



We would like to welcome Chiropractors Dr Justine Hicks to Global Chiropractic. The team is looking forward to better serving the community by offering more adjusting hours. Dr Hicks is looking forward to getting to know your spines, but first read on and get to know more about her in this issue.

**Announcing
New Additional
Adjusting Hours
2009**

Mon. 9am—12pm

Wed 2pm - 7 pm

Office hours and
previous adjusting times will
continue as usual

Mon 9-12 2-7 pm

Tues 8-12 2- 6 pm

Wed 3-7 pm

Thurs 8-12 2-7 pm

Fri. 8-12 2-7 pm



Dr Justine Hicks...We all deserve to be healthy and that is why I love Chiropractic because it provides me with an opportunity to work with people towards achieving their health goals, through gentle, safe and natural healthcare. Restoring optimal function to every cell, tissue, organ and system of the body, allows the body to perform more efficiently and effectively, giving more life and energy back into all areas of peoples lives; relationships, family, a career, social, spiritual, financial, physical and mental. I commenced my Chiropractic studies at the New Zealand School of Chiropractic (Auckland) and graduated with Clinical Excellence at RMIT (Melbourne). Fortunately I love the support and challenge of family business as I join my sister Dr Deanne Esposito and the inspiring team of healthcare professionals at Global Chiropractic, in serving the community and providing Chiropractic Wellness Care. Thank-you to everyone who has wished me luck over the previous five years while I have been studying...



**Congratulations
goes to the Winners
of our Christmas
Raffle...1st Prize**

Arandt family.
2nd Prize Thomas
Coleman and family.
Enjoy some great
quality family time
over your meal out
and the movies....

**A big welcome to our
2009 newborns.....the
Perez and Fraser fami-
lies on the safe arrival
of their perfect bun-
dles Raphael and
Campbell respec-
tively....just right for
cuddles!**



Chiropractic & Wellness

What's your life demonstrating? Are you going toward wellness or ill health and dis-ease? Here are sine some simple tips to greater wellness.

- **Visit your Chiropractor regularly**— Having your spine and nervous system (which controls all of your bodies functions) working at their best helps to create a state of wellness. A Chiropractor is the only person who can adjust the spine to take pressure off the spinal nerves so your body functions at its best.
- **Be aware of what you eat**— Search for foods that give your body the nutrients it needs to function and, more importantly, to thrive.
- **Drink plenty of water** — It keeps you hydrated and helps your body eliminate toxins. (1 litre of water for every 30kg body weight)
- **Rest and rejuvenate** — Your body needs time to heal and restore its energy. The physical body repairs between 10pm—2am and the nervous system heals between 2am – 6am.
- **Be active** — Walk, stretch and exercise. Using your body helps keep it healthy and actually gives you more energy. Exercise is a vital nutrient for health.
- **Assess your priorities** — If your health and wellness are of value to you then let your behaviour reflect it. Putting focus, attention and energy into your health is essential for your wellbeing.

This time of year we are focused on getting back to school and the workplace in optimal health and wellbeing. Your chiropractic adjustments enable you to get the most out of your day with optimal performance in all your activities and relationships.

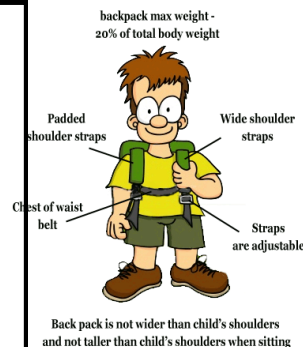


Congratulations to all our clients at Global Chiropractic who are starting prep this year, including....**Lara Leerson, Zach O'Neil, Oliver Murphy, Jude Perez, Megan Symons, Ben Steen, Connor Lyon & Brodie Newman**....we look forward to all the school stories as the year unfolds.



Top Tips for a Healthy Lunchbox

- Always include fresh fruit and vegetables. Vary the selection or add a dip to keep it interesting.
- Offer a variety of whole grain breads, rolls, pita bread and flat breads.
- Use avocado as a spread instead of butter or margarine.
- Use dairy foods, cheese and yogurt are ideal.
- Kids need a serve of protein at lunchtime. Ensure you include lean meat, egg, peanut butter, chickpeas or tuna.
- Add a chilled bottle of water and limit juice.



back-to-schools.com

Be inspired on your post walk adjustment

Grab an affirmation from our walk box at reception on your way out. Remember what you think about you bring about!!

Thank You

We would like to thank you for your referrals and spreading the Chiropractic message to others in our community. The greatest compliment that our clients can give is the referral of their family and friends

Out of the loop?

Join our e-news group by giving your details to reception or simply subscribe online at www.globalchiropractic.com.au

Editors Note:

We always welcome your feedback. Please let us know if there are any topics that are of interest to you.

Things to look for when buying a backpack

- Wide, padded shoulder straps
- "S" shaped shoulder straps, which ergonomically contour to your child's body.
- Consider the weight of the backpack when empty. For example canvas backpacks will be lighter weight than leather.
- Waist or chest strap. This will help keep the load close to the body and maintain proper balance.
- A built in back support.
- Lumbar pillow.
- Make sure the backpack is not too heavy. Even when worn properly with both straps, leaning forward to compensate for this extra weight can affect the natural curve in the lumbar, or lower back region. Extra weight may cause a rounding of the shoulders and increase the curve in the thoracic or upper back region. As a result, students may experience back, shoulder & neck pain. A good rule to follow is to carry no more than 15-20% of ones body weight.

Recommendations of backpack use

- Wear both shoulder straps. Slings a backpack over one shoulder causes a person to lean to one side to compensate for the uneven weight, curving the spine. Over time this can cause lower & upper back pain, strained shoulders & neck and even functional scoliosis, or curvature of the spine. Teenage girls are especially susceptible to scoliosis.
- Distribute weight evenly across the back. Load the pack so the heaviest items are right next to your back.
- Snug shoulder straps so the pack fits close to the upper part of your back, the more it pulls you backwards it will strain muscles between your shoulders.
- Use the waist belt, and side/chest straps. Keep the load close to your body. Keeping the pack close to your hips also shifts "work" to your legs.
- The bottom of the pack should rest in the curve of your lower back and the top touch just below the big knob on your neck. (Vertebral prominence)
- Neatly pack your backpack and try to keep items in place.

