



# Back into Health Chiropractic

April - July 2011

## A good night's rest is not on your tummy.

Are you a stomach sleeper?  
Do you suffer from neck and back  
pain? It's about time you got a good  
night's rest.

Sleeping on your stomach means  
turning your head to breathe.  
This creates an unnatural tension  
in the neck and upper spine  
muscles. We would never walk  
around with our heads constantly  
turned, so it only makes sense not  
to sleep like that.

Lying flat on your stomach  
increases the curve of the lower  
back, making you more prone  
to pain in your lower back.

But adjusting your sleeping posture  
isn't always easy. Even those who  
start out lying on their back or side  
may end up on their stomach after  
falling asleep.

**To help prevent sleeping on your  
stomach try the following tips:**

**1. When on your back, place a pillow  
under your knees** so they are slightly  
bent. This allows the lower back to  
relax and flattens the arch of the lower  
spine slightly.

**2. If you lie on your side, place one  
pillow between your knees and  
another at chest height**, to wrap your  
arms around. This helps to keep the  
spine in a relaxed and neutral position.  
It may also help to prevent you from  
rolling onto your stomach.

You'll be surprised how easy it is to  
achieve a truly good night's rest.

### Meet the team

#### **Dr. Elizabeth Ritter Chiropractor**

Dr. Ritter utilises many  
diagnostic techniques  
to determine any  
spinal misalignments  
and the best form of  
correction.

Applied Kinesiology,  
muscle testing,  
postural distortion and  
palpatory findings,  
are just some of the  
methods Liz uses.  
This variety of testing  
ensures a speedier  
recovery for you.

#### **Dr. Sarah Elston Chiropractor**

Dr. Elston's passion for  
sports only adds to her  
skill when it comes to  
treating sports injuries.  
With a focus on rehab  
Sarah has been  
able to help a great  
deal of children and  
adults with a variety  
of musculoskeletal  
problems.

#### **Clinic Staff**

- Mary Cumbo
- Sam Goulter
- Tammy Smith

#### **Where to find us:**

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#### **Phone:**

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## Winter Health Tips

### 1. Enjoy lemon

Ward off colds by adding some to your water, or squeeze it over your meal. The juice of one lemon gives you 28mg of vitamin C — That's 62% of the recommended daily intake.

### 2. Moisturise. Lots.

Our skin becomes more sensitive in winter. Using a good moisturiser daily gives your skin a protective barrier against the elements.



Exercise isn't just running or weights. Playing with the kids is a great workout!

## Work smart, not hard.

Family, money, work, illness. There's a lot of stress in everyday life. While all these things may be small the fact is that stress is cumulative. The more we have, the fuller our plate becomes.

So it's important that we manage our everyday stresses so that when that bad day comes, we've got the power to deal with it calmly, and confidently.

Of course, a great way to reduce everyday stress is through exercise. 30mins a day is all it takes to relieve stress and improve health.

It's then ironic that exercise is a form of stress.

Although usually a positive stress, if you're exercising too hard, you risk exhausting your body.

### Here are a few basic symptoms that your body is being overworked:

- reduced motivation
- reduced libido
- constipation or diarrhoea
- becoming antisocial
- nagging injuries
- soreness in the sinuses, toes or digestive tract
- a drop in exercise performance
- taking longer than usual to warm up for training

### How can you avoid exercise related stress?

- Avoid drinking coffee or 'energy' drinks such as Red Bull before exercise
- if joint or muscle soreness is a problem, try halving the number of sets you perform for one full week
- take a day off from training and give your body time to recover
- ensure you get enough sleep. 6-8 hours is ideal
- swap your 3 o'clock latte for a 15 minute nap to naturally boost your energy levels
- Go without High GI food

- for a week. This means no white bread, pasta, packaged cereals, sugar (including artificial sweeteners) and any junk
- drink at least two litres of water every day, and limit alcohol consumption
- get regular chiropractic adjustments, to aid in recovery

### And remember:

your body gets strong while it's resting, not running.



## Clinic News

### On Arrival:

Please see the receptionist. This ensures that you're not overlooked, and enables us to gather your information.

### Appointments:

Your schedule is designed to obtain the best results. We recommend making up any missed appointments.

### Feedback:

Please feel free to speak to your chiropractor or any of our staff about any concerns you may have.

### Waiting Times:

Despite our best intentions, we may be running late. Rest assured, this will not affect the quality of your treatment.

## Opening Hours

### Monday

9am– 12:30pm, 3pm-7pm

### Tuesday

9am– 11am, 2pm-7:30pm

### Wednesday

9am-12:30pm, 3pm-7pm

### Thursday

9am-11:30am, 4pm-8pm

### Friday

9am-12pm, 3pm-8pm

### Saturday

9am—12pm

Visit us online at: [backintohealth.com.au](http://backintohealth.com.au)