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**BENEFITS OF  
MASSAGE**



**EXPLAINING  
PIRIFORMIS PAIN**



**BUILD HEALTH  
WITH CHERRIES**



**NATURAL RELIEF  
FOR MUSCLES**

## Common questions about chiropractic care

Do you have questions about chiropractic care? Many people do, and we love sharing insight into this wonderful profession. With that in mind, let's dive into some of the more common questions.

### Could adjustments make my spine loose? Can bones be moved too much?

In short, no! Your spine is an incredible structure. The shape of your vertebrae keeps them connected, like floorboards that "click" together; they're designed to stay put. Ligaments act like ropes that tie your bones together and muscles and fascia also provide strength. A chiropractic adjustment is a skillfully and carefully placed impulse that creates a slight movement within your body's normal limits to help restore normal motion and function to the joint.

### What is the popping sound- is it bad for my joints?

You might hear a popping sound when you have an adjustment; this is caused by a small pocket of gas being released from the joint. This safe sound is common; however, its presence or absence doesn't determine the effectiveness of your care.

### Should I expect pain relief in the first few treatments - how long will I need chiropractic care?

What great questions! We're all different; so this will depend on your health and how long you've had problems. Different parts of your body repair at different speeds, and certain lifestyle factors, such as poor diet

and smoking, can slow healing. Making healthy lifestyle changes can speed up the healing process.

Some people only want pain relief; this may or may not happen in the first few treatments and is not always a sign of progress. Others wish to improve and maintain their health long term, so these factors can also determine how long you choose to receive chiropractic care.

### Why do we use X-rays and other imaging technologies?

While we are thorough in our assessments, we cannot see some things. A lot can hide under your skin and in your joints. X-rays and other scans help us know what's happening inside your body and rule out what's not. This assists us in providing better care. The type of scan determines what we can detect. For example, an x-ray is good at seeing bones.

### What qualifications does a chiropractor have?

In Australia, chiropractors are some of the most qualified health professionals. We complete at least five years of university study. We must register with the Australian Health Practitioner Regulation Agency. This government organisation has strict requirements and only qualified chiropractors gain registration.

Of course, there are many more questions. Please let us know if you have one buzzing around in your head. We're happy to help!



## Find natural relief for tight or sore muscles

Are your muscles tight or tender? Do they feel like taut bands or knotted ropes? When we exercise, our muscles can become tender, creating soreness which can be uncomfortable. Yet, nature may offer some help - certain foods show promise for relaxing tightness and easing discomfort.

The mineral magnesium is known in natural health circles as “the great relaxer.” It’s involved in over 300 biochemical reactions in your body, including muscle and nerve function. Muscles need to contract and relax properly to function well. Magnesium supports the energy production required to do so.

Tart cherries are also a good source of magnesium. However, it’s their powerful anti-inflammatory and antioxidant properties that are of more interest. A few years ago, tart cherries made headlines as an athletic aid. Additionally, they may reduce loss of muscle strength, soreness, and help speed up recovery. Tart cherry juice is the best source, and should be consumed for several days before and after exercise.

Can’t find tart cherries? Beetroot juice is also studied for its potential in

the athletic world. It contains dietary nitrates which show potential in boosting athletic performance by increasing blood flow and oxygen to muscles. Beetroot also contains betalains, (pigments that provide its vibrant colour), which may reduce inflammation, aid recovery, and ease muscle tenderness.

Watermelon juice is an alternative if beetroot isn’t to your taste. As well as antioxidants, it contains L-citrulline, an amino acid which

may help increase exercise endurance by aiding muscle function. Drinking watermelon juice before and after exercise may reduce muscle soreness. That’s therapy with a delicious flavour!

Turmeric and its active ingredient, curcumin, have been used medicinally for millennia. It has been shown to soothe inflammation and ease pain. Curcumin may reduce the discomfort and muscle injury that can result from exercise. To enhance curcumin’s benefits, add black pepper to your dishes. Look for the additional ingredient, piperine, if using supplements.

Whether you exercise or not, these natural remedies might be worth a trial. They’re safe and tasty and may benefit your muscles and your general wellbeing. If you’d like advice on diet and exercise, we’re happy to help.

Remember, while health supplements and specialised foods can offer benefits, it’s important to exercise caution and moderation. Follow the recommended guidelines on supplements and be aware of any potential side effects. It’s best to follow a well-rounded and balanced diet for optimal overall health.



**Rich sources of magnesium include: dark chocolate, cashews, almonds, avocados, edamame beans, black and white beans, pumpkin and chia seeds, spinach.**

## Cherries- a delicious way to help build our health and wellbeing!

A delicious, seasonal stone fruit, cherries are tasty and well-loved. But are they actually good for you too? Yes! These shiny little mouthfuls are jam-packed with nutrients, making them a healthy addition to your diet, as well as a delicious one.

