

CAULFIELD NATURAL HEALTH CLINIC



Winter Immunity 2013

CHIROPRACTIC CORNER

Chiropractic Care for Kids

Winter is upon us and bringing with it colds and sniffles.

Does your child suffer from recurrent ear infections, fluid or glue ear? In addition to supporting their immune system with the right diet and vitamins, correct upper cervical function can help with Eustachian tube dysfunction.

In children the Eustachian tube is horizontal and does not drain via gravity. Ensuring that the upper cervical spine moves fully stretches the Eustachian tube and helps it to drain.

This is why many families are finding that when their children receive chiropractic care, they also notice a decrease in the occurrence of ear infections and improvement of drainage in the children's middle ear.

Dr Sandra Buchanan, Chiropractor



NATUROPATHIC CORNER

Ways to Boost Your Child's Immunity

During winter we all come into contact with disease-causing germs daily more so do our children. Children are born with an immature immune system that makes them more vulnerable than adults to germs and viruses. Immune systems will continue to mature along with the rest of their bodies, but in the meantime HELP your kids by taking the following steps:

- **Encourage your child to drink more water**
- **Include more whole grains, fruits, and vegetables in your child's diet.** (Some powerful ones are strawberries, blueberries, oranges, tomatoes, broccoli, spinach, carrots, squash, pumpkin, and garlic.)
- **Get your kid active in outdoor to provide him with Vitamin D and exercise. Better yet, exercise with him.**
- **Cut down on junk food, sugary treats, and ready-made meals.**
- **Make sure your kid gets an adequate amount of sleep.** Lack of sleep has actually been shown to weaken a child's immune system
- **Provide you child with a clean and smoke-free environment**
- **Encourage your child to eat more fish and, even better, try to give one teaspoon of cod liver oil every day, as it contains vitamins A and D and omega 3 essential fatty acids which will reduce infections**
- **Vitamin C supplements are also a great choice for children not getting enough of it in their diet. It can be an easy, painless way to boost the immune system.**

Remember, one of the best things you can help her child stay healthy is to teach THEM lifelong healthy HABITS!

Genya Fleischer & Galia Atteslander, Naturopaths

Now that it is getting cold, your skin tends to become dryer. Why not beat the Winter Dryness with a Facial!

Zhanna Khortik, Remedial Massage & Beauty Therapist

GLUTENFREE/SUGAR FREE /EGG FREE MUFFINS

1 cup gluten-free flour mix
1/4 cup quinoa flour
1/4 cup teff flour
2/3 cup coconut sugar
2 tablespoons ground flax seed
1 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon cinnamon
1/8 teaspoon nutmeg
1/3 cup olive oil
1/3 cup apple sauce
1 cup grated carrots
1/2 cup crushed pineapple
1/4 cup shredded coconut, unsweetened
6 tablespoons water
1 teaspoon vanilla

Preheat oven to 350 degrees.

In a bowl, mix together all the dry ingredients. In another bowl, mix together all the wet ingredients. Add wet ingredients to dry ingredients; stir just until blended.

Put batter into muffin tin. Bake in preheated oven for 25 minutes or until toothpick in the center of the muffin comes out clean.

OSTEOPATHY CORNER

Arthritis during Winter

As the temperature becomes colder it is noticeable that many patients complain that there 'bones and joints' ache more. The most common arthritic condition is osteoarthritis, which is when the cartilage in the joint becomes damaged and irregular. This leads to a multiple of symptoms: Joint and Muscle Aches and Pains, Joint Stiffness, Joint Swelling and Joint Weakness

Arthritic pain is thought to increase during winter due to:

- Change in the atmospheric pressure
- Change in exercise regime
- The effects of cold weather have on our muscles.

It is important in the winter months to dress warmly as this will help keep your muscles and joints warm. It is important to maintain your fitness regime in the colder months as exercise improves joint strength and flexibility, reducing joint pain, and helps combat fatigue. You may need to plan your exercise regime in the cooler months with indoor activity if you are prone to hibernate when it's cold.

Dr Daniella Zampierollo, Osteopath

Information taken from: <http://www.arthritiswa.org.au/content/page/winter-amp-arthritis.html>

PHYSIOTHERAPIST CORNER

Preventing slips and falls this winter

Falls are a major cause of injury, especially to older people. Below are some ways to improve safety and reduce the risk of falling this winter.

- Indoors: ensure adequate lighting, reduce clutter, ensure that mats and rugs are secure
- Outdoors: wear adequate footwear to avoid slipping, ensure that pathways are clear and well swept, don't rush.

A tailored exercise program can improve strength and balance and also help reduce the risk of falling. For more information please contact Shanee, your Physiotherapist at Caulfield Natural Health Clinic.

Shanee Fleischer, Physiotherapist

Information taken from <http://www.betterhealth.vic.gov.au>