

Autumn

MonaValeChiropractic
Osteopathy, Acupuncture, Scenar, Massage Therapy



Newsletter

9997 5773

www.monavalechiropractic.com



Chiropractic and Immunity

Chiropractic care is more than just a solution for aches and pains. It is also a treatment therapy that can help improve our bodies Immunity.

A strong immune system will help our body to fight ill health. This in turn helps us feel better and heal faster. Strong immunity should be a goal for all of us.

Any type of dysfunction or problem in your body can affect your immune system.

Stressors can affect your body's ability to protect itself.

A subluxation or misalignment in your spine for example, can lead to problems in your nervous system. Chiropractic care provides a natural, gentle and non - invasive means of supporting your immune system.

Fortunately, Chiropractors understand how to detect and treat spinal misalignments. Chiropractic treatment has been proven to help relieve pain and stress. The compression of nerves in your body can weaken your body's defences, making it more vulnerable. Chiropractic treatment can fix spinal misalignment which will improve nerve function. This in turn can boost your immune system

Chiropractic can help both large and small animals;

How can Chiropractic help?

Owners often notice immediate changes in their pets. For example, that they can't go upstairs or they stop jumping up. Changes in their gait may be noted, or we see they aren't walking as well or as quickly. Subtle changes like our pets not able to sit down or lie down and actions like sitting are just no longer an easy thing for them to do

Animals, like people, also suffer conditions like arthritis. Simple sprains and sprains can become bigger and more complex when left untreated.

Eventually we see our pets in obvious distress, requiring a visit to the Vet.

Chiropractic can be a treatment option in conjunction with Veterinary care. Chiropractic care is very effective in muscular skeletal injuries. Chiropractic care can also help to boost your pet's immune system because compression of nerves or any type of dysfunction can place serious stress on the bodies nervous system which in turn impacts the immune system. This can become a chronic issue leading to poor health for your pet.

How do dogs subluxate their spines, putting pressure on their joints?

Often pets collars can strain or affect their necks.

We can play our pets too hard by over bouncing balls, causing our dogs to jump too much. Sometimes we walk or run our dogs too hard or too long. All of these activities can cause strains to our pets' spines and bodies.

Diet also plays a big part in our dog's health. We are what we eat, applies to animals as well as humans.

At Mona Vale Chiropractic we offer Chiropractic care for your pets as well as for you and your family.

Neil is fully trained and certified in Animal Chiropractor. We offer treatments, including Chiropractic and Massage.

Keeping your pets healthy and very happy.

Chiropractic and Animals

HOW TO PREPARE YOUR KNEES FOR SKIING



If you're planning to hit the slopes, it's essential to prepare your knees for the challenge. Here are 3 ways to keep your knees safe this season:



- **Warm-up** - We want to encourage blood flow to the muscles and joints. Start with some light cardio - jumping jacks or jogging on the spot. Next do some dynamic stretches - leg swings, lunges and squats.
- **Technique** - Proper technique can reduce the stress and strain on your knees. Keep your knees slightly bent and your weight centred over your skis. Avoid leaning back too far. A quick lesson can also be a good refresher, even for the veteran skier.
- **Strengthen** - Strong muscles around the knee joint can protect the knees from injury. Gym exercises such as squats, lunges, leg-press and step-ups will create a great foundation for the knees.



It is also recommended to get an adjustment before your ski trip, to ensure you are nice and supple to ski down the slopes.

Tips to prevent low back pain on long car trips:



- Adjust your seat - Make sure your legs are in a relaxed position - not too far or close. Use a lumbar support or a rolled-up towel.
- Take regular breaks - Every 1.5-2 hours, get out and go for a short walk. Performing some squats or lunges can be beneficial as well. Movement encourages blood flow around the limbs and spine.
- Keep hydrated - Drinking water can keep your muscles and discs hydrated and flexible. It also encourages you to take regular toilet breaks!
- Pack light - Lifting your luggage in a sensible way - don't be in a rush. Make sure it is right in front of you and close to your body when lifting. Also, avoid twisting movements when lifting.

Refer a new patient and get \$40

If you refer a new patient to Mona Vale Chiropractic Centre between now and June 30th 2023, you will receive a \$40 which can be used for products or services at the clinic. The new patient must advise at time of payment of the referral. \$40 credit for every new patient referred so please recommend us to your family and friends. Even applies to animals which need our services.