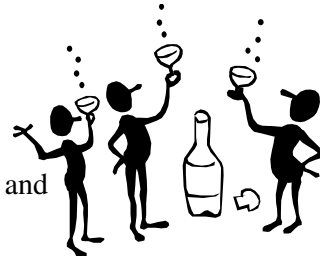


**Welcome to the first edition of our new look 100% Health Newsletter!**

100% Health is the new practice name for Drs Anna Ryan and Leon Shanahan. Leon and Anna, both Chiropractors, have very similar philosophies of health and wellness and have teamed up to provide a greater breadth of experience and skills to enhance the services offered at their Noble Park and Ivanhoe Clinics.



Let's introduce you to the new team.

Dr Leon Shanahan is a Chiropractor of 9 years experience. He graduated from the 5 year Bachelor of Chiropractic Science degree at RMIT in 1995 and commenced practice in Kalgoorlie for a number of years. He then travelled around Australia doing locum work in other practices to gain valuable experience of different techniques and management styles.

Over the last 5 years, he has completed further study in Australia, Europe and the United States. Leon is also a registered Active Release Technique provider and is part way through extensive further studies in nutrition and musculoskeletal rehabilitation. Leon purchased the Noble Park clinic in 2001 and has been focused there since. He also works a Wednesday afternoon shift at the Melbourne City Baths.

Dr Anna Ryan graduated from the RMIT double degree Chiropractic program in 1997. She spent that year and part of '98 working in a multidisciplinary clinic in the northern UK city of Newcastle Upon Tyne. Upon returning to Australia, Anna commenced her own practice at the Whole Health Clinic in Fairfield and began lecturing at RMIT in the department of complementary medicine.

Anna relocated her practice to Ivanhoe in 1999, and in the following years she has obtained an education degree (being admitted to the Melbourne University Deans' honours list), rehabilitation qualifications, and Practitioner Diploma in Acupuncture. She currently works part-time at the clinic whilst continuing her studies in Medicine at Melbourne Uni.

Dr Alison Coupe also graduated from RMIT in 2001 after completing a Bachelor of Science at the University of Melbourne in 1996. Alison spent 2002 working in a soft-tissue focused Chiropractic clinic in Hobart and returned to Melbourne earlier this year to do locum work for various clinics prior to joining the 100% Health team. Alison has a keen interest in active care with patient focused exercise therapy a mainstay of her care. She is currently undergoing detailed rehabilitation studies.

All practitioners will be available at both Noble Park and Ivanhoe clinics at varying times, to allow you to have a greater selection of different skills and services. Our close professional collaboration will ensure a keen focus on your health and smooth interactions between practitioners.

### **Newsletters**

Through our newsletters, it is our intention to keep you informed about activities going on at the clinics. We will endeavor to provide you with information to help you move towards 100% of your own health potential and which will enable you to make informed decisions about your health and health care. You've received this newsletter as you are on the mailing list of either the Noble Park or Ivanhoe practices. If you'd prefer to receive an e-mail version of the newsletter please ring us with your e-mail address or let us know next time you're in the clinics. Or if you'd prefer not to receive our mail-outs, please let us know – we'll remove your details right away 😊

Noble Park:  
03 9497 2607

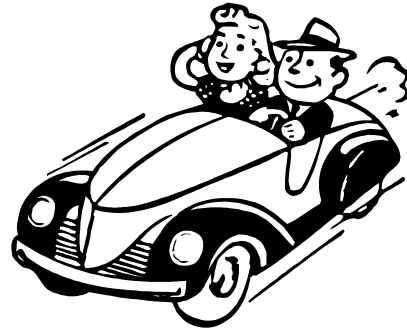
Ivanhoe:  
03 9546 7784

## **Are You Driving Yourself To Back And Neck Pain?**

Over this Christmas holiday break, Victoria's roads are full to travellers heading to holiday destinations and/or visiting family and friends. If you are going to be spending prolonged time in your vehicle in the coming weeks, now is the perfect opportunity to check and adjust your car seat so that faulty driving posture doesn't result in aches and pains that interrupt your holidays.

Keep in mind that it takes a little while to get used to any new postural arrangement (those of you who have taught yourself out of tummy sleeping will know what we mean!), so it's best to give yourself a little time to adjust to your new driving position, prior to embarking on a 500k trip! It's best if you make adjustments now, and then fine tune in the days prior to your big drive.

The newer and more expensive your car, the greater the level of adjustments you can make, but even with older and less flash models, you can make significant changes without huge expense.



Our step-by-step guide:

1. The first thing to adjust is your seat height. The seat height should allow your hips to be level or slightly higher than your knees.
2. Then set the seat back so that it is very slightly reclined.
3. Now adjust your lumbar support so that your low back is supported, by this we mean that your back shouldn't have a 'C' shaped curve into the seat back, but should maintain its ideal lordosis (curve forwards) with the seat's assistance. You can experiment by increasing the lumbar support and then sitting for a little while and paying attention to how the low back feels, then if that's not good, adjust it further or less.
4. If your car does not have lumbar support, there are very useful and inexpensive lumbar supports that we can order in for you
5. The next step is to adjust the seat forward or backwards to that your hands rest on the steering wheel without you having to shrug your shoulder. After you've set the distance from the seat to steering wheel, hold the wheel and take a few deep breaths, relaxing your shoulders – are you relaxed, does this feel comfortable?
6. Then if you have the option, adjust the steering wheel angle to suit you.

7. Your head rest should be no more than 4-5 cm behind your head to be of any use in a whiplash incident, it also needs to be a few cm above the level of the top of your head because in a whiplash, you are usually thrust backwards and up by the forces acting on you and your car.
8. When you've adjusted your seat correctly, it will usually feel strange, but should not feel uncomfortable and certainly not painful. If you can't quite get it to suit you, then don't hesitate to ask us next time your in the practice – we'd be happy to help you out!