Cherries are a great source of:

- **Fibre:** at around 1.5g per 100g, cherries can make a significant contribution to your recommended intake – the recommended fibre intake for Australian adults is 25g per day for women and 30g per day for men.
- **Antioxidants:** particularly one group called anthocyanins – these give cherries their natural red colouring and are linked to all sorts of benefits, such as potentially lowering the risk of heart disease and some cancers.
- **Vitamin C:** works as an antioxidant to protect your body from damage, and also contributes to immune system health, good skin and hair, helps iron absorption and all round body function.

- **Potassium:** essential for your heart function and healthy blood pressure.

Tart cherries have some interesting properties; it’s claimed they can improve the symptoms of conditions like arthritis and gout, help your immunity, improve sleep quality, and may even have some ability to protect brain function and reduce the risk or severity of dementia and related conditions.

Cherries are versatile too; they can be used in pies and smoothies, chopped up in fruit salads, on cheese platters, and just eaten fresh as a tasty treat. If you’re giving cherries to small children, remove the stones and chop cherries in half first. Small, round and firm cherries are a potential choking hazard for the little ones.

Cherries are also a sweet treat, which can help stop you reaching for empty-calorie snacks – replacing one unhealthy food in your diet with a healthy equivalent is a great step towards reaching and maintaining a healthy weight as well as promoting all-round health.



**Remember, no food can work alone – it’s best to eat cherries with other fruits and vegetables to get all the antioxidant effects required for good health.**

## The remarkable benefits of massage therapy

Have you thought about getting a massage, but unsure what this involves or what to expect? Many people love massage, experiencing benefi

ts for their body and mind. Plus, the correct technique can complement chiropractic care. Let's take a look at this approach to see if it suits you.

### What does massage involve?

The exact technique depends on the type of massage. However, as a broad overview, it manipulates the body's soft tissues – the muscles, ligaments, tendons, and fascia. A trained therapist should provide your massage and customise treatment to suit your needs. Specific areas can be addressed, for example, your back, shoulders, legs, or just your head. Particular health conditions should be taken into account.

### What are the benefits of massage?

From reducing pain and improving function, to aiding faster recovery, the advantages of massage are diverse. Enhanced flexibility and reduced muscle soreness after exercise are notable outcomes, alongside heightened blood circulation to muscles and skin. Moreover, psychological benefits are also possible. By enhancing parasympathetic activity, massage can lead to elevated relaxation and alertness, activating the 'relaxation response.'

### What do the studies say?

A 2020 review study published in the peer-reviewed journal *Frontiers in Psychology* noted that massage can help "migraines, depression, asthma, low-birth weight in infants, general pain reduction, fibromyalgia, high blood pressure, stress reduction, and overall increase in well-being and immune functioning."

Recent research continues to support and uncover the benefits of massage. In older adults, it has been shown to reduce anxiety and depression, relieve muscle pain after exercise, and decrease balance problems and the associated fear of falling.

Similarly, during pregnancy, massage appears to reduce stress, lessen back and leg pain, lower levels of depression and anxiety, and boost neurotransmitters ("nerve messengers"), serotonin and dopamine, essential for mood enhancement and pleasure.

As research continually uncovers the wide-ranging benefits of massage, it reinforces the significance of this ancient practice for overall health and well-being. Ask us if a massage is right for you – we're happy to help!

## Cherry BBQ sauce

Enjoy this tasty and healthy sauce at your next barbecue!

2 cups fresh or frozen cherries, pitted  
2 tablespoon olive oil  
1 small onion, chopped  
1 tsp minced garlic  
2 tsp freshly grated ginger

1 tablespoon tomato paste  
3 tablespoons balsamic vinegar  
1 ½ cups pear or apple juice  
½ tsp sea salt  
1 pinch red chili flakes



### INSTRUCTIONS

1. Heat the olive oil in a large frying pan, add the onion and cook until softened, about 3 minutes. Add the garlic and ginger and stir for one minute.
2. Add the tomato paste, vinegar, juice, salt, and cherries. Stir until everything is incorporated. Cook uncovered over medium high heat until boiling, reduce heat and simmer for 10 minutes, or until cherries are soft and mixture is slightly reduced.
3. Let the sauce cool for about 10 minutes before putting it in a food processor or high-speed blender. Blend until smooth.

Cool to room temperature and store in the refrigerator up to 2-3 weeks.

## WORD FIND

How many of the following words can you find?

