

# HealthState



**Your Personal Health Manual**

# Contents

Welcome .....	3	Your Shoulders .....	17
What Can You Do? .....	3	Hip stability .....	17
What is Osteopathy? .....	4	Your Bottom .....	18
Biodynamics and Cranial Sacral Treatment .....	5	Your Feet .....	18
Osteopaths treat more than you think! .....	7	Your Balance .....	19
Osteopathy and Ergonomics .....	8	Stretching .....	20
Types of work related injuries .....	8	Your Life .....	22
Ergonomics in your Personal Life .....	8	Our Thoughts .....	22
How does it affect me? .....	9	Our Emotions .....	24
Core Stabilizers .....	10	Technology Addiction .....	25
Core Stabilizer Exercises .....	11	Food and Nutrition .....	26
Biomechanical Compensations .....	13	Mind Body and Spirit .....	27
Your Breath .....	14	Meditation .....	28
Your Back .....	15	Spring Clean for Your Brain .....	28
Your Neck .....	16	Sleeping .....	30
		When Will I Get Better? .....	31
		Medical options .....	34
		Remember .....	34

# Welcome

Congratulations on taking the first step to a healthy happier you. Your body is the most complex, perfectly designed machine ever built. It heals itself via millions of chemical reactions that require nutrients, oxygen and a balanced body and diet to work properly. Factors like mass-produced and fast foods, poor water quality, drugs and stress stop this from occurring and you end up sick.

## What Can You Do?

- Consult an Osteopath and rebalance your body
- Consult a Naturopath, Dietician or GP to check your nutrition levels
- Follow the advice in this hand book to reduce stress, increase exercise and eat and cook healthy raw organic food
- Look into your health yourself rather than blindly believe the research, as it is often biased.



# What is Osteopathy?

Osteopathy is a form of Manual Medicine, which recognizes the important link between the structure of the body and the way it functions.

Osteopathy assesses the body as a whole with treatment and management aimed at achieving a harmony where by the body can heal itself as it was designed to.

Osteopaths focus on how the skeleton, joints, muscles, nerves, circulation, connective tissue and internal organs function as a holistic unit.

Using skilled evaluation, diagnosis and a wide range of hands-on techniques, osteopaths can identify important types of dysfunction in your body.

Osteopathic treatment may include techniques such as stretching, soft tissue massage, muscle energy, dry needling, counter strain, functional, mobilisation and cranial for general treatment of the entire body.

In Australia, Osteopaths are government registered practitioners who complete a minimum of five years university training in anatomy, physiology, pathology, general medical diagnosis, ergonomics, biomechanics, exercise and post surgical rehabilitation and osteopathic techniques.

Osteopaths are primary healthcare practitioners and are trained to recognize conditions, that may require medical referral.

They are also trained to perform standard medical examinations of the musculoskeletal, cardiovascular, respiratory and nervous systems.

Osteopathy is covered by most private health funds including the Medicare Chronic Disease Management Scheme. Osteopaths are registered providers for workers compensation schemes, motor accident insurers and the Department of Veterans' Affairs.

## **Biodynamics and Cranial Sacral Treatment**

Most of you are familiar and love general Osteopathic treatment but for some patients with chronic pain, pregnancy, migraine or those with sensitive nervous systems like in fibromyalgia this treatment may sometimes be a little firm for them. Or you may just be after a deeper form of energetic treatment.

This is where Cranial Sacral treatment or Biodynamical treatment is perfect for them as it is non –invasive, non-manipulative and very gentle. Research shows that 88% of patients report after treatment they are more relaxed and often during treatment many fall asleep as their bodies let go.

Biodynamical treatment is a gentle and subtle whole body approach which influences the central nervous system and calms the cranial fluid flow throughout the body, which is essential considering we are made up of around 80% water. Sometimes this form of therapy can affect the patient on a deep emotional and spiritual level also, with treatment lasting several days as the body continues to heal itself after treatment.

Cranial treatment involves the Osteopath placing their hands on the patient and tuning into their primary respiratory mechanism – the same mechanism that is responsible for the embryo to grow and continues throughout life. The aim of the treatment is to calm the body down to a point of stillness not unlike meditation, where the body has time to heal itself as it was designed to do.

These gentle forms of treatment are on the cutting edge of energetic medicine and have amazing anecdotal reports from patients in treating their mental stress, colds and flus, neck and back pain, migraines, TMJ syndromes, fibromyalgia, epilepsy and an array of other conditions where other treatment has failed. It is also very popular in pregnant women, children and the elderly where their bodies are ultra sensitive and require gentle special care.

