

Wellness and Wisdom

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Health At Every Size

Over the last year, I have been studying toward a Graduate Certificate in Health Promotion. You may think that as I chiropractor I would already know a lot about this, however, through my ongoing work on the National Healthy Spines program, I discovered that Health Promotion is a distinct profession of its own and most chiropractors don't cover this material in their normal training.

Health Promotion is a term that was coined in the 1980's and defined by the World Health Organisation and recognises that the following are determinants for health:

- Peace, shelter, education, food, income, a stable eco-system, sustainable resources, social justice and equity

Furthermore, according to the Ottawa charter; Health Promotion action includes focusing on:

- Building Health Public Policy
- Creating Supportive environments
- Strengthening Community Action
- Develop personal skills
- Reorient Health services

What is very common in clinical practice is that health practitioners are trained to identify risk factors, then prescribe treatments or programs to decrease those risk factors. However this approach is often quite limited in its effectiveness because each person has a unique set of circumstances within or around them which makes a difference as to how they might respond to treatment.

In the subject I just completed several case studies were given of modern Health Promotion in action. One of those that interested me was the management of the alleged "Obesity Epidemic".

We are constantly hearing how much fatter we are all getting about which the media loves to sensationalize. Almost each week there is a news story reporting the latest and greatest way to shed those unwanted kilos.

There is an increasing concern by many health practitioners that the existing paradigm of weight-loss programs which encourages dieting or extreme exercise, is doomed for failure and in fact can be potentially very damaging in many ways for individuals.

The common measure for peoples body weight is via the body mass index (i.e. your BMI) A BMI over 25 is considered to be in the overweight range. However research presented in my course demonstrated the following:

- Actual data shows while obesity has increased by ~60%, life expectancy has also increased by 10%
- Highest life expectancy is at BMI 26-28 and the lowest is at BMI <18
- Populations death rates fall as BMI rises
- Changes are not due to obesity alone, but numerous other factors!!
- Relative risk of mortality is in the negative for BMI 25-30!
- You must also consider a persons fitness i.e. being thin doesn't guarantee health! For example: people who are fit and fat have relatively half the death rate of those who are thin and unfit!
- Actual data over times shows a shift in both body height and weight (relative to one another) although food portion size has be shown to have been increased

Health at Every Size (HAES) is new the paradigm being embraced by some health practitioners to help people address weight issues. HAES is based on the simple premise that the best way to improve health is to honor your body.

It supports people in adopting health habits for the sake of health and well-being (rather than weight control). Health at Every Size encourages:

- ***Accepting and respecting the natural diversity of body sizes and shapes.***
- ***Eating in a flexible manner that values pleasure and honours internal cues of hunger, satiety, and appetite.***
- ***Finding the joy in moving one's body and becoming more physically vital.***

I found this information to be highly engaging to me as a health practitioner who regularly has clients talk to m about weight issues. If you would like more information I am happy to give you some resources. I am also happy to teach you about what I have learnt about this new paradigm.

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Consulting hours:

Monday: 8am-11am & 3-6.30pm

Tuesday: 3.30-6pm

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Friday: 8am-11am 2-5pm

Chiropractic reduces footballer injuries

A new Macquarie University study involving two Australian Rules football clubs has found that chiropractic treatment can significantly reduce the risk of players succumbing to hamstring injuries and lower limb muscle strain. Two semi-elite Victorian Football League (VFL) clubs participated in the research, which is the first Australian study to examine the role of chiropractic treatment in minimising injury in elite footballers. The study was undertaken by sports chiropractor Wayne Hoskins as the basis for his PhD project on hamstring injuries and has just been published in the journal BMC Musculoskeletal Disorders. "Hamstring and lower limb muscle strains are the most common injuries in the AFL," Dr Hoskins said. "The AFL's injury survey shows no change in injury rates in the last 15 years and management of these injuries has remained a source of frustration for players, clubs, medical staff and fans alike." Dr Hoskins' research showed that hamstring and lower limb muscle strain injuries can be dramatically reduced through the inclusion of a sports chiropractor in the traditional injury management programs adopted by clubs, which generally involve a mix of physiotherapy, massage and strength and conditioning management. He said the results suggest that the inclusion of chiropractic treatment would boost player performance whilst saving clubs money. "The study lasted an entire season and involved 59 players from two VFL clubs," Dr Hoskins said. "The group which included chiropractic management had a 4% chance of a hamstring injury and a 4% chance of a lower limb muscle strain. The group which received the traditional management only had a 17% chance of hamstring injury and a 28% chance of a lower limb muscle strain."

In addition, the chiropractic group missed just four matches during the season through hamstring or lower limb muscle strains. The group not receiving chiropractic treatment missed 14 matches through hamstring injury and 21 matches through lower limb muscle strain.

The group receiving chiropractic treatment also had significant reductions in non-contact knee injuries, low back pain and improvements in physical components of health, although this was not the goal of treatment.

The study was carried out under the supervision of Associate Professor Henry Pollard from Macquarie University's Department of Chiropractic.



New remedial massage therapist available Wednesdays and Saturdays from August 4th

Gary Hancock from Inspire Massage and Health (SA) will be joining The Chiropractic Domain. He has been practicing Remedial Massage for six years and is a Graduate of Endeavour College of Natural Health with a Diploma of Remedial Massage and Musculoskeletal Therapy. He has practiced in the physiotherapy and general medicine area, as well as assisted with sports training recovery with the Adelaide Crows Football Club. His ongoing training ensures an up to date and high level of massage technique that specialises in skeletal, muscle and ligament mobilization. Together with Paula and Lisa, Gary will develop a confidential massage treatment plan designed to relax, revitalise and rejuvenate you and your inner wellbeing.



Chiropractic for injury prevention and maintenance

The article above highlights the benefits of Chiropractic care for elite athletes, however, in daily clinical practice the same benefit can be experienced by people who play sports for social purposes too!

I know from my own experience of returning to field hockey, the regular adjustments I receive help to keep me limber and supple. After a break from the sport for nearly ten years, in my mind I still run around like a twenty-something, but my body fitness and agility is certainly a 30-something! While we all have to acknowledge that our bodies age, through regular chiropractic maintenance we can keep doing the things we enjoy for many years to come, even though our pace and intensity might need to change a bit.

My goal for my clients is to help keep them mobile and supple enough so they can keep enjoying the physical activities that make them happy and reduce the likelihood of injuries.

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