

# NEWSLETTER

*The latest news and updates from Exmouth Wellness Centre and  
Margaret River Wellness Centre*

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## HELLO AND WELCOME

### TO OUR FIRST NEWSLETTER EDITION!

Firstly, a big thank you for everyone's support since we opened Exmouth Wellness Centre four years ago and especially over the past year since we joined with the Margaret River Wellness Centre.

We have put together a fantastic team of health professionals and support staff in both clinics, and it is a pleasure to work with such great people.

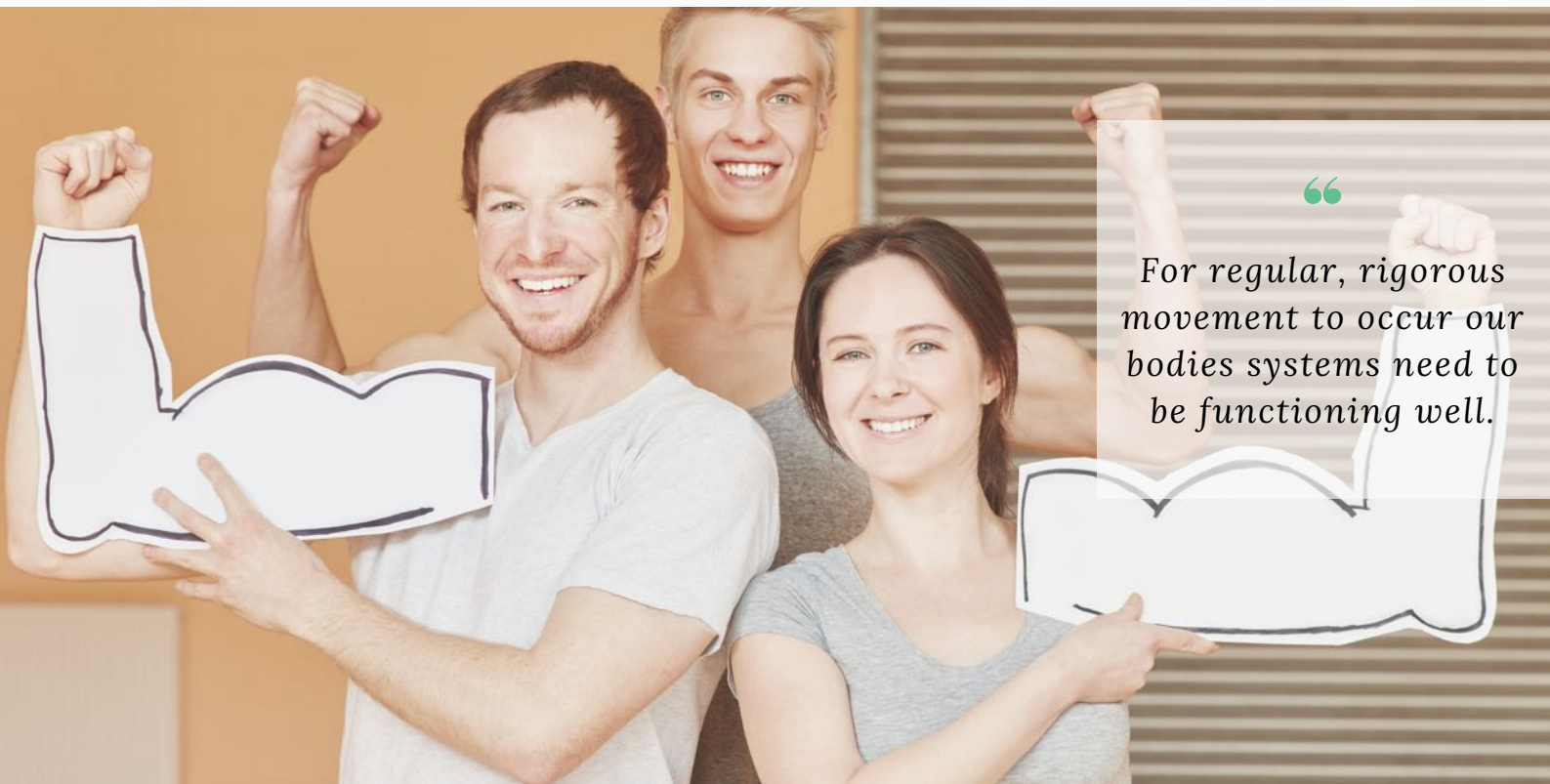
We are very excited to announce the introduction of our Wellness Centre Newsletters. These will keep you informed about what is happening at both of our clinics, as well as offer information and tips on maintaining a healthy lifestyle.

