



Dr Michelle Dickinson

Merry Christmas everyone,

May this be a time for relaxing and spending time with your loved ones.

2011 has been another busy year and I'd like to thank you for letting us introduce you to the wonders of natural chiropractic healthcare. Also, a special thank you to those of you who've trusted us to look after your family and friends.

The practice has had a few changes recently. Dr Jodie Lamb is studying hard for her Pediatric Diplomate exams in January; consequently she had decreased her availability to 3 shifts per week. All the best to Jodie for her exams.

We are excited to welcome Dr Ruth Barclay to the practice. Ruth graduated from RMIT in Melbourne in 2000. She has practiced in England, and been living in NZ for 2 years. She is available Mondays and Thursdays.

Have a lovely festive season.

-Dr Michelle Dickinson



Dr Jodie Lamb

Xmas Hours

Closed from 11am 23/12.

Dr Jodie on call 26/12 – 6/1, phone 021 368 020. Callout fee will apply.

Jan 4 open 9-12 -Dr Jodie.

Jan 9 open 3-6 -Dr Ruth.

Jan 12 open 8-12 –Dr Ruth and 2-6:30 -Dr Michelle.

Jan 16 onwards we resume normal hours.



Dr Ruth Barclay

Holiday Stresses Can Increase Health Risks...

The International Chiropractors Association (ICA) has issued helpful holiday hints and recommendations to ward off health problems over the holidays. Physical stress placed on the spine can cause changes in spinal balance, leading to spinal misalignments (subluxations) and malfunction in the entire body. The ICA has prepared several helpful tips:

- When lifting packages, suitcases, or your frozen holiday turkey and other heavy items, lift with your legs, not your back. When lifting, hold objects close to your body; rather than flexing forward, maintain a slight arch in your lower back and bend at the knees before standing up with the object. That way, the lifting is done primarily with the strong muscles of the legs supporting the load.
- When cooking or standing for an extended period, elevate one foot with a foot rest or stacked books, about six inches from the floor. Alternately elevating each foot relieves tired back and leg muscles and helps prevent bad posture habits that can lead to abnormal spinal curvatures.
- When travelling by car or plane, place a pillow or folded towel behind the small of the back to help maintain the arch in your lower back and support the rest of the body properly. This relieves the discs and joint structures of the spine from unnecessary pressure.
- In addition to fastening your seat belt for car trips, adjust the head rest to align with your head, at least up to ear level. This is important to support and protect the head and neck in the unfortunate event of a sudden stop.
- Get enough rest. Many health problems that occur with the holidays are simply due to fatigue. By getting adequate rest, you can help prevent structural strain, emotional and cognitive imbalance, and general health problems.

Ref: http://www.chiropracticresearch.org/NEWS_holiday_stresses.htm