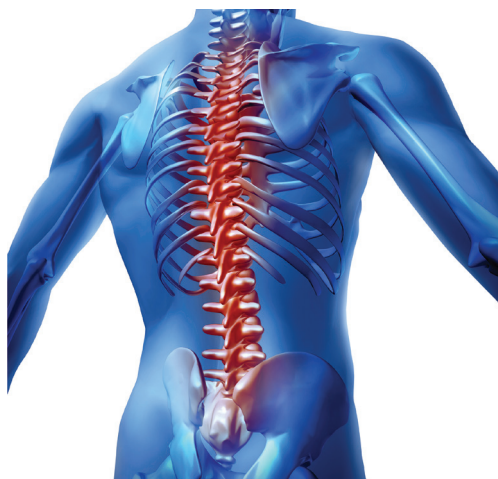
In reproduction and pregnancy, Cranial Sacral treatment is effective in opening the pelvic bowl and balancing diaphragm's to assist in the birth, relaxation of a stressed mother and baby and also to ensure the optimal development of the embryo, fetus, baby and child for the healthiest happiest family unit.





## **Osteopaths treat more than you think!**

- Acute and Chronic Pain Injuries
- Acute neck strain
- Adhesive Capsulitis
- Arthritis
- Asthma
- Back ache
- Carpal tunnel syndrome
- Constipation
- Disc problems
- Fibromyalgia
- Gastrointestinal Conditions
- General Pain and Discomfort
- Gynaecological dysfunction
- Headaches
- Heel pain
- Joint Sprains
- Low energy
- Migraines
- Muscle Strains/Tears
- Nerve pain and sciatica
- Patello – femoral pain
- Pelvic assymetry
- Postural problems
- Reflux
- Repetitive stress injury
- Respiratory and Sinus Conditions,
- Sciatica
- Scoliosis
- Shin splints
- Shoulder injury
- Sports Injuries
- Tendinopathies
- Tennis elbow
- Whiplash



# **Osteopathy and Ergonomics**

Ergonomics is basically Applied Biomechanics – the science of matching the job to the worker and the product to the user. It is the scientific study of human work. Biomechanics is the study of the structure and function of the body using methods of mechanics.

The term was said to be coined by British scientists in WWII who were working on making weapons easier to use so as to improve soldiers' fighting efficiency, however the study of work injury was first recognized by Bernardino Ramazzini in 1713 whose research explored the idea that work could be a cause of ill-health. He looked at injuries in clerks concluding constant sitting, repetitive stress on the hand and the stress in the mind were the cause.

## **Types of work related injuries**

All work has a risk of injury, whether, it be a postural strain from sitting all day, muscular strain from lifting incorrectly or repetitive stress injuries from typing or machine operations like in the mining industry.

## **Ergonomics in your Personal Life**

- The position and type of bed you sleep in
- The type of pillow you use
- The position of your car seat and mirror
- Your computer height and chair design at work
- Repeated movements you do every day
- The position you lay on your couch whilst watching television



## How does it affect me?

Daily repetitive action and poor posture can lead to injury, which if left untreated, can lead to the body compensating in other ways. This may lead to other problems in different areas of your body.

In assessing your ergonomics at work and in your daily personal life, small changes in the way you perform daily tasks can help minimize your risk of injury, and also help in the treatment of existing injuries you may have.

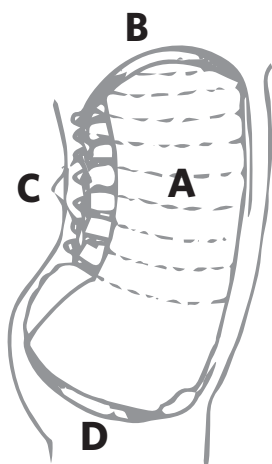
There is no single correct solution, every person's life is different, and the key to good ergonomics is flexibility.



# Core Stabilizers

## WHAT ARE CORE STABILIZERS?

Muscles that help stabilize the body and pelvis in every day activity. They turn on before the other muscles work and stay on to help you move. Because they are turned on a lot they only contract at a lower level of about 30% so they don't get too tired. They work together like an ice cream container (the lid needs to be on for the container to be stable, if the lid comes off then the container moves around).



- A** – TRANSVERSUS ABDOMINIS
- B** – DIAPHRAGM
- C** – MULTIFIDUS
- D** – PELVIC FLOOR MUSCLES

## WHAT IF THEY DON'T WORK?

- If your core stabilizers don't work properly then the joints and surrounding muscles can become loose, tight, weak or not work optimally and become unstable causing pain.
- Other muscles have to work harder because these smaller muscles are not working
- The larger muscles get tired a lot faster and over time can cause chronic pain and injury.
- Your goal is to hold these exercises for 1 minute, then these muscles are working automatically.

# Core Stabilizer Exercises

## 1. Breathe

Take 6 deep breaths in.

*Your stomach and lower ribs should push your hands up and out.*

Then breath normally for 6 breaths'.

*Pay attention to the difference between the way YOU are breathing and the exercise.*

Repeat 5 times. This is diaphragmatic breathing.

