

# NEWS Letter

JANUARY 2016

WELCOME TO

**2016** HAPPY NEW YEAR  
and welcome to 2016!

We are excited to announce the merger of **Palmer Family Chiropractic** and **Summit Chiropractic**. A new brand

**Integrated Wellbeing  
Centre**

will be rolled out over the **next 6 months**.



**Integrated  
Wellbeing  
Centre**

NEW NUMBER  
COMING SOON

Our existing clinic numbers will soon be replaced by one **central number** for your convenience. Our new number will be:

**1300 584 635**

We also have an online booking system coming soon. You should have received an email from us late last year instructing how to use this.

## NEW Beginnings

As part of our continued commitment to health and wellbeing we will be launching a monthly newsletter. Keep an eye out in your inbox. For those of you who don't have access to a computer we will be printing off hard copies to collect at your next adjustment which will include articles with handy tips, recipes and book and product reviews. If there is anything you would like to learn more about please let any of our friendly team know. The theme for January is '**New Beginnings**'. This certainly holds true for the team at Integrated Wellbeing Centre, and hope it does for you too!

*We invite you to join us on our journey.*

### CLINICAL PILATES

Clinical Pilates at our Crafer's clinic with Exercise Physiologist **Karla** have begun! Classes are held on Tuesday evenings, Wednesday mornings and Saturday mornings. Class sizes are capped to a maximum of 4 and individualized programs are designed around the reformer, combo chair and spine corrector apparatus.

*Contact us to book an initial assessment with Karla.*



### CONSTRUCTION

For those who see us at Mannum, you would have noticed some changes **FINALLY** happening out the back! This is the construction of our new Integrated Clinic! Services will run as per usual without interruption. Please be patient as we do have limited parking at the moment. Once the entire clinic is complete, we will be opening a gym, café and Pilate's classes.

*Stay tuned for when the classes will be up and running*



### UP-COMING EVENTS

This time of the year certainly is a busy one and January is no exception! Here are just a few of the upcoming events for January to keep an eye out for.

**16th—24th January**

Santos Tour Down Under

**16th January**

Sounds by the River, Mannum

**22nd —24th January**

CRUSH Festival, Adelaide Hills

**26th January**

Australia Day (clinic closed)

**1st February**

Carmen Bubner Naturopath treating at Mannum

### SARAH MANNES

Our lovely locum is back for the month of January. Appointments are filling up quickly so don't miss your chance to catch up with her.

### Product Review - ULTRA MUSCLEZE

Ultra Muscleze powder provides a therapeutic dose of bioavailable magnesium which enhances absorption and intestinal tolerance. Ultra Muscleze also contains amino acids, B vitamins and many other supportive nutrients.

**Why supplement with magnesium?** Magnesium is one of the main nutrients deficient in many people as it is lost during commercial food processing. It has an anti-arrhythmic effect in the body and is an essential mineral for metabolism. Magnesium is involved in over 300 enzyme reactions in the body, one of the most important being muscle relaxation. Other major functions include: bone mineralisation, protein synthesis, immune function, nerve impulse transmission and glucose metabolism. Signs of magnesium deficiency include loss of appetite, headache, nausea, fatigue and weakness. Regular supplementation with Ultra Muscleze can help to support general health and wellbeing and also prevent symptoms of magnesium deficiency. Ultra Muscleze is available in natural orange or forest berry flavour and is available for purchase in all clinics.

We are the only centre in South Australia who boasts qualified practitioners in the Tomatis® Method.

**Tomatis in a nutshell**

Someone may hear well but not listen. The sound message is heard correctly but poorly analyzed by higher centres in the brain. The ear is not only used for hearing but is also very important for balance. Listening sessions are done at home using our

portable TalksUp device that helps stimulate the brain to analyze sensory messages more efficiently. It may benefit individuals who have difficulties in auditory processing, ADD/ADHD, stress, anxiety and memory. For further information please give us a call or go to [www.tomatis.com](http://www.tomatis.com)

**INTRODUCING THE New Team**

With 4 clinics now under the "Integrated Wellbeing Centre" banner, we would love to introduce our team!

