

## OUR CHIROPRACTORS

### Dr Gareth Calverdash

BSc Hons (Chiro), B.Chiro, ICCSP

Graduated from Murdoch University.

He is the head of the well-being team.

### Dr Sasha Aspinall

BSc (Hons), BChiro, PhD

Graduated from Murdoch University

as Dux of her class. Her particular

interest lies in spinal pain.

### Dr Tanja Ricciardi

BSc (Neuro), BSc (Chiro), BChiro

Graduated from UWA with

Neuroscience major then went on

to complete a Chiropractic degree

at Murdoch University.

## CLINIC STAFF

### Carolyn Lockhart

Senior Receptionist

### Alexandra Wetton

Receptionist/Marketing

## CONSULTATION TIMES

Consultations are by appointment

Monday to Friday

8am - 11am & 2pm - 6pm

Saturday

8am - 12 noon

## INSIDE THIS ISSUE

- Editors Note - Dr Gareth Calverdash
- Miracle of Magnesium
- Super special - 10% off Metagenics
- How Magnesium helps us Sleep
- Sendory Play this Winter

# Health Adjustment

## WINTER 2023

### Editors Note - Dr Gareth Calverdash 😎

Hello all, I will be away for June and a bit of July. Dr Brad is filling in and Drs Tanja and Sasha will also be here for their usual times. Please don't drop off on your care as prevention is better (& cheaper) than cure! Also, it's winter so some look out for our videos on sleep & pillows. Plus, the benefits of magnesium to calm the nervous system to give you more effective sleep. Lastly, some discussion on hand therapy & the benefits of using it to help kids develop their skills. (Also, a bit of a plug for a local business that supports play therapy). Please take advantage of our magnesium special this winter. Dr G 😎

## MAGNESIUM - THE MIRACLE MINERAL

Magnesium is an important mineral that is involved with the metabolism of your foods, hormone production, stress modulation, muscle relaxation, bone health and sleep regulation. It is heavily involved nerve & muscle recovery. So you can see why magnesium is a vital nutrient! With this in mind, it is important you are getting enough to ensure your body can perform these functions. Here are the top 10 reasons you may need a little more of this miracle mineral.

## 10 REASONS WHY YOU NEED MAGNESIUM

- Reason 1:** Magnesium is an important regulator in the recovery of excitable cells, such as nerve & muscle cells.
- Reason 2:** Modern agricultural practices have unfortunately depleted the soil from many key minerals including magnesium. (see Dr Tabrizian's research)
- Reason 3:** Coffee and tea contain tannins that can decrease the intestinal absorption of magnesium.
- Reason 4:** Caffeine has a diuretic effect, increasing the loss of water and minerals, such as magnesium, via the urine.
- Reason 5:** Additionally, alcohol also has a diuretic effect, increasing the loss of magnesium.
- Reason 6:** Certain medications( such as antibiotics, diuretics and steroids) can cause moderate to severe depletion in magnesium.
- Reason 7:** Exercise can also cause moderate to severe depletion in magnesium through urinary excretion and sweat.
- Reason 8:** Stress activates a response that actually increases the use and elimination of magnesium from the body.
- Reason 9:** Magnesium is needed to synthesise the relaxing and sleep-promoting neurotransmitters GABA and melatonin.
- Reason 10:** Magnesium is also required to produce the energy your cells need to stay firing throughout the day.

[PLEASE CLICK HERE ★ TO READ THE FULL ARTICLE ABOVE:](#)



## WINTER SPECIAL 2023



This Winter we would like to offer you **10% off**  
our Metagenics Magnesium Range

## IMPROVE SLEEP QUALITY AND BANISH PAIN

Sleep dysregulation and chronic pain have a direct inverse relationship, with diminished sleep increasing pain sensitivity, further worsening sleep quality. While manual therapies **eg, chiropractic** mitigate the physical drivers of pain, natural medicine provides an added option that addresses the pathophysiological underpinnings of pain and sleep disruption.. **Sleep X** has California Poppy and Passionflower for Sleep and Magnesium for Sleep Pattern Support provide patients with sleep-supporting alternatives, enabling them to achieve the rest they need for enhanced pain management.



Chronic pain is estimated to affect 17% to 25% of people(4). Within this population, disturbed sleep affects 24% to 32% of individuals, occurring twice as frequently when compared to the general population(5).

In patients who suffer persistent pain, poor sleep limits next-day physical function, worsens(6) pain sensitivity and can trigger spontaneous symptoms such as(7) headaches. Further, sleep disturbances hinder effective pain management,(8,9) while also worsening the severity of other comorbid conditions such as cardiovascular disease,(10) diabetes(11) and mood disorders(12). As such, providing patients with sleep supporting strategies can enhance pain management and improve quality of life.

**[Click here for Reference 4 - 12](#)**

## Is sensory play the ultimate screen-free self-led activity?

Sensory play encourages learning through exploration, curiosity, problem solving and creativity. It helps to build connections in the brain and encourages the development of language and motor skills.

Sensory play is an important part of childhood, but, in our fast-paced, screen-centred lives it can be difficult to prioritise, and when we do decide to dive in, where do we start? From home made sensory bases to well known commercial brands, what sensory experience is going to give children the most valuable play-based learning experience, and importantly, hold their attention the longest?

Happy Dough Co. is a Spearwood based mum-run business, providing eco friendly sensory play materials and wooden tools for toddlers to early school aged children. From our signature deliciously scented play doughs, themed sensory kits, fizzing potions and a range of handmade wooden play dough stamps and tools, we make sensory play as easy as it should be.

A simple play dough set up is a perfect place to start. Kids don't need much encouragement to let their imaginations run wild. Some natural play dough, a rolling pin and cutting tools are just about enough to get started and the child will lead the play from there.

Play dough provides hours of occupation and develops dexterity through squeezing, rolling, pinching and stretching, as well as the associated verbal skills. Being open ended, sensory play is one activity where children of all ages can join in at the same table together and elicit equal enjoyment.

Happy Dough Co also supplies play dough and rice play packages for birthday party hire! Check us out today. [@happy.dough.co](http://happy.dough.co)



Kind regards

Lyndsey Sweetman  
Happy Dough Co.



Don't forget to follow us, just click the icons and receive \$5 off your next visit:)