*(When you feel comfortable with your new breathing move to step 2.)*

## 2. Transverse Abdominus (TA)

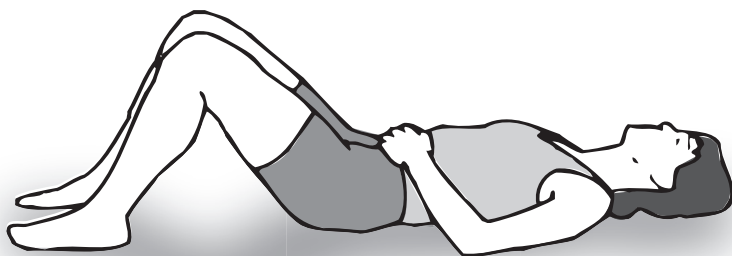
In the same position lightly press your fingers into your lower stomach (2–3cm).

*Imagine drawing your stomach lightly to your spine. If you feel your fingers pushing away then you are trying too hard. Stop and try again. It should be really easy!*

Then hold this for 10 seconds while breathing normally.

*The only thing pushing your hands up should be the breathing, not the contraction of muscles.*

When you can do this for 10 seconds, then try 30 seconds.



10 MINUTES PER DAY ON FLOOR

## REMEMBER

*These are very small muscles and only require a small contraction.*

PERFECT PRACTISE **NOT** PRACTISE MAKES PERFECT

### 3. **Pelvic Floor**

*The pelvic floor is made up of a web of muscles with the openings of the genitals and the anus. This exercise can be practiced lying or standing.*

To activate think of bringing the sitting bones together and up, lifting all the way up through the middle of the body to the top of the head or imagine squatting in a bucket of freezing cold water. Hold for 10 seconds and breath and then relax.

Repeat as many times a day as you like.

Build up to holding for 30 seconds, then 1 minute.

*Always continue breathing while doing all the exercises.*

### 4. **Multifidus**

*Are small back muscles helping to stabilize the lower back.*

Place your hands under your lower back.

Once you have done step 2, lightly arch the lower back or push heels lightly into ground. Do not move the pelvis. You will feel a small contraction and continue breathing.

Hold for 10 seconds and work up to 1 minute.



## Biomechanical Compensations

The human body is the most amazing machine ever built. It is one complete machine with everything connected. Like your car, your body requires regular servicing and maintenance to ensure that all the parts are working properly. Throughout your life, every action that you take and every trauma that you endure has consequences. Luckily your body is perfect for adapting itself so you can continue along your life path without too many problems. Over the years though, these compensations build up, and if not dealt with, can result in pain, trauma or worse disease.

Know, that even if you are getting treated for pain in one area, that treatment sometimes unravels these compensations your body has accumulated over the years and you may start to feel sensations in other areas of your body that you have not felt before. This is your body trying to readjust itself and heal those compensations. This is a natural process and with regular treatment from your Osteopath, and good compliance in following all advice and exercises given, your body will be back on track in no time.

***Good luck and enjoy the body you are in.***



# Your Breath

The main muscles of breathing or respiration are the diaphragm and muscles between the ribs called intercostal muscles. There are also other muscles that help in breathing called secondary muscles in the neck which help pull the ribs up, and others near the lower ribs that help pull the ribs down. A lot of people use these “helping” muscles too much. This can lead to neck pain, headaches, dizziness, low back pain and the list goes on. Not breathing properly can also affect your digestion, blood flow and anxiety levels.

## EXERCISE PRESCRIPTION

### 1. Diaphragm Breathing

*Have you ever seen a baby breathe? Their whole stomach moves out and in. In fact their entire body breathes.*

Start by practicing breathing in through your stomach and diaphragm, and then in your upper chest. It may take a while but the benefits are worth it. Once you have this, imagine your whole body breathing- it will change your life.

### 2. Deep breathing

*If you suffer anxiety or stress or are just breathing incorrectly try this one.*

Slowly breathe in for a count of 5, hold for a count of 5, breathe out for a count of 5, and hold out for a count of 5.

Repeat as much as you like.

*You will not only find you have more energy but you will feel a lot more relaxed.*

### 3. Diaphragm relaxation

Sit in a chair, legs apart and slump over.

Place both hands under your rib cage. As you breathe in your fingers push away, as you breathe out massage under ribs.

Repeat both sides and the centre.

*Always do this before a meal to avoid nausea.*

## PLEASE NOTE:

Some of the exercises may cause tenderness. This is normal. If any exercises cause excessive pain please stop and consult your Osteopath.



# Your Back

## 4. Towel

Roll up a tight hand towel and place an elastic band at each end. Lie on the floor with your knees bent and no pillow or a small pillow so your head and neck are in a straight line. Place the towel along the spine from the low neck to the mid back or bra line. Place your hands on your upper and lower chest. Breathe deeply and relax for 10 minutes.

*This exercise helps relax the muscles and ligaments and increases the spinal joints movement so you don't end up with a hunched posture. If your spine is very stiff this exercise may be tender or painful. If too painful please stop and continue later in the day.*

*For a greater stretch place arms out to side at 90° and relax. This will also stretch your pectoral muscles at the front of your chest.*

## 5. Broom

Place a broom across the middle of your back, or in the stiff areas of your back horizontally. This provides a fulcrum where the movement should come from. Lightly twist from side to side a few times.

