

The latest news from  
**Tasman Bay Chiropractic**  
Welcome to our Winter Newsletter

The shortest day has been and gone and it always seems to herald the 'true' winter temperatures. We have noticed a few folk fighting off winter coughs and colds. We would like to emphasise that we are more than happy to see you when you are managing an illness. Chiropractic care is very supportive of the immune system and if we can assist you in ridding yourself of any bugs sooner rather than later, then we will do so!

If you fear you are contagious, don't cancel your appointment, but do let us know so that we proactively manage this with you.

Meantime, keep well, keep warm, keep exercising and keep up your checks to support your spinal function and nervous system function to be the best it can be.

Warm regards

Corrian, Daf, Dan, Mel, Lynley and Victoria

**SEE PAGE THREE FOR A SPECIAL ONE DAY OFFER**



## **Supporting a Healthier NZ**

### **July is Chiropractic Awareness and Research Month!!**

We are working together with The Hamblin Chiropractic Research Fund Trust (an NZ trust affiliated to the NZ Chiropractors' Association) towards raising \$50,000 - with the help of all valued chiropractic clients around NZ.

Last year was the first initiative of this type and we collectively raised \$15,000. We would very much like to significantly better that this year!

Funds raised will assist in many different target areas. Further, data from recent and ongoing studies by leading researchers here in NZ will be used to both petition the NZ government and to expand world wide with their findings. Greater understanding of the benefits of chiropractic will lead to improved knowledge and care.

There are many different health areas being targeted for research – one example is the benefits of chiropractic for sleep improvement. Should you choose to make a donation, you will also be given the opportunity to record your interest in one of three research areas:

- Pregnancy and Early Childhood
- Sports and Performance
- Aging Well

We extend an invitation to all of our clients during July to contribute to this valuable research by making either a \$5 or \$10 donation. Of course more would be very much appreciated!

Thanks

The TBC Team

## Hot off the Press!

We are very grateful for and thrilled with the support we have received to date. This has inspired Corrian and Dan to 'put their money where their mouths are'!  
They have put together a special offer for the last Saturday of Chiropractic Research month.

## FRIENDS and FAMILY DAY at Tasman Bay Chiropractic

Saturday 30 July

Special Offer in Support of Chiropractic Research Month

Initial consultation and adjustment  
OR  
Initial consultation and xray if indicated

**\$89.00**

**All** proceeds to Hamblin Chiropractic Research Fund Trust

Bookings Essential - call 03 544 4554

Limited spaces available

## Update from Corrian

Hello All

The winter newsletter is upon us already with only a little chill in the air to help me return to winter after my wee journey to Pakistan and Dubai in May.

Since becoming a member of the World Federation of Chiropractic Board I am obliged to travel once a year for a face to face meeting somewhere in the world to govern this organisation. Its main objective is to see to the proliferation of our profession into every corner of the world - with solid government legislation like we have here in NZ. A secondary objective is to foster unity amongst all country associations. The unity currently is very good, however there are some upsets at times with WFC diplomacy being the good currency to help smooth the waters.

One significant string in our bow is our NGO status with the World Health Organisation. This gives us direct input into global public health issues and drives credibility in developing nations to assist in drafting appropriate legislation.

So my travel to Dubai was paid for and I made a pact to include further travel with each meeting. It so happened that my buddies were in Islamabad conducting research in hospitals on stroke and neurologically compromised patients. Dr Imran Niazi is a native Pakistani who gained a PhD in bioengineering from Denmark and now works for the NZ College of Chiropractic Research team. He is part of the team furthering the understanding of how chiropractic works and validating what we practitioners see every day in our practices. Imran was heading up the work in his home town so I called him to discuss if I could come and observe their activities and get a first hand perspective. He enthusiastically agreed, feeling stoked that I would go out of my way like that.

The flight took 150 minutes from Dubai and I landed at a military base. The landing strip was small with barely enough room for the 777 to turn on the single runway with one off ramp to the terminal. My mates Jens and Rasmus, who were there too as part of Imran's team, wound me up prior to departing. They 'warned' me I would need to fight for my baggage. I thought more about this and given the environment I was in with AK47's everywhere I decided to get cash in hand so if the need arose I could buy my bags back! As it turned out I went through customs in a nanosecond with my bags waiting for me with a guard checking that I was indeed the owner of my bag. This service is not even available in NZ! From there I can honestly say that everyone I met or ran into was polite and gentle with none of the expected pushy sales etc that I thought I would be subjected to.

I arrived early Saturday morning with my day planned by Imran and consisting of five hours at the hospital completing experiments. Most subjects were assessed for two hours using 64 Channel electroencephalograph technologies. Simply, this means measuring the brain's electrical signals from 64 different points on the head.