ANTHOCYANINS  
ANTIOXIDANTS  
BEETROOT  
CHERRIES  
CHIROPRACTIC  
CURCUMIN  
DEPRESSION  
FEMUR  
FIBRE  
FLEXION

FUNCTION  
HIP  
INACTIVITY  
LIFESTYLE  
LIGAMENTS  
MAGNESIUM  
MASSAGE  
MIGRAINE  
MUSCLE  
NITRATES

OXYGEN  
PAIN  
PELVIS  
PIRIFORMIS  
POTASSIUM  
SPASM  
STRESS  
STRETCH  
WATERMELON  
XRAY

J W V J L U S E I R R E H C J M H E K Q N G W L A  
E F C Y T I V I T C A N I M I G R A I N E T L L M  
N H O A L C E A J R S M V F L X I V Z M S I T Y T  
E X Q T J L U R F D A V S Q R D B N R K G C C D R  
P L H N W I M T X J N I R A P J I X I A W J R K X  
H I R S I F I R Y G T Q R M P U B R M M T K J M R  
M S I S L E N E K H H X O Y R S J E A H U Q K J A  
H E O S L S O F F K O A F R A T N Z H Q E C U O Y  
M T I E C T I L D P C G V I J T G V P Z V R R W T  
T A T R A Y S E K U Y Z N J S S N K I R S O B U Y  
L R S T S L S X B T A L H F E M U R H U Y V F I C  
X T C S G E E I D K N L C M Z E K W B O N D U T F  
C I H S A E R O Y S I N O L E M R E T A W A N N H  
K N S F O G P N I V N V N A R F W T C T Q Q C C J  
W S L Q S E E E Q J S F T S D N B K I K B S T J B  
F I C G D U D K J P A M U S C L E Q J P F E I V G  
R M T O C A B E E T R O O T I B K F O Y R A O R O  
Q R Y E O N T I J S J O M U V Z N T O T Y Y N R Y  
O O K T B S T N A D I X O I T N A T S I R R S Z C  
Q F C I T C A R P O R I H C Z S M U I S E N G A M  
P I N X Y H B N X D C M A A S J Q A A Q P P A H S  
Z R I P Z N S I V L E P G I S H T N B Z P S T R L  
I I M T Z N O M C D V U U K A Z Z Y M S A Y H S M  
B P J O X Y G E N F M M K R X Y Y N D M I X I U M  
Y I S M F S A Z H H A O R U P I H R L X N A M D D

## APPOINTMENT REMINDER

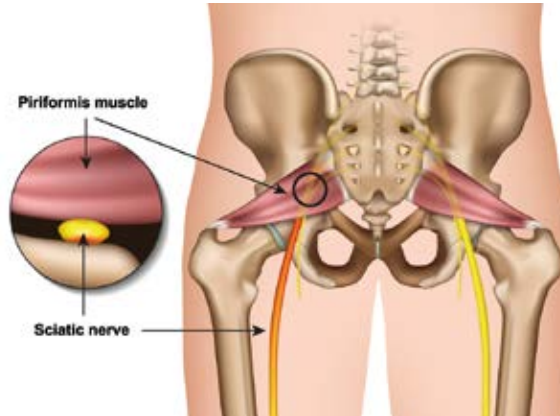
Your next appointment is on \_\_\_\_\_ at \_\_\_\_\_  
Date Time

## Explaining and treating piriformis pain

Do you have an ache or numbness in your buttocks or hip that refuses to budge? What could be causing this discomfort? You may have pain caused by your piriformis muscle.

### Meet the piriformis muscles

The piriformis muscle is flat, tapered, and located deep within your buttock. It stretches from your tailbone, connects with the sacroiliac joint (SIJ), and passes through a passageway from your pelvis to your buttock and leg. At the end, the muscle attaches to the outer part of your upper thigh bone.



### Function of the piriformis muscles

The piriformis muscle is instrumental in rotating your thigh bone (femur) when your hip is extended. When your hip is flexed, it pulls the femur away from your body. Both hip extension and hip flexion are crucial for maintaining balance and performing various daily activities that involve leg movement.

### Understanding pain in this muscles

The muscle can become strained or irritated from factors such as: long periods of sitting and inactivity, overuse, injury, and repetitive activities involving your legs, such as long-distance walking, cycling or running.

The piriformis muscle can irritate or compress the sciatic nerve and cause pain, tingling, or even numbness in your buttocks and the back of your leg. You might also have reduced flexibility in your lower back and hips, affecting your posture and gait. Compensatory movements might also stress the knees and ankles, leading to potential discomfort.

### Treatment and prevention

The goal is to eliminate symptoms and improve function. It's important to reduce activities that trigger your symptoms: take breaks, move often and stretch regularly. Inflammation or spasm may be helped by heat or cold therapy.

From a chiropractic perspective, a sacroiliac joint problem is often seen with piriformis pain, usually on the same side. There are two SIJs, just as there are two piriformis muscles. As your pelvis and these muscles are connected, treating both makes clinical sense where appropriate.

As well as chiropractic care, treatment and prevention of piriformis pain may involve stretching and strengthening these muscles. Exercises will depend on what you can comfortably perform, a stretch shouldn't be painful.

The following is a seated piriformis stretch. There are different versions, including those that 'turn you into a pretzel', but that's not necessary!

- Sit on a chair with your feet flat on the ground.
- Place your right ankle over your left knee, allowing your right knee to drop gently to the side.
- Sit up tall with a straight back.
- Bend forward from your hips until you feel a comfortable stretch in your right buttock.
- Hold for 20-30 seconds, breathing deeply and relaxing into the stretch.
- Repeat on the other side.

Speak to us about suitable exercises for your body. The piriformis muscles have a big impact on our daily lives, by understanding their function and giving them a little extra care we can embrace a life of pain-free mobility!

We recommend you  
don't sit with your wallet in  
your back pocket.  
(We see you!)

**Disclaimer:** The information in this newsletter is not intended to be a substitute for professional health advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your chiropractor first.

Our newsletter is free - please take a copy with you



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