

# Top 5 holiday tips to help prevent pain!

*“Remember, you only have one body, look after it well so it last a lifetime.”*



It is a known fact that 80% of the population will suffer from back pain at some point in their lives and although holiday seasons are a great time to focus on your health, it can also be a time of additional stress both physically and emotionally. Ignoring and maintain these body aches & pains or a ‘no pain no gain’ approach will likely result in chronic pain.

Appropriate treatment and care can make it easier to live a healthier active life. Here’s 5 simple ways to help you minimize your pain over this festive season and start the journey to a happier healthier you.

To see what a big difference a small change can make, try one of these tips to improve your wellbeing and get a head start today!

## 1. Get it Straight!

The simplest way to instantly look healthier is to maintain excellent posture. By improving your posture, you not only take unnecessary stress of your musculo-skeletal system, but also give relief to your organs that are working very hard to allow you to continue to enjoy and appreciate life.

Benefits of improving your posture include:

- ✓ Reduced back & neck pain
- ✓ Reduced spinal dysfunction & joint degeneration
- ✓ Reduced stress and fatigue for increased work productivity
- ✓ Improved breathing, circulation & digestion
- ✓ Improved stamina and



endurance for improved sporting activity

Make an appointment to get personalised postural advice or see if you qualify for the use of PCI's (Postural Control Insoles).

These insoles use new technology to address postural problems and specifically work on retraining muscles and reducing physical stresses on the body. This not only improves your posture, but also your nervous system and overall body function.

## 2. Get Moving!



Sadly in today's knowledgeable society, only 18% of adults meet the daily requirements of physical activity.

As stated by the World Health Organisation, lack of physical activity is responsible for approximately 2 million deaths annually and according to the World Heart Federation; **inactivity is equally as bad for you as smoking a pack of cigarettes a day.**

It is evident that exercise is essential not only because it helps you prevent or control a whole range of health concerns, but also because it helps manage stress levels. This is because it stimulates the release of a chemical known as endorphin, the body's natural "feel good hormone" which reduces stress levels and lowers the risk of depression. Interestingly, a recent German study revealed that in the treatment of mild to moderate depression, 30 minutes of exercise a day can be more effective than anti-depressant drugs.

Benefits of exercise include:

- ✓ Healthier and stronger bones, improved stamina combined with high levels of muscle strength and flexibility.
- ✓ Improved circulation and increased release of adrenaline to boost your energy and help you get more out of every day
- ✓ Increased metabolism allowing you burn fat throughout the day, long after you've stopped exercising

- ✓ Improved insulin resistance which lowers your risk of developing type 2 diabetes, Australia's fastest growing chronic disease

Although it's easy to overlook your health in the midst of the festive season, and it may seem tempting at times, but you should avoid skipping exercise. This is because inactivity will not only lower your metabolism & make it even easier to put on weight, it may also lead to muscle stiffness and pain.

In summary, the value of exercise should not be underestimated, make sure to set easy goals, for example 30 minutes daily of your favourite sport. It really doesn't have to be a chore, make it fun with simple things like joining gym with a friend. This will not only help keep your motivation level high but at the same time also help you keep in touch.

***Make sure you have fun and reward yourself on reaching your goals!***

## Exercise for the heart!

Exercise strengthens the heart. It lowers heart rate and allows the heart to pump more blood around the body with less effort.

Advantages of a healthy heart include:

- ✓ Lowered blood pressure
- ✓ Lowered body fat
- ✓ Lowered levels of tension, anxiety & depression



The average heartbeat of an active person is 50 beats per minute, which is significantly lower than the average heart beat of a "couch potato" that falls in the range of 70-75 beats per minute.

As a result, the people who are more active have to pump 25-30 beats less per minute, saving them approximately 13 million heart beats per year. This heavily reduces the amount of physical stress on the heart and subsequently decreases the risk of cardio vascular disease.

## 3. Eat Healthy!

In today's fast paced world, diet related chronic diseases are the number one cause of morbidity & mortality. It currently affects approximately 60% of the Western population and is on the rise.

Unfortunately, obesity has overtaken smoking as the number one cause of premature death and illness in Australia. **Currently more than 17 million Australians are overweight or obese.** Obesity is the single biggest threat to the public health of the country and is significantly contributing to health disorders such as cardio vascular disease and diabetes.

Diabetes is the world's fastest growing chronic disease, affecting more than 246 million people globally. Approximately 275 people develop diabetes every single day in Australia alone and the saddest part is that more than half of these cases can be prevented by simple changes like regulating the amount of sugar in your diet.



It is a fact that there is only one known food that provides calories without nutrition; refined sugar. The shocking reality is that **the average Australian consumes more than 40 kilograms of refined sugar per year!**

The hidden truth is that there is no requirement of refined sugar in a healthy diet -the daily carbohydrate requirement for a healthy adult is 130mg and can be met with the carbohydrates starch & fibre.

Follow these 3 quick & easy tips to help avoid sugar overload in your diet:

- ✓ Replace refined sugar with healthier alternatives such as natural honey
- ✓ When buying packaged foods choose the option with no added sugar
- ✓ Substitute packaged juice for freshly squeezed juice

#### 4. Apply Heat

Heat therapy is a very effective tool for the management of chronic pain and can be utilized anytime at the ease and convenience of your own home. The basis for applying heat is to dilate blood vessels to improve blood flow to the area of pain. This improves the oxygen supply to the area and therefore speeds up the recovery process of the chronically injured area.

Additional advantages of heat therapy include:



- ✓ Reduced stiffness
- ✓ Reduced muscle spasms
- ✓ Improved joint flexibility & movement
- ✓ Distraction from the true source of pain through the excitation of sensory receptors on the skin to give you good temporarily pain relief when you need it most.

This can be done effectively with the use of a heat pack, hot water bottle, heat wrap or a heated gel pack applied to the area for approximately 10-15 minutes.

Also, for a full body effect, it's a good idea to try hot Epsom salt baths as they are perfect to for both physical pain relief and de-stressing.

## 5. Rest well!

On average, we spend 205,000 hours of our lives sleeping and it's important to make it a relaxing experience. Poor quality of sleep contributes significantly to body aches and pain, causing unnecessary discomfort on a daily basis.



- The average requirement of sleep for a healthy adult is 8 hours daily and research has indicated that **people who get less than 6 hour of sleep are 60% more likely to be at risk of chronic health problems such as high blood pressure.**
- A recent study has revealed that more than a third of the population averages less than 7 hours of sleep and that 1 in 5 get less than 6 hours of sleep a day.

The value of quality sleep is often underestimated. It is important to remember that poor sleep will not only negatively impact your activities of daily living but also your overall health and wellbeing. It is not an additional or optional component of life, it's a vital biological function designed to maintain physical and emotional wellness.

Come and experience how cranio-sacral therapy, a gentle hands-on form of treatment can help you sleep easier.

## Make an Appointment Today



- Come and see Dr Tanvi to discover how you can maintain a healthy structure as well as a healthy lifestyle.
- Along with providing you treatment, Dr Tanvi will also advise you of key activities to do between treatments to minimise pain and maximise recovery to allow you to continue to do the things you enjoy most.
- For more information or booking an Osteopathic consultation please call our friendly reception team on (03) 9662 1311.