Each subject had three measurements completed - one for each modality: chiropractic care, exercise and 'sham' chiropractic interventions. Since returning home Imran and his team have been analysing this data and writing up the results - which will take most of 2016.

The temperature inside the hospital was 45 degrees with fans spreading the hot air around. Women wore headscarfs inside and a lot of the surfaces were not very clean, toilets were well.....

The NZ team worked very hard with long days of up to 12 hours getting all of the experiments completed. I must single out Jens - he has been a locum for me in the past. Jens really showed a genuine care for those he came into contact with and tried to help those he adjusted. Many participants did not meet the strict inclusion criteria and so were not chosen for the experiment but he adjusted them anyway. Many were wheelchair bound, however he would always find a way to get the job done. Friends of Imran also received care as well as their family members - one of whom flew for hours from Karachi to attend his clinic. We are not aware of any chiropractors practicing in Pakistan which has a population of 200 million.



Rasmus, who is also a biomedical engineer, had his work cut out when they arrived. His task was to set up all of the measuring equipment and ensure the data was clean enough to analyse. Due to the power infrastructure and background noise from the power source, it became apparent that they would not be able to read any recordings. He ended up setting up the whole lab to run on batteries and transformers. This solved the issue and meant that they would not be affected by any power outages. From my perspective I was impressed with the work they were able to achieve in the primitive environment and am in awe of them completing almost six weeks in those hot trying conditions.

Imran introduced me to his many friends that first night as we hiked for three hours up a steep, long, significant hill rather like the Richmond Ranges but higher and deeper. The view was amazing over Islamabad and included an ancient mosque. The climb took us into a national park and then a very small village with a very high-end restaurant also enjoying the view. I was in bed by midnight and up at 5am. We then drove for two hours into the country past a lake and into the hills, which turned out to be close (half hour drive) to Binladen's final compound.



Sunday's activity was learning to paraglide. Our whole group was flying solo by the third run and we flew for 60 seconds or so. Pakistani safety protocols were adhered to at all times including being allowed to swim in the lake only with a lifejacket, absolutely no exceptions. I found this rather amusing as I has just been sent off a hill hundreds of metres in the air with a sail I had just learned how to use.....



By Monday I was beginning to get used to the time zone and catch up on sleep and spent most of the day observing at the hospital. In the evening we went shopping for suits and out for dinner to an ancient part of Islamabad and I was again treated to a magnificent meal by more of Imran's friends.

Tuesday I flew to Dubai to prepare for my WFC meeting and relaxed by a pool most of the day in the hot desert sun. I met a few characters at the hotel including a POM who was waiting for a visa to fly into Iraq and work on generators powered by 737 jet engines - fuel is cheap I guess.....Another chap was a New York based chiropractor who had offices in Dubai, Saudi Arabia, Haiti and NY. Busy man and interesting lifestyle.

After three days of meetings with a few social functions on top it was time to fly home. I have been in Richmond now for six weeks straight and I am looking forward to staying put for most of the rest of the year. I only have one other arranged trip and that will be a week with my friends on a sailing boat on the Hauraki. So I'm focused on TBC and completing the upgrades we have planned. You'll also find me around the practice on Saturdays.

Please support the Research Month of July. The funds are most certainly going toward high quality work and individuals who want to see the health of our nation flourish naturally. Currently TBC funds the Research Department and the NZ College of Chiropractic to the tune of \$4000pa and has done so since my graduation in 1999.

Yours in Health

Corrian

## The Pelvic Floor

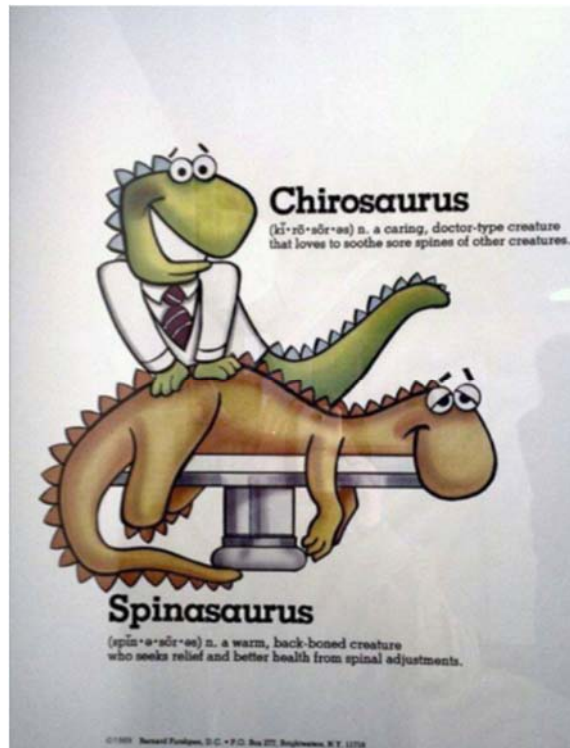
Just the sheer mention of this will have some of you squeezing away subconsciously! If you have been in to see us since the beginning of July, you will have heard about chiropractic research month, Dr Heidi Haavik, and the Hamblin Trust.

