



# Nitschke Chiropractic Newsletter 96 2020

Our Website

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

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To stay healthy and pain free is our ultimate aim.

These are the things to consider: We need a proper diet, to do resistive exercises and look after our cardiovascular health.

To achieve these goals we need to begin with what we put into our bodies, it is true 'you are what you eat'

We need to provide the body with nutrition that nourishes its needs and for us to function at our optimum level. Our food needs to provide us with the necessary vitamins and minerals and we need chemical free water.

Resistance training is important to maintain good bone and muscle health. Resistance training does include weights, whether they are free weights or plate- loaded machines. Both will do the job.

Then there is the cardio workout we need for good heart health. The treadmill, stair climbing, walking and bicycle riding . It is always a good idea to start slowly and build up more speed as you get stronger.

For cardio health it is a good thing to be able to do some daily, whereas resistance training could be done three times a week.

Stay healthy.

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## **Its About Tea Time**

Drinking tea can be incredibly soothing and an experience to look forward to.

Tea has many health benefits, leaves coming from the Camellia Sinensis plant have a special amino acid called theanine, which is found in green, black and oolong teas.

A study done in Israel found that the main antioxidant in tea showed an ability to slow brain cell death and encourage neurons to repair themselves.

## **Start Your Day The Right Way**

For most of us the day begins in a rush, getting up taking a shower, preparing lunches having breakfast and getting out of the house on time to beat the traffic.

The way one gets up in the morning can often set the tone of the day. Try something different and see what a difference it can make to your day.

Get up a little earlier, take a little time to get yourself focussing on what the day will be like by starting with a healthy breakfast, One that regulates the blood sugar levels and gets you ready for the mental stresses of the day ahead. Choose fruit, good cereals and or some protein. Have music playing in the background as this has a soothing effect and may improve our mood. Some of us like to go for a walk on waking up and before showering. This too is very good, Walking has many benefits including sleeping better at night, managing weight, lowering stress and reducing your risk of heart disease and stroke.

If you have given yourself time do some yoga as this is a great stress manager.

Preparing ahead saves a lot of time and energy, Do lunches the day before, do work projects the night before so your mornings runs smoothly.

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Winter time can be a painful time for many people because of arthritis.

Rheumatoid arthritis is more common in women than men and can begin between ages of 20 and 60.It is considered an autoimmune disorder.

Osteoarthritis in contrast affects the larger weight bearing joints asymmetrically.It mostly affects people in the over 50 age group.

Gouty Arthritis or gout is the formation of uric acid crystals in the small joints of feet and hands. Cold Laser therapy can help all forms of arthritis.