



Energy
Body
Food

Prahran Osteopathic Clinic

LOCAL COMMUNITY HEALTH NEWS

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Message from Michael Rowan:



As a fresh batch of purple Spring flowers bloom in the front garden of my practice and the year draws to a close I bring you this newsletter. This newsletter has a celebratory air as it marks something of a milestone in my practice – a decade in full time private practice. Compared with my beginnings I have my own venue now and the practice has expanded to include two great new massage therapists Ewen and Scott.

A very select few of you have seen me for sixteen years like Dawn and Len in Indented Head (after I graduated from Naturopathy and Acupuncture in 1989) while others are just new to the practice.

I have thoroughly enjoyed working with many of you over this time as your babies become adults and we traverse life and it's many changes. I look forward to continuing to assist you achieve your optimal wellness and remain committed to ongoing professional education and creative development to provide you with the best in spinal and holistic health care.

I hope you enjoy the first of what will be a 3 monthly newsletter packed with information on the latest in current medical and alternative health thinking. All contributions will be from myself and other professionals who I have been lucky enough to associate and build professional relationships with over the years. All of these currently featured and future guest writers specialize in different areas of health and work within the Melbourne CBD.

Mission Statement:

Life is about ever changing cycles. Cycles that reflect our Energy, Body and Food needs.

This newsletter is divided into 3 sections based on the practice's philosophy of Energy, Body and Food balance. Some of you come to me for just one of these services. You can easily gravitate to the section that most resonates with you.

Testimonials:

"When I used to play basketball as a teenager I would occasionally injure my lower back, but for for some thirty years, I haven't had any problems. Around two months ago, during a normal work day, I obviously lifted something incorrectly and immediately fell to the floor in agony. I have known Michael Rowan for sometime, but never needed to see him as a patient. I have heard him brilliantly lecture on osteopathy and natural therapies at seminars and always was impressed with his broad based knowledge. But after only one session with him, I was actually able to stand up and walk out of his office. I had to see Michael a few more times after that painful day, but now my back is as good as new. Thanks for the help."

Prahran Health Foods, Michael Jacobs, 201 Commercial Rd Prahran



"We at Genesis Health Club Prahran pride ourselves on service, professionalism and results - all of the qualities that Prahran Osteopathic Clinic pride themselves on and have been offering the Prahran community for over a decade. That is why it was easy when looking to forge a relationship as we both share the same values and commitment to client care. Prahran Osteopathic Clinic are assisting us in maintaining our clients fitness and well-being."

Genesis Gym Prahran, Ashley Williams, Membership Manager, Chapel St Prahran



ENERGY

Mineral of the month



Dr. Michael Rowan
Osteopath, Naturopath, Acupuncturist

Did you know that chromium may help sugar cravings and weight loss. Chromium is an essential trace element needed in minute amounts to form Glucose Tolerance Factor (GTF). GTF interacts with the pancreatic hormone, insulin, to regulate the uptake of glucose by cells. It also encourages the production of energy from glucose, especially in muscles, and may also suppress hunger pangs through a direct effect on the appetite centre in the brain.

Most refined carbohydrates like bread, pasta and rice have little chromium content and people eating processed foods will have low intakes. In general, the more carb's you eat, the more chromium you need. Taking a well absorbed form of chromium with correct dietary practice and exercise will help you get that weight off for Summer.

3 or 6 day detox vegie juice fast

Hey remember that there is also another great way to lose weight – a vegie and fruit juice fast. Many of you have already undertaken this with my guidance. Come in and ask me about it. It is a great way to kick start weight loss, detox and improve your energy levels!

Snoring



Nino
P.A. to Dr. Rowan (pet dog)

I thought it fitting that as many of you have to put up with my dog's snoring that he write an article on the subject.

Did you know that there are over 7 million snorers in Australia. Did you also know that snoring increases the risk of heart attack 6 fold! Common causes of snoring and sleep apnoea are structural distortion in the skull, facial and nasal bones, emotional stress, high carbohydrate diet, insulin resistance, sinus problems, gut flora imbalance, allergies and autoimmune disorders, chronic bacterial infections and kidney qi imbalance. All of these things can be supported!

Additional ideas:

Avoid pasta, rice and bread at night because it lowers the pH of the blood reducing haemoglobin's capacity to bind oxygen. Eat only protein with vegies and/or salad. Eliminate sweets, dairy, beer and wine for 2 months and have a low salicylate diet (avoid dried fruits, berries, tea, alcohol to name a few). Get your facial and structural skeletal imbalances treated by craniofacial Osteopathy. Resolve your sinus problems. Take some antioxidants like vitamin's A, C & E to improve cell oxygenation. If you are having no luck come in – maybe your programme may need tweaking. Reducing even the intensity of your snoring will help the quality of your sleep, oxgenation of your cells and improvement of your daily energy levels. Let alone reduce the risk of heart attack!

You never know for the cost of a treatment or two it may even save your marriage!

Interesting Quote:

'Every human being is the author of their own health'
Prince Gautama Siddharta

Wise Old Man's quote:

We are believing people. Here we are in this large hall and no-one has been worried about the ceiling falling down. We have a belief in the architect. We are believing people because we are started off well by somebody. We received a silent communication over a period of time that we were loved in the sense that we could rely on the environmental provision and so get on with our growth and development.
D. W. Winnicott, Psychoanalyst