a nutshell, a keystone is the integral part of a closed system that stabilises that system. Be it an arch, dome ceiling or healthcare paradigm. With respect to upper cervical chiropractic, the Atlas (1<sup>st</sup> Cervical Vertebrae) is the keystone. Since an Atlas misalignment can directly or indirectly affect nearly all nerve function, it is easy to see why we would consider it our keystone to optimal health.

In much the same light, this newsletter is integral to ensuring that you receive the latest in information regarding your health - we consider it to be the keystone of communication with you.

Note: This section shall usually be reserved for "Tell Your Story" testimonials.



## Uncommon Advice for Everyday Life

Q: "Should I use an ice pack or a heat pack?"

A: Ice pack (99% of the time). People may have muscular aches and pains, which a heat pack may soothe for a short period. However, the heat will only make the underlying injury worse.

The most common reason that a muscle feels achy is because it is protecting an injured joint. With sprain-strain injuries, muscle and ligament fibres are slightly torn. The associated inflammation is what causes pain and discomfort. Heat produces more inflammation and also prevents those fibres from healing. **Ice reduces inflammation and allows the injured tissues to heal.**

Ice an injured area (through a layer of cloth) for 20 minutes, and then rest it.



## What's New with Medical & Chiropractic Research?

- 83% of patients with chronic neck pain also suffer a ~14% decreased lung capacity. Researchers note a strong association between an increased forward head posture and weakened respiratory muscle strength.  
Kapreli E, Vourazanis E, Billis E, Oldham JA, Strimpakos N. Respiratory dysfunction in chronic neck pain patients: a pilot study. *Cephalalgia*. 2009;29(7):701-10.
- Patients with dizziness experienced clinically significant improvements in Dizziness Handicap Index scores after receiving chiropractic treatment for one month: patients not receiving chiropractic treatment experienced no such benefit.  
Hawk C, Cambron JA, Pfefer MT. Pilot study of the effect of a limited and extended course of chiropractic care on balance, chronic pain, and dizziness in older adults. *J Manipulative Physiol Ther*. 2009 Jul-Aug;32(6):438-47.
- Ascorbic acid (Vitamin C) levels in milk are reduced significantly the longer that the milk sits in its container. Also, UHT milk has much less vitamin C than pasteurized milk.  
Nalame N, Chaisri W, Suriyasathaporn W. Loss of L-ascorbic acid in commercial drinking milk caused by milk processing and storage times. *Southeast Asian J Trop Med Public Health*. 2009 Jul;40(4):848-51.



# About Your Health

with Dr David Hannah

(reprinted with permission from the North Lakes Messenger)

Have you ever experienced back pain? How about sciatica or a disc injury?

If so, let this be a holiday service reminder: **Lower back injuries are common around Christmas.**

Consider all the walking, carrying, traveling and shopping. Then add the family and the in-laws. Then add the parties, drinks, food, and the extra 5Kg. Then add the cooking, cleaning, decorating and wrapping.

These stresses have a cumulative effect on the body. All it may take is one more tiny twist at the wrong angle and BANG! No more silent nights—only the distress of a lower back injury.

Ironically, that last bit of stress often presents on Christmas morning when distributing presents to the family. The chance of injury may be especially pronounced if that person (... how can this be worded delicately?) is *shaped* like Santa Claus.

It may be possible to avoid injury by heeding a few recommendations:

- Drink more water. Among the activities, alcohol and 35-40 degree temperatures, you will dehydrate. Muscles are approximately 90% water. The more fluid you drink, the better that your muscles function, and the less likely that you will suffer an injury.
- Carry one bag/parcel at a time. The greater the imbalance by carrying multiple things all at once, the greater the strain on the body. Multiple trips to-and-from the car is much better than one gigantic trip.
- Slow down! True, there are 501 things that have to be done before Christmas. But take things in stride and don't push yourself too hard.

Wouldn't it be nicer to enjoy the Christmas season without the dread and bustle? Admittedly, stress is unavoidable, but the last thing anyone would need to dampen the festivities is a physical injury.



## What's New at New Era?

### Recent Events

- Congratulations to Dr Karen Hannah (David's daughter) who completed her chiropractic degree in October and will be starting practice in Wisconsin, USA.

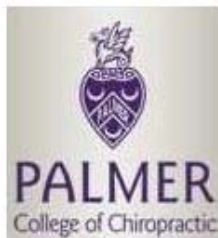
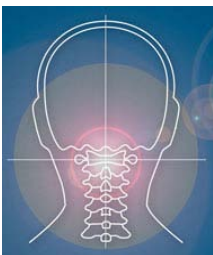
### Upcoming Calendar

	<u>Christmas Hours</u>	<u>Sandgate</u>	<u>North Lakes</u>
21/12 – 23/12	8am-12, 2pm-6	Dr John	Dr David
24/12 – 28/12	Closed		
29/12 – 31/12	8am-12, 2pm-6	Dr Jeff	Dr David
1/1 – 3/1	Closed		

## As a Man Thinketh

*"Those who spend little time on their health have little time."*

Author unknown





## Three Questions

1. When was the last time you had *your car* tuned?
2. When was the last time you had *your teeth* cleaned?
3. When was the last time you had *your spine* adjusted?

Just as the heart and brain are protected by bone, so too are the nerves of the spinal cord. **These nerves control every muscle, every joint and every tissue in the entire body. When the spine is out-of-balance, nerves may not function properly.** The result may be pain, discomfort or other symptoms that interfere with your health or and quality of life.

---

### **Why put up with discomfort when relief may be possible!**

---

New Era Chiropractic combines the latest techniques and technology to provide the very best in chiropractic care. The clinics, located in Sandgate and North Lakes, are only 2-of-4 clinics in Australia and New Zealand with the equipment, and where all the doctors have completed the advanced studies to perform a unique style of treatment known as Atlas Orthogonal.

Atlas Orthogonal (AO) is founded on the principle that a problem with the 1st vertebra in the neck (C1 or atlas) may cause problems anywhere else in the body. If the atlas is not aligned properly, it can cause physical stress on the lower brainstem, the top of the spinal cord, and the nerves and blood vessels that feed them. Like a poorly tuned radio, an atlas imbalance may cause distortion or interference with the messages that transmit along the spinal cord to the brain, and *visa versa*.

Physical problems appear anywhere in the body. The most common symptoms include **headaches, migraines, facial or jaw problems, dizziness ... even lower back pain and hamstring tightness.**

New Era Chiropractic also performs specialised, instrument adjusting for the whole spine and extremities for people of all ages. There is no cracking, twisting or manual manipulation.

When the spine is balanced, there is no interference to the nervous system. Thus, the human body is able to do what it is supposed to do—heal itself.

*When was the last time you had your spine adjusted? ... Help is at hand, relief may be possible!*



**new era CHIROPRACTIC**

“THE KEYSTONE TO OPTIMAL HEALTH & WELLBEING.”



70-72 Loudon St  
Sandgate, Qld 4017  
(p) 07 3869 4930

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

4/5 Discovery Dr  
North Lakes, Qld 4509  
(p) 07 3482 4408