



# NEWSLETTER

## WINTER 2017

### Headaches

Headache is one of the most common health-related conditions in Australia. It is likely that nearly all of us will experience headache during our lifetime.

There are different types of headache. Most headaches have more than one contributing factor, some of which may be poor diet, stress, muscle tension, and lack of exercise. Persistent headache should always be investigated by a doctor to rule out serious underlying disorders.

Headaches caused by stress, tension, jaw problems and poor posture often respond well to manual therapies, as well as stretches and postural exercises.

Addressing factors such as work station ergonomics, stress levels, and general exercise, will all help improve outcomes for headache sufferers. Remember to please seek medical advice if your headache persists.



Shanee Fleischer, Physiotherapist



### WELCOME TO THE CLINIC

**Dr Bridie McNulty**  
**Registered Osteopath**

We are excited to welcome Bridie to CNHC, joining our team as an Osteopath. Bridie is available for appointments on Mondays and Thursdays.

**WE are practicing now COSMETIC ACUPUNCTURE**

Cosmetic acupuncture also known as Facial Rejuvenation is a safe, gentle and natural anti-aging practice to enhance beauty and wellbeing, which is supported by almost 5000 years of documentation. It is a constitutional treatment which will address your whole body state of wellness.

The treatment is aiming to soften lines and wrinkles, lift sagging, increase firmness and tone in the face, enhance circulation to face for that bright, even glowing skin.

During the treatment, very fine needles are inserted using specific technique on different areas of the face to stimulate the production of collagen and elastin.

The insertion of these needles trigger microtrauma to the face, stimulating fibroblasts formation which play a critical role in tissue repair.

**THE BENEFIT OF COSMETIC ACUPUNCTURE:**

Moisturises the skin by increasing circulation of blood and lymph to face

Improves muscle tone , firmness and elasticity of skin

Helps lifting sagging and drooping

Fills out sunken areas

Helps eliminate fine lines and soften deep wrinkles

Improves facial colour, creating glowing and radiant skin

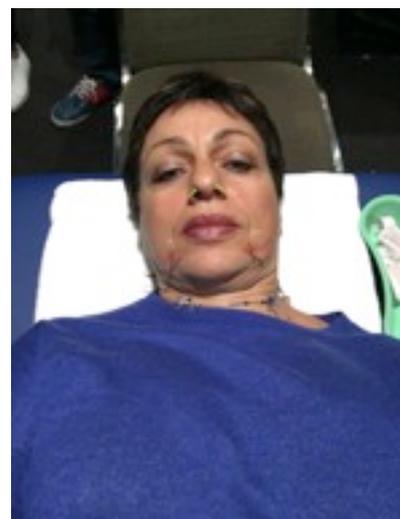
Brightens eyes and lifts drooping eyelids

Stimulates collagen production

Softens acne scarring

Reduces stress evident to face and slows ageing process within

Leaves you feeling refreshed and rejuvenated



Genya Fleischer & Galia Atteslander, Naturopath/ Acupuncturist



## Neck Health



### WEIGHT OF HEAD WHEN LOOKING DOWN AT A CELL PHONE



### SYMPTOMS OF FORWARD HEAD POSTURE

- HEADACHES
- NECK PAIN
- PAIN & TINGLING IN THE ARMS
- NECK & SHOULDER MUSCLE TIGHTNESS
- FATIGUE



### CELL PHONE POSTURE TIPS

- AVOID LOOKING DOWN AT YOUR CELL PHONE OR COMPUTER SCREEN
- BRING YOUR CELL PHONE TO EYE LEVEL WHILE BROWSING
- STAND UP TALL AND PULL YOUR SHOULDERS AND CHIN BACK. YOUR EARS SHOULD BE ALIGNED OVER YOUR SHOULDERS



Sandra Buchanan, Chiropractor

## 10 Best Foods for Radiant Healthy Skin:

1. Blueberries - antioxidant rich, high in fiber, Vit. A and Vit. C. Help to clear acne and blotchy spots, leaving you with healthier glow.
2. Spinach - great source of Vit. B, C, E as well as potassium, iron, calcium and omega 3 fatty acids, help to keep your eyes sparkling white.
3. Kiwi - firming, helps to prevent wrinkles.
4. Dark Chocolate helps skin stay hydrated, it also protects it from sun damage.
5. Salmon helps clear clogged pores and erase fine lines and wrinkles.
6. Watermelon - sun protector/cancer fighter, helps to clear blemishes and improve skin elasticity.
7. Oranges and grapefruits - wrinkle preventers, restores collagen.
8. Berries - raspberries, blackberries, strawberries help reduce inflammation and keep your skin toned and radiant.
9. Avocados - high in Vit. A, D, E and minerals like copper and iron preventing skin aging and promoting elasticity.
10. Eggs - skin tissue repair, clear infections and acne, prevent skin from developing moles and skin tags.