As we are heading into the warmer months, this newsletter focuses on physical movement and how to support the health of our muscular system.

Your feedback is important to us, so if you have any questions or suggestions for future articles, please get in touch. We hope that you enjoy what we have put together and that this finds you in good health.

Warm Regards,  
Clay and Mary  
Exmouth Wellness Centre & Margaret  
River Wellness Centre.





“  
For regular, rigorous movement to occur our bodies systems need to be functioning well.”

# HEALTHY MUSCLES

BY DR CLAY FARLEY

Current research is resounding in its support for exercise and its importance in promoting health and longevity. We are constantly bombarded in the media with it's amazing preventative health benefits in many areas of health from Cardiovascular disease to cancer to alzheimers. And let's be frank, exercise just makes us better people, we feel better, look better and are generally nicer to other people after we have had some exercise. The thing is, for this regular, rigorous movement to occur our bodies systems need to be functioning well.

The nervous system, which initiates movement needs to have a good communication line to the muscles which drive the movement of the bones which then need smoothly gliding and stable joints to facilitate this movement.

This month we are focusing on the muscular system and what it's needs are to be fully functioning and able to recover after regular use. How can we best support our muscles to perform this exercise on top of our busy daily lives and avoid injury?

## Stretching

*When should we stretch?*

Research is clear that prolonged stretching before exercise weakens muscles and likely predisposes them to injury[1]. Sustained stretches should be done after intense exercise or in periods between exercise sessions. Before exercise, active movements over full range of motion is the ideal warm up.

*What muscles should we stretch and how?*

Generally stretching muscles that we have just worked has the most beneficial affect, as when they are already warm and pliable we are likely to make the most significant length changes. So if you have just finished running or cycling, stretch you legs, if you have just worked chest or back at the gym, then stretch your upper body.

## Nutrition

Muscle contraction requires primarily oxygen and glucose for efficient sustained contractions. Also a range of other molecules are involved including Sodium, Potassium, Calcium and Magnesium. Commonly known as *electrolytes*. Of these electrolytes the one that is in the shortest supply in the modern diet is magnesium. Approximately 40% of Australians are not getting adequate magnesium in their diet. Magnesium deficiency has associated symptoms of muscle cramps and pain [2].

## Outside Help

Massage is probably the first thing that comes to mind when we think Muscle Health. This has been used for millennium worldwide for muscular aches and pain, but it is only recently that we have better understood the scientific basis behind it's affect. Massage after rigorous exercise has been shown to reduce cellular inflammation and promote mitochondrial (cellular energy) production by a whopping 30% over non massaged muscles [3]. No wonder it feels so good!

Chiropractic adjustments have been shown to have a direct affect on muscle strength, a study showed [4]:

- An increase of almost 60% in the electrical activity readings from specifically targeted muscles
- A 16% increase in absolute force measures
- a 45% increase in the drive from the brain to the muscle

This is equivalent to the changes with three weeks of strength training.

## References:

- [1] Simic L, Sarabob N, and Markovic G. Does pre-exercise static stretching inhibit maximal muscular performance? A meta-analytical review. *Scand J Med Sci Sports*. 2013;23(2):131-148
- [2] Guerra MP, Volpe SL, Mao JJ. Therapeutic uses of magnesium. *Am Fam Physician*. 2009;80(2):157-162
- [3] Crane JP, et al. Massage Therapy Attenuates Inflammatory Signaling After Exercise-Induced Muscle Damage. *Science Translational Medicine*. 2012;119(4):119
- [4] Niazi IK, et al. Changes in H-reflex and V-waves following spinal manipulation. *Exp Brain Res*. 2015;233(4):1165-1173



# EXERCISES TO IMPROVE YOUR POSTURE

## PECTORAL MUSCLES

Stretching the pectoral muscles is a corrective exercise for rolled shoulders.



