

# PETER MITCHELL

## Nerang Physiotherapy

The difference is obvious

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### Podiatry: 3D Scanner

3D laser scanners are used for the collection of 3D images. They collect and analyse real-world objects. They capture data quickly with immense detail and accuracy.

They are used to construct a 3D image which is then used to make a digital 3D model of accurate specifications.

Within 3 seconds the iQube mini is able to deliver high quality colour 3D images to an accuracy of 1mm

3D laser scan has many advantages over traditional casting methods. It is more accurate, more consistent, less messy, less time consuming and more.

This equates to better results and more comfort, by producing some of the more precise and innovative orthotics available today.

This fantastic new technology is now available at Nerang Physiotherapy from Mike Luker. For more information go to;

[www.acepodiatry.com.au](http://www.acepodiatry.com.au)



### PRACTICE NEWS

We welcome Mike Luker, Podiatrist and Carmel de Lio, Receptionist into our practice and wish them well. We will soon be operating a new Rebounding class with video instructions from trained rebound instructors to do at your own leisure.

### WHEAT:

#### THE UNHEALTHY GRAIN

I would like to present to you some extracts from a very interesting book by Dr William Davis, an American Cardiologist who found wheat to be the major cause of weight gain, inflammation, joint pains and much more.

For those of with poor energy levels, bloat, heart burn, skin rashes and the like, this is for you. At Nerang Physiotherapy we aim to treat the WHOLE body in order to give you pain relief and this is a part of that...

"What are mums, kids and half your friends doing with a 'beer belly'. I call it wheat belly! There is not an organ system unaffected by wheat. A wheat belly represents the accumulation of fat that results

from years of consuming foods that trigger insulin, the hormone for fat storage.

Most overweight people will say something like 'I don't get it. I exercise 5 times a week, have cut my fat and increased my healthy grains. Yet I can't seem to stop gaining weight!'

The sad truth is the proliferation of wheat products in the diet parallels the expansion of our waists. Advice to cut fat and cholesterol intake and replace the calories with whole grains in 1985 coincides precisely with the start of a sharp upwards climb in body weight.

An interesting fact: whole-wheat bread (glycemic index GI 72) increases blood sugar as much if not more than table sugar or sucrose (GI index 59)."

So if you want to lose weight, reduce heart burn, acid reflux, joint pains and get more energy and vitality, cut out wheat and wheat-based products all together and live a happier life.

## EXERCISE OF THE MONTH:

### SEATED THORACIC STRETCH

For those of you who sit at a desk for hours on end slaving away at the computer, or those who drive for long distances the upper and mid back get very tight and can result in pain and stiffness. This exercise is designed to ease the tension in the upper back and release the spinal joints.

Find yourself a chair with a back-rest, preferably one with some form of cushioning so it does not jab sharply into the back.

With your hands behind your head, gently lean backwards over the back-rest until you feel tension building in the soft tissues of the back and the spine.

Hold this position while breathing deeply for about 90 seconds. If you feel the tissues letting go then go with it, but NEVER force the soft tissues beyond their comfort zone.

Repeat this 3 times at least once a day.

To enhance the release make sure when sitting for long periods you intermittently move your back and spine.



## BRAIN TEASER OF THE MONTH

A man was telling some of his war stories to his grandchildren.

"When the World War I was on the verge of end, I was awarded for my bravery for I had saved a group of my men." He coughed and then added, "When we were fighting in northern France, an enemy soldier threw a grenade at us. Before it could explode, I picked it up and threw it away. For my act of bravery, right before the war ended, A General gave me a sword engraved with the words "Awarded for Display of Bravery and Heroism in World War I"."

Hearing this, one of the grandson spoke up. "Grandpa, this is not a true story. It can't be true!"

The truth is that it was not. How did the grand children know it?

### Tip of the month:

#### Enjoy Ginger

The volatile oils in ginger have long made it a useful herbal remedy for nasal and chest congestion. Pour 2 cups of boiling water over a 1-inch piece of peeled, grated ginger; steep for 10 minutes; and strain. Add a pinch or two of cayenne pepper to the water and drink as needed.



The world "World War I" could not have been engraved on the sword. This is because the Second World War had not happened then and nobody knew that it will happen.

Answers:

## Have another laugh

John was the cop in a small town where everyone knew each other. One night, during his night patrol, he spotted the town drunk walking down the street looking like he was up to no good.

"Hey!" Said John, rolling down his window. "You're not heading for any trouble, are you?"

"No sir!" Responded the drunkard with a big smile, "I'm heading to a lecture!"

A lecture?! thought the cop incredulously at 1 am!? this I gotta see!

After following him for a few blocks John was surprised to see him going into his house.

"Hey!" John screamed out his window. "I thought you were heading to a lecture?!"

The drunkard just grimaced and headed inside.

Sure enough within a minute John heard the lecture loud and clear through the upstairs window, "JUST WHAT THE HELL WERE YOU DOING OUT ALL THIS TIME YOU NASTY GOOD-FOR-NOTHING..."