*This will help increase the movement of your spine. This can also be done without the broom.*

## 6. Low back twists

Lie on your back, bring your left knee up toward your chest and lightly twist to the right. Repeat on other side.

*This will help increase your low back movement and also helps in producing synovial fluid to help lubricate the joints.*

## 7. Low back movement

Stand tall with arms by your side. Run your right arm down your right leg and then repeat on the left. Repeat several times to increase movement in your low back.

## 8. Sitting bone rock

Lie on your back, knees bent and rest on your hands or elbows. You can also place a pillow behind you for added support. Feel yourself balance on your sitting bone. Now rock forward and backward, side to side and in small circle movements to massage, relax and increase the movement in this bone. Ice for 5 minutes afterward if tender.

# Your Neck

## 9. Pillow

A firmer latex pillow (Dunlopillo Range) is recommended as opposed to a soft pillow to ensure that the smaller muscles in your neck are working and able to support your neck.

## 10. Chin tucks

Place your head on a pillow and relax. Lightly tuck your chin back 0.5-1% and feel with your other hand that the upper neck muscles are relaxed. If they are still tight you are trying too hard. Once relaxed hold and breath for 10 seconds and relax. Repeat several times.

## 11. Upper neck stretch

Place your chin to your opposite nipple and stretch for 10-30 seconds. Then look at your armpit on the same side and stretch further.

## 12. Neck relaxation/strengthening

Gently circle your head three times in each direction, firstly with no tension then with mild tension in your neck muscles. Then place your chin to your chest. Draw back your head to look at the ceiling using only the muscles at the base of your skull. Once looking at the ceiling relax allowing the head to flop back onto the chest. Repeat several times.

# Your Shoulders

## 13. Shoulder Rolls

Place your hands on your shoulders with elbows out to your side. Roll your shoulders backward 20 times.

*This will help increase the movement of your shoulders and lower neck.*

## 14. Shoulder stability

Lift one shoulder up lightly about 0.5-1° and then pull the same shoulder back 1°. Feel with your other hand that the upper shoulder muscles are relaxed and the lower shoulder blade muscles at the back are working. Hold for 10 seconds and breathe. Repeat several times gradually progressing to hold for 30 seconds.

*This exercise places your shoulder in the best position for lifting and to prevent injury.*

# Hip stability

**For many people with hip pain the deeper smaller muscles are not working properly and you may be overusing the bigger muscles. This exercise strengthens these smaller muscles.**

15. Lie on your side with your legs at 90 degrees and a pillow in between your knees. Slowly draw your leg into the hip socket about 1° without moving your leg or hips. Hold for 10-20 seconds and breathe and relax. Repeat several times.
16. Repeat above and lightly lift your knee up 5cm and hold for 10-20 seconds and relax. Repeat several times.
17. Finally repeat 15 and 16 above and lift your ankle up so your ankle and knee are in a straight line and hold for 10-20 seconds and relax. Repeat several times.

## Your Bottom

### 18. Glut strengthening

Sit in a chair with legs at 90°, arms cross over chest. Feet should face forward about hip width apart. Slowly stand keeping your knees over your toes. Slowly sit down. Repeat 20 times. Place your left foot in front and repeat 20 times sit to stand, and then stand to sit. Repeat with the right foot in front. Do not use momentum and do the exercise slowly to work the muscles. Make sure your knees are over your toes all the time. This will strengthen the glut muscles to help balance your pelvis. Easy!

### 19. Glut stretch

Sit on the floor with legs crossed. Your front leg is at 90° and back is tall. Slowly stretch forward and breathe for 2 minutes. Then stretch to left diagonal, then right for 2 minutes. Repeat other leg.

## Your Feet

### 20. Frozen Lime

Using a small frozen lime or golfball, rub firmly on the bottom of the foot to relax the tight muscles that have developed in your feet. Then shake and stretch your feet.

### 21. Foot Claw

There are 4 layers of muscles in the feet. If you imagine trying to pick something up with your feet you are exercising all these muscles to help increase your arch support

### 22. Standing properly

*Start with your feet hip width apart, weight is balanced on both legs evenly.* Everyone's feet are different but everyone should stand with all parts of the foot on the ground. Try lifting your toes off, spreading them and then placing them back on the ground. Then imagine standing on the outside part of both feet while keeping all parts of the feet on the floor. Notice how just by doing this the inside arch of the foot raises. This is an easy way to help increase the arch of the foot.

### **23. Ankle sprains**

Rest and ice for 3 – 5 days. Then firmly rub the area stimulating the blood flow and ice for 5 minutes. Repeat 3 times. Finally draw the alphabet with your foot to realign fibres and maintain movement.

