



# Nitschke Chiropractic Newsletter

## Our Website

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Statistics show that up to 80% of adults will suffer at least one episode of back pain in their lifetime.

If this happens our first thought will be to get off our feet, lie down and rest. Unfortunately, evidence suggests that unless the pain is so severe or accompanied by other symptoms, such as pain radiating down the legs, rest is exactly the opposite strategy if you are trying to relieve your back pain.

If you are suffering from back pain staying active is an important piece of advice to follow in the majority of cases.

This means avoiding bed rest, prolonged periods of sitting, standing or inactivity. A lot of research has shown that activity can help reduce the pain and shorten recovery time in most cases of non-complicated back pain.

Chiropractic may be able to help you with the pain and advise on what is best for your condition.

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### **Calcium**

Function: Helps build bone, aids muscle contraction, aids blood clotting and nerve function, lowers high blood pressure, lowers risk of colon cancer and gum disease.

Food Source: Dark leafy green ( but not spinach/rhubarb, which bind to calcium) broccoli, citrus fruit, tofu, soya milk, legumes, whole grains, seeds, seaweed and dairy.

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***The secret of being Happy is accepting where you are in life and making the most out of everyday***

### **Why Be Fit?**

A study found that a level of fitness does affect your job performance.

The study suggest that physically fit employees are more productive, have fewer absences and are more satisfied with the quality of their work than their less physically active counterparts.

Both men and women were surveyed to assess whether lifestyle-related health risks, including a lack of physical activity, poor cardiorespiratory fitness, and obesity, are linked to aspects of job performance, such as absenteeism, work performance and relationships with co-workers.

It appears physically active employees reported better work quality and overall job performance, and those with higher levels of physical fitness reported positively on the quality of work performed as well as a reduction in the amount of effort needed to complete the work. It was found that work quality increased as employee fitness levels increased.

If your suspect that your work performance is suffering because of an unhealthy lifestyle, perhaps consider an exercise regime that suits you, it may just save your life and your job.

### **Sources of protein for Vegans**

If you are looking to cut back your meat intake or are already vegan here are some sources of vegan protein:

Avocado, coconut, Legumes such as kidney beans black beans lentils, navy beans, chickpeas, and tofu.

*Nuts* (preferably raw and unsalted ) including almonds, Brazil nuts, cashews, macadamia nuts, pecans pistachios and walnuts.

*Seeds* such as chia seeds, flaxseeds, hemp seeds pumpkin seeds sunflower seeds and sesame seeds.