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## Osteopathy at Studio Glo

Studio Glo is happy to announce its very own Osteopath, Dr Jo Ritchie. This is a fantastic opportunity to increase your personal health and fitness by allowing a professional to assess and attend to those nagging aches and pains. The results will increase your personal health inside and out.

Jo's passion for osteopathy began whilst farming in the UK during the 1990's when she required osteopathic treatment for herself. Impressed by the knowledge and application of techniques of the Osteopath, Jo was led on a new journey of education to help others in a similar situation.

Osteopathy is a scientific approach which gives the Osteopath an important template for clinical problem solving and patient education. Applying the knowledge of anatomy, osteopathic principles and techniques, this allows the body to use its own inherent healing mechanisms to promote health.

For example using osteopathic techniques such as soft tissue massage, muscle stretching, passive range of motion, gentle joint manipulation and cranial osteopathy, helps to promote sufficient blood flow and optimal function of the internal organs which in turn promotes and maintains the body's balanced production of natural chemicals.



### Osteopathy helps:

**Infants:** with colic or vomiting, disturbed sleep pattern.

**Toddler to Puberty:** with asthma, persistent pains in joints and muscles.

**Puberty onwards:** high impact sport injuries, postural development.

**Pregnancy:** back pain, postural changes due to change in body centre of gravity.

**Lower Back Pain:** localised pain, pain on movement, pain in the buttocks and legs, morning stiffness.

**Sporting Injuries:** knee, hip, ankle injuries, neck and back strains, shoulder, elbow and wrist injuries.

**Headaches:** sinusitis, neck injury, tension headache from stress, poor posture.

**Seniors:** generalised early morning pain, hip pain, arthritis and joint swelling.

An initial consultation is 1 hour and consists of taking a thorough case history, examination and treatment. Subsequent treatment sessions are 30 minutes. A rebate for Osteopathic treatment is available through extras on your private health insurance.

### **Hours and fees:**

Initial Consultation - \$80.00  
Regular consultation - \$50.00

Tuesday 11.00am - 7pm  
Saturday 11.00am - 4.00pm

**Phone 98704050**

### **WELCOME MELANIE!!!!**

Just incase you haven't met or spoken to Mel our wonderful new receptionist I'd like to introduce her to you! Mel will be working Mondays to Thursdays at various times and can help with bookings, changing of appointments, payments and anything else that you may need!

So when ringing the studio for anything at all, please leave a message if we miss your call and either Mel, myself or one of the trainers will return your call asap.

Kylie

### **Stephanie's Chicken**

#### **Sauce:**

1 onion, finely diced  
6 large cos lettuce leaves shredded  
1 cup fresh coriander, chopped  
1 cup parsley, chopped  
2 gloves garlic, chopped  
1 fresh chilli, seeded and chopped

Blend in food processor until smooth, then put in saucepan.

Add 1 cup ground almonds and ½ cup chicken stock.

Cook in saucepan, stirring for 5 minutes, careful not to stick.

#### **Chicken:**

Bring to simmer in large pan:  
1 cup chicken stock

Add:  
4 chicken fillets

Cover and simmer for 3 minutes, then turn, cover and simmer for another 3 minutes.

Remove chicken if cooked. Add 1½ cups of this poaching liquid to sauce and reheat.

Slice chicken on plates, serve with vegetables and guacamole!

Paul



The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program

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# STRESS

We are living in a very busy, fast paced and it seems, out of control world. On a global scale (politically & environmentally) and personally, our lives just seem to be spiralling more and more in the wrong direction. Sometimes stress is hard to avoid. It comes in many forms, often ones we don't recognise. There is good stress and bad stress and it's important to maintain a balance between the two.

People commonly think of stress as work or relationship related only. While these are probably the most common, there are other forms of stress which have an affect on our health positively and negatively.



**Physical stress** - Exercise is a very beneficial form of stress that maintains our metabolic rate, reduces tissue breakdown and bone loss and helps pump oxygen and nutrients around our body. Too much exercise can work against us though, especially if the duration and type of exercise you're doing isn't right for you. Inactivity can lead to obesity and to structural problems, which in turn affect muscle and joint function and can lead to many health problems. This is a very preventable form of stress which has a huge impact on the quality of our lives.

**Nutritional stress** - Our bodies really are complex machines but one thing about it is simple - all it wants really is the right nutrients and enough water so it can perform it's functions on a day to day basis. If we feed our bodies correctly then it will digest and assimilate the nutrients from the food we eat (good stress). If we overeat regularly, eat processed foods, drink a lot of caffeine or alcohol then forget to drink water, then we are putting a major negative stressor on our bodies. This is a stressor which can be improved almost immediately and has long lasting, positive results.