## **Your Balance**

**In your body there are nerves called proprio receptors, which are responsible for your balance. The highest density of these nerves, are found in your feet, armpits and base of your skull. Most of you wear shoes every day, so these nerves are not working properly in your feet. You compensate and use the ones in the other areas more, which can cause neck pain and an array of other dysfunctions. More importantly if your proprio receptors in your feet are not working, you are more prone to having a fall and injuring yourself.**

**24.** Stand in the corner of a room on one leg for one minute each day and then repeat on the other leg to start activating these nerves. Do this in bare feet. Nerves grow very slowly so you will have to do this exercise for several months to ensure your balance is good. Ensure your neck and arms are relaxed. If you lose balance fall into the wall and start again.

**25.** Do not do step 2 until you can balance for 1 minute with your eyes open. When you are comfortable standing on one leg for 1 minute you can try closing your eyes and standing for 1 minute. This is a big challenge and helps in stimulating and training an area of the brain called the Cerebellum to ensure your balance is the best it can be to avoid any falls and injuries. Do not do this until you can balance for 1 minute.

# Stretching

**Stretching before any exercise for 10 minutes and after exercise for 10 minutes is highly recommended for everyone. This warms up and cools down the muscles to ensure that you do not injure yourself. While stretching, pay attention to both sides of the body and any asymmetry or difference between both sides, stretching out your tight side more. The aim is to find balance between both sides, and also make you more aware of your body. It takes around one and a half minutes to properly stretch a muscle so it can lengthen to a new length. Below is a simple guide to stretching but you can create your own if you like.**

---

1. Feet and hands – shake both hands and feet one at a time to warm them up. Then circle them 5 times in one direction and 5 times in the other. Repeat on both sides
2. Stretch your calf muscles by standing facing a wall or door and place your heel on the floor and toes up the wall. On the same leg draw that hip closer to the wall until you feel a stretch. Hold for 10–20 seconds then slightly bend the knee to stretch the lower calf muscle and achilles. Repeat on the other leg.
3. Holding onto a bench, stretch the front of your legs or quads by standing on one leg and bending the opposite knee, pulling your foot back toward the buttocks. Hold at least 10–20 seconds. Repeat other leg.
4. Circle your hips one way and then the other to loosen them up, just like using a Hoola Hoop. Do the same with the lower back.
5. With your feet hip width apart, twist from side to side to warm up the mid back.
6. Circle your neck 3 times in both directions. Bend your head from side to side drawing your ear to one shoulder and stretch the muscles of the neck. Repeat both sides.
7. With your hands on your shoulders roll shoulders back 5 times. Then circle your whole straight arm backwards and then forwards.



- 8.** Bend your elbow and place your hand over your head and behind your back. Stretch the back of your arm or tricep muscle. Repeat other arm. Then hold onto a door handle or wall at shoulder height and turn your body the opposite way to stretch your bicep muscle or front of arm. Placing one hand and elbow (at 90°) on the wall and stretch the front of your chest or pectoral muscle. Repeat other side.
- 9.** Side stretches placing one arm straight in the air above your head near your ear and stretch to the other side hold for at least 10-20 seconds. Repeat other side.
- 10.** Touch the floor and stretch the hamstrings or back of your legs. Bend your knees and squat down to the floor. Sit down and place your legs out in front of you. One leg is bent, the other is straight. Stretch your hamstrings further for at least 10-30 seconds and breathe deeply. You may bend the knee occasionally to help relax your hamstring. Try contracting the front quads, which helps the hamstrings or backs of your legs relax, and stretch further.
- 11.** Lie down on your back with both legs bent. Straighten one and bend the other knee to your chest. Twist to the opposite side and stretch your lower back. If you hear a noise that is fine – it is just Nitrogen gas releasing from your joints and actually helps lubricate your joints. Repeat other side.
- 12.** Still lying on your back with both knees bent practice your core stability exercises including diaphragm breathing, abdominal, pelvic floor and low back muscle exercises. Before you sit or stand up, activate all core muscles. When you finish exercising quickly retest each stretch exercise for a few seconds to feel the difference.

*\* Most of these stretches can be adapted for you to do at your desk, work or home. Have a go designing your own. Be gentle with yourself, don't over do it.*

## **Your Life**

We are, each of us, a unique accumulation of our ancestors and genetics and we all operate individually. Our diets are designed to be different, according to our genetics, regions and blood groups and our brains all work differently to fulfill varying life tasks.

Your life aim to be healthy and happy depends on many factors-your thoughts, your diets, technology and of course how much rest you get.

## **Our Thoughts**

We all know the saying you are what you eat. But did you know you are what you think?

Every thought you have and every word you speak contributes to who you are and what you do in the future.

It's amazing with all the technology and television we watch and use, how malleable and vulnerable our brains actually are.

If you watch a horror film the brain scans show several centres waking up including fear, visual cortex, insular cortex, the thalamus, planning and problem solving centres.

You watch an action film, and you don't like the villan, then your anger areas start waking up.

Every thought you have will manifest in your mind and often develop into an action, then habit and becomes who you are as a person.

Often they are not even your thoughts, they are suggestive thoughts from another person or character you have seen on the TV or read about.

