

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Corona Virus Health

In these tough times it is vital we maintain our good health to aid in preventing getting the virus. There are many ways to strengthen the immune system and boost general health, but there are things we can do to also stop weakening our immune system too.

To help boost the immune system take the following supplements: Vit C (3 to 5g per day), Vit D3, Selenium, Magnesium, Turmeric and Neem Leaf Extract.

Stop eating grains, no wheat, rice, oats, barley...ANY grain due to their tendency to increase pathogenic bacteria in the gut and cause inflammation.

Eat dark skinned fruits and colourful veges.

Drink 2 to 3 litres of filtered water per day. Find a good source of sodium bicarbonate you can ingest and add a ¼ teaspoon to each 500ml glass.

Do some moderate exercise like walking.

To add to that keep positive thoughts in your head as these will breed more positive thoughts.

Stay healthy.

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## Blood flow - your delivery service

Health is an important thing for all of us and every cell must be getting the correct nutrients to be able to function at its maximum.

Just like when we are ordering something online we depend on a sufficient delivery service to get the item to our front door. Without this service we don't get what we want.

In the body the food we eat is our 'online order', however it can only truly be utilised correctly when it enters the cells. In the stomach it is useless, in the intestines it is useless, even in the blood it is useless. Only when it reaches the cells and enters the cells can it be utilised to produce energy.

So no matter what we eat, whether it is healthy or organic is only as good as the delivery

system we have in the body and that system is the circulatory system.

All blood vessels in the body are controlled by what is called the Sympathetic Nervous System. This nervous system piggy backs on the blood vessels supplying the muscles of the blood vessel walls with nerve supply to maintain their tone.

This tone is vital to move the blood through the vessels at a rate required to deliver nutrients and oxygen around the body depending on demand.

Any fault in this nervous system will alter the rate of blood flow and thus slow the delivery of nutrients to the cells, resulting in slower function and loss of energy.

At Nerang Physiotherapy we are one of few practices to assess and treat the Sympathetic Nervous System to ensure you have optimum blood flow rate and cellular support.

## News

Yes we are still open and operating as normal with stringent health measures in place to ensure we have a safe environment for you to visit. We do ask that if you have any signs of a cold or flu to please refrain from coming in until you have recovered fully. Thank you

## EXERCISE OF THE MONTH:

### Tibetan Figure 8

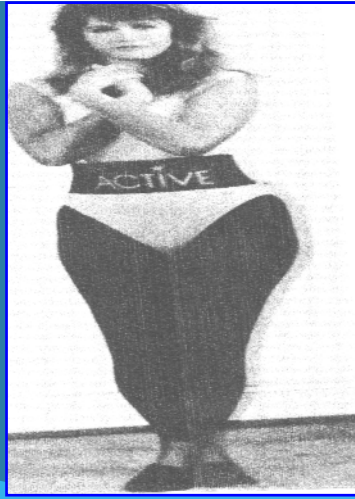
In times like this we all require a bit of stress relief. Here is a great exercise for easing the stress in the mind and body. You can do this lying down or sitting. If you are unable to get your arms in the position shown in the diagram just fold as instructed and rest on your lap.

To start with put your left foot over your right one. Now put the back of your hands together palms facing out. Take the right hand and lift it over the left hand so the palms are now facing.

Gently grasp the fingers together and pull the hands up and under twisting them so the fingers are facing you. Rest them gently on your chest. You have now formed a figure of eight with your arms and legs.

This improves connectivity between left and right brain which helps the brain sort out the stress better and convert it into something positive.

Now all you have to do is think about something that is stressing you, for example the virus and the effect it is having, and breathe in through your nose with your tongue flat on the roof of your mouth and out through the mouth with the tongue relaxed. Do this for 2 min.



## BRAIN TEASER OF THE MONTH

A boy was at a carnival and went to a booth where a man said to the boy, "If I write your exact weight on this piece of paper then you have to give me \$50, but if I cannot, I will pay you \$50." The boy looked around and saw no scale so he agrees, thinking no matter what the carny writes he'll just say he weighs more or less. In the end the boy ended up paying the man \$50. How did the man win the bet? (Answer below.)

### Have a laugh

**My doctor asked if anyone in my family was suffering from mental illness. I said; "no, we all seem to enjoy it"**

### Tip of the month

For those of you now working from home at a desk this one is for you. Find yourself a decent office-type chair. Sit only on the front half of the chair, do NOT sit right back against the back-rest. Your feet need to be flat on the floor or on a box to ensure they are stable. Sit upright but not rigid, your back still needs to be able to move. Now and only now adjust your desk to suit your sitting position. If you have to lean forward to reach something the weight will now go through your legs and will avoid putting strain on your back. Move regularly to prevent stiffness.

## Healthy living column Health tips:

Try the following as part of your health regimen.

Check food labels for the word "hydrogenated" and eliminate all hydrogenated oils.

Use coconut oil, ghee (clarified butter) or leftover fat from pasture-raised meats for sautéing.

Grate or puree squash, cauliflower, broccoli and other veggies to make them taste differently, freeze better, and get more nutrition per bite.

Replace starchy foods such as bread, rice, cereal, pasta, beans and chips with vegetables. Avoid juice and excess fruit.

Avoid pesticides in your food, your home and your yard.

Eliminate iodized salt and regular Sea Salt. Look for Sun-Dried or Solar salt such as Himalayan Salt, or our Pink Salt.

Remember that sodas, granola bars, muffins, rice and soy milk, desserts and potatoes are extremely high in starch and sugars (and therefore carbohydrate calories). Artificial sweeteners are no good either...

Get plenty of sun on exposed skin (but don't burn). ½ hr per day.