The team here in the office thought that some of you may find it interesting to have a wee read about a ground breaking study that Heidi and the team have been working on. A few years ago Heidi and her team of Dr Jenny Kruger and Professor Bernadette Murphy were keen to investigate whether adjusting vertebral subluxations would alter pelvic floor muscle function, especially in relation to pregnancy.

Head on over to: <https://spinalresearch.com.au/ground-breaking-study-approved-publication-chiropractic-pelvic-floor-control-3/>

to read further on the study. Also feel free to ask Corrian further about it, as he took great delight in trying to describe the rather medieval style contraption that had to be used to actually measure the force of the pelvic floor before and after the adjustments!?!

*Victoria xx*



## Probiotics

Many of you will already know the benefits of probiotics and the importance of gut-health.

We stock the Metagenics range of products which includes a probiotic - and we carry the dairy-free probiotic.

You may also have noticed that we have Fact Sheets in the practice from Jason Shon Bennett. Jason is a 'master researcher' who has also spoken a number of times to full houses here in Nelson.

In the article below he outlines what probiotics do for our:

- o Nutrition
- o Bowel Health
- o Immunity
- o Disease Prevention



## Probiotics – what do they do?

### What do good bacteria do for our health?

- o **Nutrition:** Probiotics make vitamins and minerals through fermentation, they digest nutrients from otherwise indigestible foods (such as lactose), and they produce short-chain fatty acids for colonic nutrition and vitamin utilization
- o **Bowel Health:** Probiotics keep the intestinal mucosal lining balanced, protected and healthy and they clean up toxins, dead and dying cells - stimulating new cell growth
- o **Immunity:** Probiotics strengthen our immunity against infections and bad unfriendly bacteria and prevent their growth by taking up valuable bowel wall space
- o **Disease Prevention:** Probiotics help prevent upper gastrointestinal tract diseases; colon cancer, irritable bowel syndrome, diverticulitis, ulcerative colitis, constipation, candida, bloating, diarrhea diseases and hypercholerolaemia

### What do bad bacteria do to our health?

- o **Malnutrition:** Bad bacteria compete for all the good nutrients
- o **Weakened Bowel:** It is estimated that 80% of Irritable Bowel Syndrome (IBS) patients, or more, have an overgrowth of bad bacteria in the small intestine
- o **Lowered Immunity:** Bad bacteria weaken and exhaust our entire immune system (It has been estimated through studies that up to 40% of children have food intolerances)
- o **Disease Creation:** Bad bacteria such as Escherichia coli and Salmonella cause diarrhea, illness, premature aging, disturbed gastrointestinal function, inflammation and a lowered absorption ability, leading to abnormal permeability, often called leaky gut

### What do Prebiotics & Probiotics do when combined?

Help prevent constipation, reduce ALL gastrointestinal illness, reduce ALL bowel cancers, improve immunity & the strength of the entire immune system, lower risk of chest infection, speed recovery, deliver genuine long-term weight loss, extend your lifespan, increase nutritional absorption, strengthen bone density, lower your risk of osteoporosis, lower the need for antibiotics and prevent allergic reactions.

### What foods contain the most Probiotics?

Miso, natto, kimchi (lactic acid fermented pickles), sourdough bread (naturally made with lactic acid), yoghurt (genuine living unprocessed raw yoghurt), apple cider vinegar (with the Mother culture), Korean kim chi (cabbage), sauerkraut, umebushi plums, tempeh and pickled ginger or daikon.

### What will kill your Probiotics?

Antibiotics, bad bacteria, the modern processed and refined diet, too much cooked food, travel bugs, medications, chlorine, toxins, birth control pills, heavy metals and stress.



**This is just another reason to eat a plant-based, wholefood diet rich in fruits, vegetables, nuts, seeds, wholegrains and legumes, that are eaten raw, soaked, sprouted or fermented.**

**jasonshonbennett**  
*feel alive plan™*



## Winners at TBC

Congratulations to the winners of our monthly lucky draw! To be in to win, pop your appointment card showing six completed visits into the jar on the Reception desk. You could win a free adjustment or a half hour massage!