The accumulation of these "brain washing" thoughts if you may, often leads to mental health problems. For those with mental health issues this only compounds the problems making it worse.

Telling the chatter to shut up will only make it louder so acknowledge, love and ask the chatter to be quiet for a moment or a day or a week is a very helpful technique.

Affirmations, essential oils, exercise and self-observation may also be helpful. Always aim at “acting in life, not reacting to your environment”

Psychologists are very helpful practitioners for many people, however for some revisiting the past can be very traumatic and counter productive. For those people meditation, self- reflection/ observation and alterative courses are wonderful starting points to recognize old habits and embracing new changes.

#### **REMEMBER**

*Remember just because something has not been scientifically proven does not mean it does not exist, it just means we have not discovered it yet*

**Watch you thoughts for they become words**

**Watch your words for they become actions**

**Watch your actions for they become habits**

**Watch your habits for they become your character**

**And watch your character for it becomes your destiny**

**What we think we become.**

## Our Emotions

Every feeling that you have affects some part of your body. From birth through to death all your emotions are stored in different parts of your body and if not dealt with can wreak havoc causing acute and chronic illnesses, even death.

Stress is the most commonly and dangerous emotion in today's life, impacting your immune system, brain chemistry, blood sugar levels, blood pressure, hormonal and nutritional levels to name a few.

Emotions can also be passed down through your genetics. If your ancestors were in high levels of stress or anxiety these emotions and all other environmental factors change the DNA and are consequently passed onto you and your children. This is what is known as epigenetics.

New technologies like EFT are having great successes in mapping emotions and their effects on your physical health.

Managing your emotions particularly stress is an essential part in staying healthy and happy. Use some of the other sections in this booklet to aid you in this path.

When you do become emotional, sit with it and breathe. Observe where this emotion is located in your body, process it and release it with love. It no longer serves you in the present so turn the page on it and dissolve it. With time you will find that as you release each of these heavily seated emotions, your physical mental and emotional health will improve.



# Technology Addiction

Every aspect of our lives today is ruled by technology. Its amazing efficiency when it works is insurmountable but it also has its flaws.

The realism of life today requires both parents to work, and this has massive consequences on our children. Children are often placated or distracted either by their parents giving them a phone or another electronic device to keep them occupied instead of teaching their children to embrace boredom.

But take this away and “all hell breaks loose”

Several studies by psychiatrists and other doctors around the world comparing the CT brain scan of a heroin addict to that of a child playing a computer game, concluded in both cases the addiction area of the brain was almost identical in both drug and computer addicts.

Screen addiction as it is called is a real addiction affecting at least 10% of people. This addiction often leads to reduced brain activity, development and also reduced interaction with family, work and others.

Further research concluded the more hours of TV children watched the greater the changes were in brain structure. The areas affected included emotional responses, arousal, aggression and vision. It also reduced their verbal IQ.

## **NOTE:**

*All parents please limit your children screen time whilst they are still developing. This includes anyone under, 18 years of age. As most kids use computers all day every day at school it would make sense to have screen free weekends. Why not join your children and have a tech free weekend with them.*

## Food and Nutrition

Australian soils are some of the oldest in the world and extremely deficient in most essential nutrients, we as human animals need in our diet. This is why many of us eat so much, for we are not getting enough of the correct vitamins and minerals in our food, so we still feel hungry.

Eating biodynamic or organic is the best option for all blood groups. If you grow your own vegetables and fruit then start adding organic matter and fertilizers that sustain the soil and bacteria and assist the vegetables in taking these nutrients up so you can eat and digest them naturally. Products like rock dust, soft rock, fish hydrolysate, organic sands and blood and bone, gypsum, Epsom salts, bentonite, sulfur or potassium silicate may be beneficial depending on the type of soil you have.

Do some research of your own.

Most agricultural producers do not do this, and the laws are lax, so the food you are eating may be cheap but at what cost. Lack of correct vitamins and minerals is the cause of most health condition from arthritis to cancer, from obesity to infertility. All mass produced products contain chemicals and hormones that are even more powerful than the ones your brain produces. Every health disease starts with inflammation and chronic inflammation leads to disease.

Eating lean organic meats, raw healthy fruits and vegetables and essential fats and oils are your best option. Your food can be your medicine.

Changing the way you shop will change the way the world starts producing healthy foods and products. You hold the power so use it.

### **NOTE:**

*Before making any lifestyle changes please consult your physician before going off any medications. A nutritionist or dietician may also assist in getting your diet back on track.*



# Mind Body and Spirit

In today's fast paced computer and chemical world from the moment you are born your body is stressed.

From artificial immunizations and vaccinations to medications these chemicals have replaced the natural building blocks of the immune defense system, many once obtained by the bacteria from natural childbirth and playing in the dirt as kids. Unfortunately the world we live in today is vastly different from the world our grandparents and other ancestors grew up in. Sometimes these chemicals or natural alternatives are required.

Our brains are forced into conditioned learning from a young age, and we are forced into specializing in our careers, our brains fixed on domestication when they have the potential to be so supple and flexible.

