



Integrated
Wellbeing
Centre

Newsletter

MAY 2016

Spinal Care Week 23rd – 29th May

BACK YOUR INNER ATHLETE

Reduce Pain - Improve Posture - Activate Performance

Spinal Health Week 2016 will focus on how one can perform and live better by *backing their inner athlete* through good spinal function, reducing pain, improving posture and taking care of one's health.

With the Olympics around the corner, the Chiropractors' Association of Australia would like to use this year's Spinal Health Week, held between 23-29 May, to remind all Australians they don't have to be sporting professionals to achieve peak performance but everyone can perform and live better by backing their inner athlete, through good spinal function, reducing pain, maintaining healthy posture and taking care of one's health.

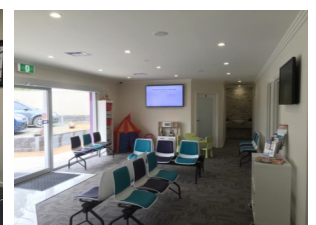
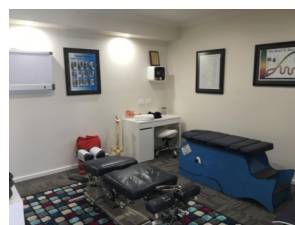
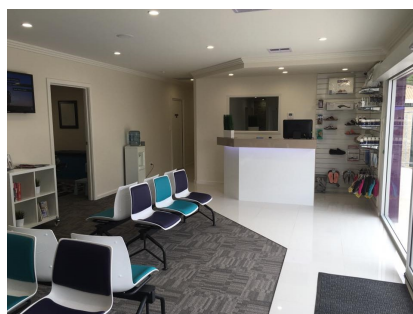
While Rio 2016 will involve over 10,500 athletes from 206 countries, who are currently in intensive training and chiropractic care to perform to their optimum, this year's Spinal Health Week's Back Your Inner Athlete campaign reminds all Australians that, not just sports athletes, but everyone, can back their own inner athlete and perform to their peak by doing simple things like focusing on the importance of spinal function, reducing pain, managing posture, which, in conjunction with a healthy lifestyle can help activate performance.

The 2016 campaign also aims to help Australians understand that chiropractors are there when they need them and that patients can live better with chiropractic care, which can assist with improving overall health. It is also speaking to the broader public of the need to support chiropractic care and research.

For further information regarding Spinal Care Week, head to www.chiropractors.asn.au/education-a-events/spinal-health-week

Introducing the brand new Mannum clinic!

The wait is over and a brand new clinic is up and running at Mannum on Mondays, Wednesdays and Thursdays.



Up-coming events

So what's next? The beautiful old stone home has treated us well over the years but it is with regret we will have to say goodbye. In it's place will stand a gym and café. We are looking forward to what this will bring to the Mannum community. Stay tuned for more progress!

2nd May

8th May

23rd-29th

Term 2 Commences

Mother's Day

Spinal Care Week

www.integratedwellbeing.com.au

Lavender Mint Bath Salts

Spoil Mum

From Wellnessmama.com

For a relaxing treat for mum try making your own bath salts or better still get the kids mixing - it is so easy to make! There are many health benefits to soaking in a salt bath from stress relief and reducing muscle aches to improving circulation and speeding up wound healing. Making your own bath salts also means you can avoid harsh chemicals and artificial fragrances.

Ingredients

- 2 cups Epsom salts
- 1/2 cup baking soda
- 1/4 cup sea salt (optional)
- 30 drops of lavender essential oil
- 10 drops of peppermint essential oil

Method

1. Mix all ingredients in a medium size bowl.
2. Store in an airtight jar and use 1/4 cup per bath.
3. Relax and Enjoy!

Tips- Try decorating the jar with some ribbon or lace as a finishing touch—mum will love it!

The Healthy Life

Book Review

by Jessica Sepel

Sydney nutritionist and blogger, Jessica Sepel has focused *The Healthy Life* as an allegory of her own inspiring health journey. Her message is to create health and stress free living and encourages a shift from the outdated calorie-counting and restrictive dieting approach to eating. Sepel believes good health can be achieved when we heal our relationship with food and embrace a mindset of self-love. She focuses on helping people achieve the best possible outcome and this book has a lot to offer! It includes 10 Powerful Principles to finding optimal health and healing, a nutrition chapter, tips on hair, skin and beauty, a weight loss and cleanse guide and hundreds of wholefood recipes, most of which are gluten-free, sugar-free, paleo and vegan friendly.



Improving Your Posture

Posture is the position in which we hold our bodies while standing, sitting, or lying down. Your posture directly affects your health. Correcting bad posture does take discipline, but there's no doubt the benefits are well worth the effort. - CAA

Correcting Posture



Product of the Month Dr Graeme Massager

Dr Graeme Massagers have been custom built for use by Health Care Professionals and patients under their advice. With high torque motor, ergonomic design, variable speed control and 3 types of heads, you can give yourself a high quality massage ranging from relaxation through deep trouble spots. "Many patients needed more quality massage than they had time for or could afford. A solution was having them do prescribed massage at home with a hand held massager like the ones we use in the clinic. We looked for a hand held massager that worked like our professional machines but was economical and easy to use. We could not find any that suited so we had our own built, and now supply them to patients and colleagues with similar needs"- DR Graeme

The perfect present to treat mum with this Mothers day!

**A MOTHER
IS SHE WHO CAN
TAKE THE PLACE
OF ALL OTHERS
BUT WHOSE PLACE
NO ONE ELSE
CAN TAKE**