Zhanna Khortik, Massage/Beauty Therapist

## The Temporomandibular Joint (TMJ)

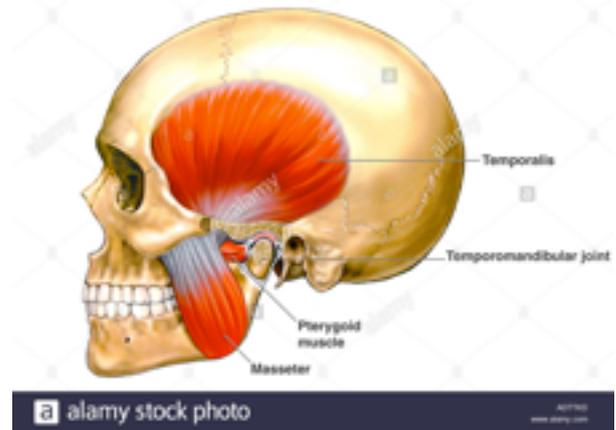
The temporomandibular joint (TMJ) is where the jaw joins the skull. It is among one of the most frequently used joints in the body, allowing us to talk, chew and yawn. The TMJ is located on each side of the skull. The two bones that form the TMJ are the jaw (mandible) and the bases of the skull (temporal bone).

Any dysfunction related to the TMJ is the cause of widespread and often varied symptoms throughout the head and the neck region.

Signs and Symptoms of TMJ dysfunction include: Jaw clicking on opening and closing, persistent headaches/migraines, ear symptoms (ear pain, tinnitus, vertigo, hearing loss, stuffiness in the ear.), locking of the jaw, pain eating and yawning, stress, sensitive teeth and dizziness.

TMJ Dysfunction can be caused by: prolonged mouth opening, poor posture, trauma, habits (such as singing, chewing gum, eating hard foods), bruxim (grinding of teeth), psychological stress.

Osteopathic treatment addresses biomechanical and muscular problems involving the jaw and neck. If you think that your TMJ may be symptomatic it might be worth mentioning to your health practitioner.



<http://c8.alamy.com/comp/ADTTKD/temporomandibular-joint-tmj-anatomy-ADTTKD.jpg>

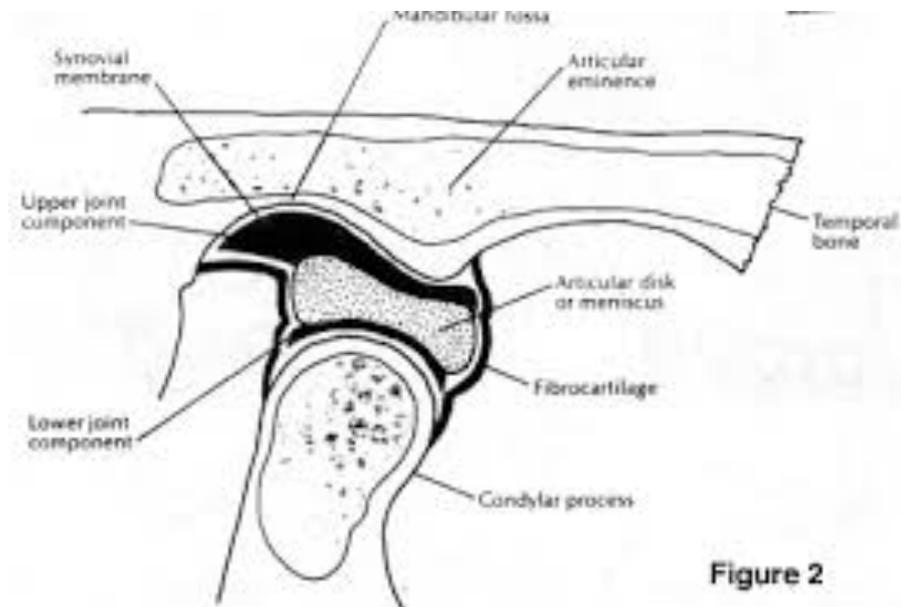


Figure 2



Daniella Zampierollo, Osteopath

[https://www.google.com.au/search?q=TMJ+anatomy&tbm=isch&tbs=rimg:CcrqPDh72JbqIjhj3mKIp8OVa9HpPp9yx8BL6ZzsZvaLf6QPLaEFCAAmQUZGMfzEFpegwYGIMZbhWrxZ3ArWb24RBS0SCWPeYoinw5VrEeVTkM8QFyemKhIJoek-n3LHwEsRTNBYiRePxFkqEgnpnOxm9ot\\_1pBFn9hK2vPsZZCoSCQ8toQUIACZBEXwSq51IEAZtKhI](https://www.google.com.au/search?q=TMJ+anatomy&tbm=isch&tbs=rimg:CcrqPDh72JbqIjhj3mKIp8OVa9HpPp9yx8BL6ZzsZvaLf6QPLaEFCAAmQUZGMfzEFpegwYGIMZbhWrxZ3ArWb24RBS0SCWPeYoinw5VrEeVTkM8QFyemKhIJoek-n3LHwEsRTNBYiRePxFkqEgnpnOxm9ot_1pBFn9hK2vPsZZCoSCQ8toQUIACZBEXwSq51IEAZtKhI)