Our minds are polluted with advertising, toxins, phones and computer games etcetera as our senses are numbed when they have the opportunity to be so divine.

Our bodies are crying for real food and nurturing.

Our soul is longing for us to remember and love ourselves.

Everything in life is a balance, the mind, the body and the soul or spirit must all balance for us to be complete.

We as humans are part of nature, not superior to it. There is nothing to fear in nature. Allow nature to guide you naturally, to breathe deeply and find your own balance. It is All up to You.

## **PLEASE NOTE:**

*Personal comments made on current medical protocols and practices are not medical advice. For all information pertaining to any immunizations, vaccinations and medications please consult your doctor.*

## **Meditation**

Meditation is the original jewel of India, the simple spiritual gift that has been practiced for thousands of years. More recently the West has proven what the East has known for all this time. Meditation has been scientifically proven to relax you – reducing your stress whilst increasing your creativity and libido. Meditation helps you cultivate healthy habits that aid you in improving your digestion, reducing your blood pressure and help you lose weight.

Anxious? Depressed? Angry? Confused?

Meditation has been proven to dissolve them all away.

Are you in Pain? Meditation reduces it.

Are you stupid? Not a problem, meditation has been proven to make you smarter and grow your brain.

Meditation is simple, inexpensive and even 5 minutes a day will change your life for the better.

Clear your Mind, Cleanse your Body and Love your Spirit.

## **Spring Clean for Your Brain**

Like everything in life we are seasonal, and with seasons comes change.

Many of you do a major clean up around spring to prepare for the next year.

The same can be done to your brain, clean it out for next year.

But how do you clean something you cannot see?

Numerous cleaning techniques often use visualization or writing techniques.

1. Sleeping well is the first step. At least 6–8 hours sometimes more.
2. Regular exercise to increase oxygen and hormone levels as well as neurogenesis or forming new brain cells. Sweat a couple of times a week at least to clean out your system.

- 3.** Healthy balanced diet (B12s and essential fatty acids)
- 4.** Meditation or mindfulness to relax and recharge.
- 5.** Manage or remove all stressors in your life.
- 6.** Remove all negative people around you. Especially the energy takers. There is no point even explaining your absence as this often leads to excuses, reactions and debates. Just spend time on your own.
- 7.** Removing a bad habit and removing one of your fears.
- 8.** Silence. It's the most beautiful space where everything else comes naturally.
- 9.** Spring clean the house. A clean environment leads to a clean space and mindset.
- 10.** Learn to love nature. Its perfect just the way it is.
- 11.** Writing techniques – cleaning out old stagnant rotting thoughts. You can do this by writing an affirmation. “I love and approve of myself”. Then write the first thought that comes to you “Your full of .....” Continue writing your affirmation and first thought for dozens of times or until you can write your affirmation repeatedly several times. Then screw up or burn the piece of paper to cleanse. Do this daily to clean all negative thoughts from your mind.
- 12.** Visualization – in a clear mind imaging yourself and where you want to be. Take it a step further and make yourself a visualization chart with pictures and goals or your bucket list.

# Sleeping

Getting a good nights sleep and resetting your Circadian rhythm sleep wake cycle is the first step.

For those who are not sleeping properly here are a few tips.

1. Start going to bed earlier (6-9pm)
2. Sun gazing (few second gaze at the sunset to turn off the brain)
3. Stop all technology 1-2 hours before bed. No TV, no phone, no tech. (this is so the brain can switch off and the pituitary gland can rest from the blue light contained in most lights and tech devices)
4. Dim the lights or mood lighting before bed. No bright lights and no screens.
5. Walk on grass for 10 minutes with no shoes or socks to connect with the earth before resting.
6. Avoid napping
7. Do not sleep in. When the sun comes up so do you.
8. Setting the mood – good temperature in room, no lights, no music, no tech
9. Most obviously don't have stimulants of any kind 6 hours prior to sleeping (includes medications, coffee etcetera)

Stopping eating 12-16 hours before you want to reset your sleep cycle, then on waking have a nice big meal, has been proven to reset your cycle in shorter periods.

## **When Will I Get Better?**

All patients want to know “How long is it going to take before I get better?” Every person is different and this question is sometimes difficult to answer as there are many causes of pain and injury, and it also depends how long you have had your pain.

However there are standard healing times for each of the different types of tissues in the body that a lot of people are unaware of. There are also many factors, which interfere with this natural healing process.

Patients that involve themselves in understanding these factors and healing times as well as following their health professionals advice can usually get an idea of how long it will take before they are back in action.

---

### **MUSCLE STRAINS**

The grade of the strain or tear will determine the healing time. Grade 1 usually takes 2-3 weeks, Grade 2 takes 4-6 weeks and Grade 3 strains can take up to 12 weeks to heal. However a ruptured muscle can triple the healing time as the blood supply to the muscle is compromised.