**Mental stress** - This can be the most consuming of all the stressors. Good mental stress comes in the form of using our imagination and creativity, planning and sensibly working towards achieving goals and thinking and behaving socially in a positive way. Negative mental stress is the type you experience when you are working or studying so much that you have no physical or mental energy left for anything else. If you find yourself in a situation, professional or personal, which you really don't want to be in and shouldn't be in, then do all that you can within your power to remove yourself from it. Sometimes our never ending worry and mind gymnastics in response to a situation has far greater negative consequences than the actually situation itself.

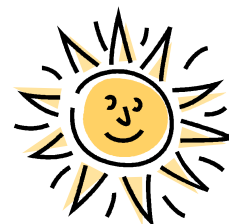
**Chemical stress** - Our bodies contain many naturally occurring chemicals that are necessary for our health. The production of these chemicals i.e hormones is an important positive stress for our body so it can perform its many tasks, inside and out. There are thousands of chemicals in our environment though that result in negative stress for our bodies. Synthetic chemicals such as pesticides, fertilisers, cleaning products (industrial and home use), medical drugs, artificial sweeteners, preservatives etc put a huge demand on our bodies which are tried to be processed but we don't have the mechanisms to neutralise them. These synthetic chemical then disrupt the delicate harmony of our own chemical network. The side effects of a lot of these synthetic chemicals are still not fully understood as some of them are very new. Most of the research does show though that the effects aren't favourable. I also think it's better to be safe than sorry. Limit your exposure to these chemicals, especially the ones you eat! Remember, if something comes in a box then a lot of funky stuff has probably been done to that so called food to make it last so long on the supermarket shelf! No matter how tasty it is, do you really want to put something like that in your stomach?



**Electromagnetic or Geopathic stress** - A positive one of these would be sunlight which has positive effects on our health. This must be in small doses though because as we know the thin ozone layer cannot filter the ultraviolet rays like it used to and people can become burnt quite seriously if exposed for too long, obviously a very negative stress. Other forms of electromagnetic stress include overexposure to x-rays and radiation. It's very controversial but electronic devices such as microwaves, computers, clock radios, mobile phones, televisions and electric blankets have been thought to be a subtle but never ending burden on our bodies. They emit extremely low frequency pollution which can wreck havoc on our immune and hormonal systems. Again, don't you think it's better to be safe than sorry?

**Thermal stress** - Maintaining your body temperature at 37°C is good thermal stress. When we are exposed to different temperatures indoors and outdoors, our system is challenged and must regulate itself accordingly. The opposite of this ofcourse would be any exposure to temperatures at extreme levels, hot or cold for an extended period of time. We are 10 times more likely to get the flu when we are cold. A 10 fold decrease in

immune system effectiveness is only a problem when you already have a suppressed immune system from any of the above stressors.



There are many ways to filter these different stressors, so that the negative impacts can be reduced. Managing your perception of a particular stress can often reduce the impact. If you keep telling yourself you can't do something, it's too hard, you hate this or that, then it becomes very hard to cope with. If you can't change your situation then you **MUST** change the way you deal with it. Surrounding ourselves with positive people, who are interested in others and not just themselves is a good way of helping us through some difficult times. If we don't like our friends or our partner then this can become hard!

If you have trouble with your weight, strength, endurance, focus, energy, sexual performance, etc you should take a look at what your biggest stressor is. If it's work, look at ways to decrease the stress. If absolutely necessary you may have to change jobs. You can work yourself into an early grave if you think work is really that important to you. If it's your family or friends then maybe you can re-evaluate how you communicate with them or how you spend your time with them. Do you spend quality time with them?

Maybe it's just a combination of many moderate to high stressors. They all stack on top of each other, but the stack can only go so high until it collapses. So take some time out each day for yourself. Meditate, read, go for a 20 minute stroll, draw, write, sing, plan to go on holidays or weekends away. It's all up to your imagination but try to remove yourself every day. It really does help you regain focus and strengthen your resolve. Reduce the amount of alcohol your drinking, get to bed on time, stop exercising 7 days a week for 2 hours a day, or start exercising if you're not doing anything. A 15 minute walk every day is better for your body, mind and soul than 1 hour a week. Learn about muscle energising exercises (zone exercises) which help you deal with your stressors. Most importantly, eat foods that don't stress your system and drink water!

Kylie

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