



Gluten sensitivity.....Why the increase? What's wrong with modern wheat?

It's a 10,000 year food tradition. But in recent generations, something's gone wrong

As gluten avoiders become more prevalent in Australia, it's commonly questioned whether the intolerance has always been around but just not diagnosed, whether these are new health issues, or possibly even just a new fad?

Gluten sensitivities are on the rise, and there are a couple of things to blame. Today's population is being **overexposed to gluten**.

There are a number of proteins found in all grains, but the ones that most people are sensitive to is the gluten that's found in wheat, barley and rye, which are used in our breads, pastas and sneaking into many of our foods as additives. Three-quarters of foods in the supermarket would have gluten tucked in the ingredient list, and it forms the basis of many people's meals. The **new ways of breeding grains** has seen the intolerance increase. New hybridised varieties of wheat have led to dramatic increase in gluten intolerances. A lot of people who eliminate gluten out of their diet see huge improvements in a wide array of health problems. There are many people that are now going that way and the results are phenomenal, their cholesterol and their triglycerides all go down, their heart disease factors and diabetes decrease. In the clinic we are seeing more consequences to gluten reactions than a disapproving gut and sore stomach. Many types of auto immune diseases, ranging from osteoporosis to thyroid conditions and **muscular skeletal diseases** are stemming from this protein. For help and advice regarding gluten and the way you are moving and feeling make an appointment to discuss options and solutions.

Adam Penfold - Chiropractor

Trigger Points in Dogs

Do you have sore spots in your muscles when they are massaged?

Do your muscles cause you stiffness, inflexibility and pain?

Very often this is due to what are called Myofascial Trigger Points. Dogs also get these muscle knots and they can cause our dogs to limp, appear stiff or sore. Trigger points are localised areas of muscle spasm that develop after injury, with repetitive strain or they may develop secondary to arthritis or an underlying problem with conformation or gait. Once they develop, they can persist for months or years.

They can often be worse in cold weather or after strenuous exercise.

Treatment includes:

Stretching of muscles and joints

Muscle work including massage

Spinal adjustments which release joint tension and restore range of motion as well as improve nerve function

Correction and maintenance as well as strategies in care

Neil Gregory Animal Chiropractor

Activated Charcoal- Nature's powerful detoxifier

How would you like to detoxify your body this spring and continue to eat your 3-5 healthy meals a day?

Detox diets can be scary, let's face it. The last thing we want to do is starve ourselves and drink funny looking juices that taste less than satisfying. Well with Activated Charcoal, this all changes!

Charcoal is one of Nature's most powerful cures for poisoning. Hospitals use it on patients that have ingested harmful substances or have over dosed on drugs. It can render thousands of deadly chemicals when digested orally, so much so that it should not be taken with traditional medicines lest it removes them completely from your system. Beyond use in hospitals, activated charcoal is a global remedy for general detoxification, digestion issues, gas, bloating, heart health, and anti-aging. We also drink water filtered by it, eat food purified through it, wear clothes made with it, preserve things with it, grow our food and flowers in it, take it to the bottom of the deepest oceans and out into space!

The reason it works so well in our bodies is a process called 'adsorption' which means 'to bind to' rather than 'to absorb.' In other words the charcoal binds to the toxins instead of absorbing straight into the blood stream.

You can find activated charcoal here at MVCC, your local chemist, or online.

Sydney LaVine - Massage Therapist

Exercise Classes – focus on stretching and core strength
Now being run at Mona Vale Chiropractic Centre on Mondays and Thursdays 6pm.
Bookings essential. Call Jo on 99975773.
Casual rate \$25, 5 classes @ \$20 each, 10 classes @ \$17 each

THAI FLAVOURED CHICKEN MINCE

Serves 4

Ingredients

2 teaspoons olive oil
1 garlic clove
1 large red onion, thinly sliced
750g lean chicken mince
1 bunch coriander
¼ cup sweet chilli sauce
2 tablespoons fish sauce
2 tablespoons lemon juice
3 teaspoons brown sugar
Baby pak Choy or any vegies of your choice
Steamed Jasmine Rice or Vermicelli noodles



METHOD

Step 1

Heat oil in a large non-stick frying pan over medium heat. Add onion. Cook, stirring occasionally, for 3 minutes or until onion is soft. Add mince. Cook, stirring with a wooden spoon to break up mince, for 10 minutes or until browned.

Step 2

Meanwhile, cut 5cm from roots end of coriander. Wash and finely chop. Remove coriander leaves and set aside. Add chopped coriander to mince with sweet chilli sauce, fish sauce, lemon juice and sugar. Stir to combine. Reduce heat to low. Cook, stirring occasionally, for 5 minutes or until heated through. You could also add vermicelli noodles through the mince that have been cooked as per instructions on packet. Adjust seasonings according to taste.

Step 3

Serve mince with coriander leaves, steamed baby buk choy or any choice of vegetables, steamed jasmine rice or vermicelli noodles.

Magnesium

Magnesium is essential for many cellular functions; particularly energy production, muscle contraction, nerve transmission and stimulates enzymes that help regulate the body's levels of calcium, potassium and other vitamins and minerals.

Magnesium is acquired in our diet from foods high in fibre such as spinach, legumes, Brazil nuts and whole grains. Our modern diet is composed of so many processed foods, and as a consequence most people are not getting sufficient magnesium in their diet. Magnesium can be supplemented in powder or tablet form, which is what we as chiropractors often recommend for those that are deficient and display some of the below symptoms.

Some common symptoms of magnesium deficiency include: muscle tension/spasms and cramps, fatigue, headaches, migraines, insomnia and anxiety

Speak to your chiropractor to see if supplementing magnesium is something that may help reduce your symptoms and improve your overall health.

Mitchell Roberts - Chiropractor

Pregnancy and Chiropractic

Low back pain is often common during pregnancy. Chiropractic care offers a non-invasive, safe form of care to help alleviate pain and make having a baby easier.

Chiropractors use gentle, soft tissue techniques to help relax the tight ligaments and eliminate or reduce pain. Women who receive Chiropractic Care report easier and faster deliveries. Many chiropractors are also trained in the Webster Technique. The hands on technique helps to reduce uterine tension which assists the baby's posture for a safe and less painful delivery. Pain can lead to increases in stress and anxiety. Neither of which are good for mum nor baby. Getting adjusted regularly during pregnancy can make the process of child birth much easier.

Neil Gregory Chiropractor/Osteopath

There are 2 other health professional practicing from 1801 Pittwater Road. They both run businesses that are independent of Mona Vale Chiropractic Centre. This month we are letting you know more about Emma who is a Wholistic Kinesilogist
Why would I go to a Kinesilogist ?

Kinesiology is great for helping those issues that just won't go away – emotionally and physically. Emma helps you to understand where the issue has truly originated from and works with your body and your mind to help you to move through these issues once and for all. For example - Sometimes we feel anxiety in our stomachs – but is it the anxiety causing the stomach issues or is it an underlying stomach issue causing a biochemical imbalance, ultimately leading to anxiety?

Emma Sternberg – Kinesilogist Phone 0409 064 121 for an appointment

www.emmasternberg.com

*Don't forget to look
at our website*