- Dr Donna Palmer** Chiropractor/Tomaitis practitioner
- Dr Pat Sim** Chiropractor
- Dr Lisa Clarke** Chiropractor
- Dr April Lotay** Chiropractor
- Karla Newmann** Exercise Physiologist
- Julie Holdback** Chiropractic Assistant/ Early childhood (Lobethal)
- Naomi Scott** Chiropractic Assistant (Mannum)
- Ashley Thiele** Chiropractic Assistant (Mannum)

- Jo Virgo** Chiropractic Assistant (Crafers)
- Natalie Gruin** Chiropractic Assistant (Crafers)
- Beth Faulkner** Chiropractic Assistant (Stansbury)
- Carmen** Naturopath (Mannum)
- Brett** Massage Therapist (Mannum and Lobethal)

Our new website is under construction and is scheduled to be completed by early February. You can learn more about us at

**[Integratedwellbeing.com.au](http://Integratedwellbeing.com.au)**

**Back to School**

**Lets talk backpacks!**

With the festive season coming to an end and the excitement of a new school year beginning, it can be easy for parents to overlook the need to prevent stress on their children's spine. It is just as essential for children as it is for adults, to learn how to correctly wear their backpack. **What not to do: Wear your backpack over one shoulder** This causes a repetitive strain on the lower back causing muscles on the opposite side to work harder to maintain an upright position. **Carrying too much weight** If your backpack is too heavy it will result in the loss of the natural curve in your spine. The weight of the backpack causes you to lean forward, increasing the pressure on your low back and slouching.

**Our Recommendations** Wear your backpack over both shoulders and be sure to use all the supportive clips and buckles. Ensure that the straps are adjusted tight enough so that the bottom of the backpack sits at the level of the hips. As a general rule that backpack should weigh less than 10-15% of your bodyweight. This is not very much for your junior primary students! Pack the heaviest items (computers, drink bottles and lunch boxes closest to your spine and at the bottom of your bag). Ensure you are able to walk comfortably, your chin is up, chest is out, core muscles are tight and your shoulders are down and back.

**Things to remember when purchasing a backpack** Make sure it is designed to keep the weight of the backpack close to your spine, specifically the

small of the back. The lumbar support is comfortable and ensures correct spinal alignment is maintained while distributing an even load. Adjustable support straps are important to ensure the backpack is secure. Now is a great time to book an appointment with one of our Chiropractors before school returns. Don't forget to bring your backpack along with you and we can help you to correctly fit it to ensure you are off to a good start this year! **Lets talk shoes!**

With children wearing school shoes for the majority of each day during the week, it is important to make sure they are well fitting and suitable for each child. Shoes with laces help to keep the foot back in the heel of the shoe. This allows the forefoot to function properly and also reduces forward pressure onto the toes. However, younger children often have trouble tying laces, so shoes with two adjusting straps, fastened with either buckles or Velcro are a good alternative, as long as they fit snugly across the foot. We are often asked how to check for good quality shoes. Here's a quick list for you to tick off:

- A solid heel counter** (doesn't bend too easily when you push with your thumb)
- The sole of the shoe should not be able to twist**
- An adults thumb space clearance at the big toe and the front of the shoe**
- Soft and cushioning non slip sole to decrease jarring in the foot, leg, spine**
- Leather uppers are preferred for their durability and ability to breathe**

If you are unsure what to purchase or feel that your child may require extra support our practitioners can offer advice and are trained at fitting professional "off the shelf orthotics" or can refer to a Podiatrist if necessary.

**Dr Pat Announcement**

The time has come for me to fry bigger fish. It is with great delight that I wish to let everyone know that I am working on an exciting new project of opening up a Chiropractic College in Adelaide. This college will be one of a kind! Due to the work involved in this, I have sold the Crafers practice to a fellow chiropractor that I went to uni with some 20+ years ago. Donna has run very successful practices throughout South Australia for many years. As part of the new merger, Summit Chiropractic will be part of the bigger "Integrative Wellbeing" group. This group has huge plans for the future. In the meantime, I will still be hands on in Crafers on a reduced capacity. I will have commitments and meetings that may take me away from the practice at times. Don't fear! There are now other awesome Chiropractors available for you to see in my absence. I look forward to 2016 with huge anticipation.

*Yours in health  
Dr Pat*

**Cultured Vegetable Class with Remedy Bliss**

Located at Step n Stone, Murray Bridge

**Fermentation** is a **Transformation** process that 'unlocks' Natures potent nutrients, minerals, alkaloids etc. Remedy Bliss (Raw & Fermented Foods Instructor) will introduce you to the restorative, energising, healing benefits of cultured foods that can be easily made at home.

**Limited Spaces Available! \$95** (payments to be finalised prior to class)



To secure your spot please contact:  
**Carmen Bubner** 0438178861  
Or **Remedy Bliss** 0428073473  
email: [remedybliss@gmail.com](mailto:remedybliss@gmail.com)



Located at Step n Stone, Murray Bridge

**Saturday February 13th, 1-4pm**

*Today is not just another day. It is a new opportunity, another chance, a new beginning.*

*Embrace it*