### **TENDONS**

Tendons are a rope-like structure at the end of a muscle where it attaches to the bone. These have a smaller blood supply than muscles and so the healing process takes longer. Acute tendonitis or inflammation of a tendon can take 6 weeks whereas a tendonopathy or disease of a tendon from biomechanical changes or from overuse can take 6 weeks to 3 months.

### **LIGAMENTS**

Ligaments connect bone to bone and are tough fibrous tissue, which help support joints. Usually they are elastic and return to their normal length if stretched, but if they are stretched for a prolonged period of time past their normal barrier they cannot

return to normal and may require surgery. Ligaments contain a very poor blood supply from small surrounding vessels of muscles and joints. Grade 1 can take 5-14 days, Grade 2 takes 5-6 weeks and Grade 3 or a complete rupture can take 3 months.

## **NERVES**

Nerves can take a few days to months for a small injury, and up to one year (growing one inch per month) for a serious nerve injury. Sometimes an EMG or nerve conduction study to assess the degree of injury is recommended and in some cases surgery. For all nerve injuries consult your health practitioner immediately for assessment.

## **DISCS**

Discs are shock absorbers in between the spinal joints and can be likened to an egg. There is a soft middle centre called the nucleus and a harder outside area that is made up of rings called the annulus. Over time and with ageing, these rings become weaker losing water and can start to crack and be more prone to bulging out. Healing times for discs are also longer as they don't have a direct blood supply. It can take from 6-12 weeks for symptom relief and anywhere from 6-18 months for rehabilitation.

## **JOINT SPRAINS**

Joint Sprains have a shorter healing time. A facet joint or sprain of one of the joints in the back can take 5-7 days for symptom relief and 10-14 days for full function. A sacroiliac sprain or sprain of your sitting bone takes between 2-4 weeks minimum.

## **BONES**

Bones generally take 6-8 weeks to heal from a fracture, 6-12 weeks in the elderly, with the tibia being the longest bone to heal at around 24 weeks. A stress fracture can take 8 weeks to heal with 2-3 weeks recommended with full rest and no activity. It usually takes around 20 weeks for the whole bone to heal completely.



## **BURSAE**

Bursae are little pouches of fluid, which reduce the friction of tendons crossing over them and attaching to the bone. When tendons get tight from overuse, they can compress the bursae causing inflammation and they swell up. Bursitis usually takes 2-6 weeks minimum for reduction in pain with up to 6-12 months for full resolution. It is a lot harder to treat bursitis if you have had this problem for longer than 6 months.

With that in mind, there are many factors that can affect this healing time. These should be noted and followed for optimum healing time.

## **SHORT TERM**

In the short term, the type of tissue injured and how you manage the aggravating factors is essential. Rest, Ice, Compression and Elevation (RICE) treatment is the gold standard for pain management and sports injuries today. RICE for around 3-5 days, the duration of the acute inflammatory process is recommended for most injuries. Ice is the best anti-inflammatory and for best results use for about 10 minutes or until the area is mildly numb. Repeat every hour several times a day for best results.

## **LONG TERM**

Long term factors affecting healing time can include your lifestyle, activity levels, nutrition, inflammation, age, weight, immune function and most importantly by following correct management. Other factors affecting the management and rehabilitation of an injury may include unrealistic expectations, stress, peer pressure to accelerate recovery, laziness or lack of personal responsibility for an injury or illness, medications which slow the healing process and immobilisation. Keeping in mind removing the aggravating factors and pessimistic thinking are also essential.

## **Medical options**

Alternative and Conventional Medicine for years have debated over which one is best. Keeping an open mind and using both in a “combined medical management” approach has been proven to show the best results.

## **Remember**

All medicines come from nature. Prescription drugs, chemicals and GMO foods are human engineered made from substances found in nature. When using multiple medications and eating multiple man-made foods, they can have drastic effects on your endocrine system, hormone levels and general health Your body becomes overwhelmed and reduces their effectiveness.

Many drugs also focus on symptom management ignoring the real cause. Find out why you are sick or in pain and you will get longer standing results. Always check with your health care professional that prescribed you the medication before you stop taking it.

Watch your mind and mouth, and love the body you are in.  
Good Luck xxx

## *Posture 24/7*

---

### *Other information*

---

- Increase your bioactive (bioavailable Magnesium) for relaxing your muscles, brain and reducing stress
- Epsom salts bath a couple times a week for relaxation

---

Vic Park

**VICTORIA PARK HEALTH CENTER**

165 Swansea St East,

*(Corner Oats St)*

East Victoria Park WA 6101

---

Midland

**HEALTHSTATE**

76/21 Foundry Road, Midland

**0404 001 172**

---

Mundaring

**MUNDARING WELLNESS CENTRE**

16 Craig Street, Mundaring

**0404 001 172**

---

Cosmic

**COSMETIC IMAGES**

4 Walcott Street, Mount Lawley

**0404 001 172**

---

**Dr Christopher Rickson BCl.Sc.MH.DO**

Registered Osteopath

Member of AOA

[www.healthstate.com.au](http://www.healthstate.com.au)