Best wishes for safe and comfortable driving during the holidays ☺

## **100% Health Focus - What is Acupuncture?**

What is Acupuncture?

Acupuncture is an ancient healing method and philosophy, in fact in Chinese tombs, archeologists have discovered gold and silver needles dating back to 200BC. In later years sharpened wood and stones were used, a far cry from today's super thin vacuum sealed sterilized disposable versions!

So what Happens?

During an Acupuncture session, these very fine needles are inserted into various areas of the body. There are numerous techniques in Acupuncture, one called the Near & Far Technique involves treating the problem area (e.g. your back) and at the same time treating a related area in your arms or legs. Another technique using Acupuncture needles is called Dry Needling, and this involves insertion of needles into trigger-points in muscles to cause relaxation and pain relief. The technique used depends on the individual being treated and their particular condition.

Insertion of Acupuncture needles is usually almost painless - in fact some people can't even tell that they have a needle in! Once the needle is inserted into the correct spot, sensations of tingling, numbness or swelling may be felt. These sensations are seldom painful, and if you don't like them, they can usually be avoided. Most people become aware of a warming sensation, both in the area being needled and in their hands and feet. After the treatment it is usual to sleep really well, to have an increased range of movement and decreased pain, (although some temporary post-treatment soreness may occur in a percentage of people – similar to what you'd feel after having a deep massage).

Are there some people who should avoid Acupuncture?

For best results with Acupuncture treatment, patients should be warm, relaxed, and not overly hungry at the time of treatment. People who are physically exhausted, fasting, or suffering from bleeding disorders should not undergo treatment. Pregnancy and the use of anticoagulants should be declared prior to treatment. People who dislike needles are often pleasantly surprised by their experience of Acupuncture.

Do I have to believe in it?

Acupuncture is not a religion that requires being a believer in order to get results. The only advantage of having an optimistic outlook towards it, is that you're likely to give it a fair go!

How does it work?

The aim of traditional Chinese Acupuncture is to remove the obstruction and hence balance the flow of blood and body energy or Qi (pronounced "chi") and to warm and nourish the tissues. More contemporary explanations talk of influences on the nervous system via stimulation of nerve fibers resulting in modulation of pain by spinal and brain mechanisms, removal of triggerpoints through direct stimulation, and/or restoration of disordered blood flow.

Is it Dangerous?

Side effects occur in a minority of patients. Some people experience a temporary aggravation of their symptoms, other reactions may include; fainting, euphoria, relaxation or minor bruising

Serious side effects such as organ puncture, hepatitis, or aids transmission are extremely rare when acupuncture is administered by a qualified practitioner (using disposable needles).

What can be treated?

Acupuncture can be used to treat a wide range of conditions. Pain relief is one of its most successful applications and it can also be used to treat muscle injuries and stress related disorders.

As it's fairly new to Western environments, many of the applications of Acupuncture have not been studied in properly designed trials, so over the coming years this will probably be an area of major change. Acupuncturists often report success with conditions such as; wry neck (torticollis) stress related disorders, sinusitis, hay fever, headaches, anxiety, insomnia, vertigo, acute shingles, facial nerve paralysis, gastroenteritis, strained neck, backache, some forms of sciatica, painful periods, drug addiction, morning sickness. As with most other forms of treatment, it is best to seek treatment early in the course of an injury or disease prior to the condition becoming chronic and therefore requiring lots more treatment.

How long does it take?

The number of treatments varies with the nature, severity and chronicity of the complaint. In some cases, for example, acute strained neck, relief may be obtained after two or three treatments

In general however, most complaints require six to ten treatments before a significant relief is noted.

What sort of Acupuncture is Available?

Earlier this year, Anna finished a 2 year part-time Acupuncture Diploma. She now uses it, for some patients, to compliment her Chiropractic and soft tissue work. Her main focus for needling remains musculoskeletal injuries - it is interesting to note that studies suggest there is a 71% correlation between acupuncture points and trigger points. In fact, many people find it is much more comfortable than more traditional massage techniques.

Can I have some too?

People who are curious to try some Acupuncture are welcome to ask for it to be included in their treatment session and if there are no contraindications we'll be happy to oblige. Alternately if you're not progressing as quickly as we would like, or if we consider you could gain additional benefits from another approach, we may recommend it to you. If you'd like to see the needles (or not) prior to having acupuncture for the first time, that's okay too, and Anna is also happy to insert a needle into her own arm just to show you how little it hurts! It's up to you ☺

### **Watch This Space!!**

We're getting a web-site. Our new web address is [www.100percenthealth.com.au](http://www.100percenthealth.com.au) Currently our site is under construction and we hope to have it up and running by early next year.

**Best wishes to all our clients for a Merry Christmas and a Happy and Healthy 2004 ☺**

### **Did you Know?**

The human liver is about 2.5% of your body weight, has two blood supplies (one from the heart & another from the stomach region which provides the liver with the material it must metabolise, detoxify, synthesise & store). It has great regenerative capacity (just as well I hear some say!) & functions effectively with only 40% of its cells working properly. At Christmas, if you can have 2 alcohol free days a week & limit yourself to 2 (for women) or 3 (for men) standard drinks per day your liver will appreciate it ☺

### **Holiday Health Tip**

The holidays can be a perfect time to book your kids in for a check-up. We'd be happy to deal with any aches and pains they may have at the moment, assess their spine and musculoskeletal system for any early signs of dysfunction, and/or check their movement patterns for evidence of developing bad habits. We can then give them some specific but easy to do exercises to keep things on track ☺