March	Joan Hammond
April	Jo Thia
May	Marg Higgs
June	Jonathon McIvor

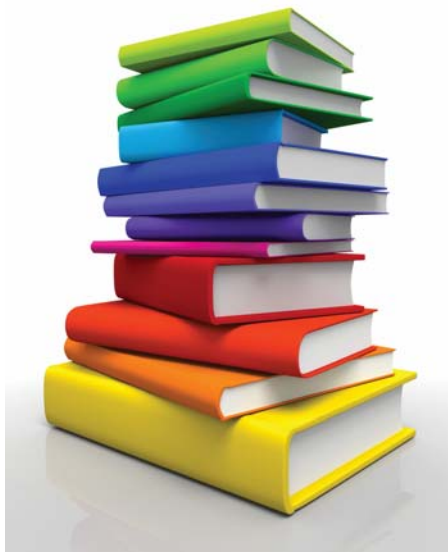
## Library

Did you know that the books on the shelf in reception are available for borrowing?

We are delighted to offer a selection of literature that works in harmony with and supports the key healthcare objectives of Tasman Bay Chiropractic.

You are very welcome to browse through and select a book or DVD for loan. We charge a small fee of \$5.00 that will contribute to the care of and expansion of our library to maintain it as an ongoing resource available to you.

***If you have a book or DVD on loan that you are finished with, please bring it back in so that it is available for others to borrow.***



## Recipe

*This edition features a favourite from Mel.*

### **Delicious Spinach Kiwifruit and Chia Seed Smoothie**

For those of us who find it hard to get up on cold mornings and spend more time hitting the snooze button than on breakfast, a quick kick start by throwing energy-rich ingredients into a blender will set you up for the day!

2 cups almond milk (*use unsweetened if preferred*)

1½ cups of packed baby spinach leaves

1 medium banana

1 ripe kiwifruit peeled and cut into chunks

½ an apple chopped (*no need to peel, core or remove seeds*)

freshly squeezed juice of ½ lemon

2Tbs blend of chia and flax seeds

Combine until smooth

If, like me, you love the thought of green smoothies but feel that some can taste like a freshly mowed lawn, feel free to add more fruit or manuka honey to sweeten.

### **Found/Left at the Practice**

**Dark Teal Men's Fine Knit Jersey  
M & S brand - XL**

***If this is yours, please call 5444 554 or pop in and pick it up.***

## **Spine Time with Dr Dan**

Following last year's paediatric seminars in Auckland, I have become much more heavily involved with the Nelson District Parents Centre (NDPC) as a presenter in their Moving and Munching course for babies 6-12 months. This is a fantastic opportunity for me to help educate parents on how their precious child is developing in those crucial first three years.

Brain research indicates that the first 1,000 days of a human's life sets the learning framework for every year after. NPDC had the amazing opportunity to bring child and teen educational speaker Nathan Mikaere-Wallis to Nelson in May. He entertainingly drove home the fact to the many parents attending, that you get far more benefit for your child in emotional and learning development with focus on intense parent-child interaction in the first three years. Far more so than spending thousands on a flash private school later on (although they will get to know rich friends, so there's still benefit to be had). They have already learned how to gather data and process information by the time they are three. From a chiropractic perspective, this time is also the formative period for all those motor neuron connections that our child needs to be the next Olympian. It starts with optimal early development.

My wife was recently elected as the Vice-president of the Parent Centre Committee, which means I get the further opportunity to get more involved with the NDPC. I now find myself a regular columnist in their Members Newsletter writing "Spine Time with Dr. Dan." If I start talking to you about the latest brain or paediatric research, it likely means I am in the middle of researching a new article.

I promised to keep you updated on the goings on of the Nelson Toyakwai Karate Club. Here's the latest update direct to you before the media grabs it!

### ***NEW KARATE DOJO AT WAIMEA INTERMEDIATE ENJOYS SUCCESSFUL GRADING***

*Instructors John Paul and Dan Fogarty are very pleased that Grading Instructor Owen Frenz (4<sup>th</sup> degree Black Belt) from Auckland, has graded three of our local students to yellow belt.*

*Sensei Frenz of the Australasian Toyakwai Karate Association said, "Lauren, Sebastiaan and Sheyne have impressed me with the high standard they put into their grading. It's very promising in such a new club.*

*Both Dan and John Paul have recently settled into the Nelson region and are enjoying the rewards of getting involved in their community that their new Dojo brings. We train Monday and Wednesday from 6:30 – 8pm at the Waimea Intermediate Hall, 48 Salisbury Rd, Richmond. Contact Dan 021 077 0264, [www.karate.co.nz](http://www.karate.co.nz)*



So there you go. Many exciting things happening around the Tasman Bay Chiropractic Community this winter!

Yours in Health

*Dr Dan*

***With best wishes from us all***

***The TBC team***