### LOWER PECTORAL

#### Starting Position:

Begin standing next to a wall, with the side to be stretched closest to the wall. Place the hand closest to the wall approximately 45° above your shoulder to the wall and your opposing foot forward. Place your other hand on the wall in front of you for stability and support.

#### Movement:

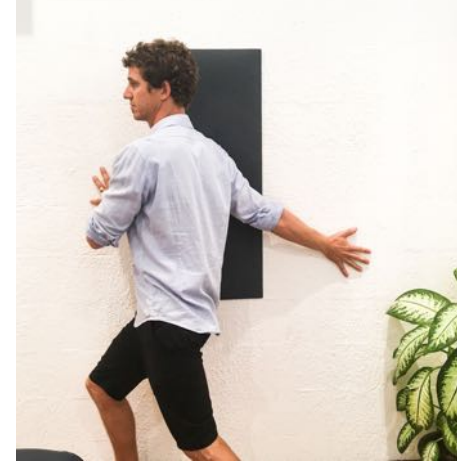
Gently lean towards the wall until a stretch is felt in the lower pectoral muscle. Hold for 20 seconds or five breathes. Swap to the other side.



### MID - PECTORAL

**Starting Position:** Begin standing next to a wall, with the side to be stretched closest to the wall. Place the hand closest to the wall at shoulder height. Make sure that your arm is rolled out. Place your other hand on the wall in front of you for stability and support.

**Movement:** Gently lean towards the wall, rotating the opposite shoulder away from the wall until a stretch is felt in the mid-pectoral muscle. Hold for 20 seconds or five breathes. Swap to the other side.



### UPPER PECTORAL

**Starting Position:** Begin standing next to a wall, with the side to be stretched closest to the wall. Place the hand closest to the wall approximately 45° below your shoulder on the wall. Roll the shoulder right back. Place your other hand on the wall in front of you for stability and support.

**Movement:** Gently lean towards the wall, rotate the opposite shoulder away from the wall until a stretch is felt in the pectoral muscle. Hold for 20 seconds or five breathes. Swap to the other side.

We now have FREE Step by Step Video Tutorials!  
Visit our the Website or Facebook for more information.

## BOOK OF THE MONTH

RECOMMENDED BY  
DR SIOBHAN OVERBERG

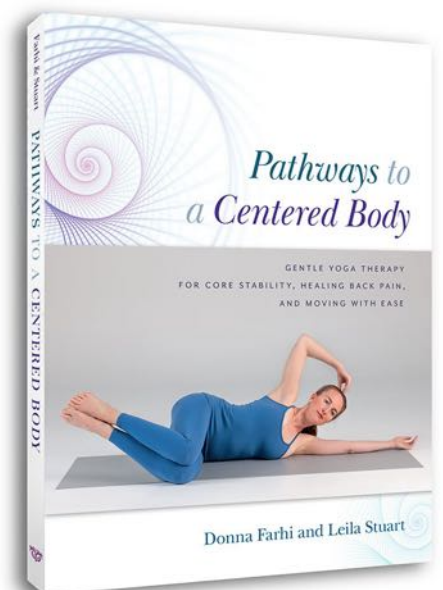
*An extraordinary new approach for realigning your structure with simple, pain-free, and effective Yoga therapy techniques.*

Yoga teachers Donna Farhi and Leila Stuart have joined forces to produce a definitive guide to centering the body. With more than five decades of combined experience in working with people of all ages, and from diverse movement disciplines, Farhi and Stuart share their gentle, yet incredibly effective, approach to balancing body structure for optimal pain-free movement.

This book demystifies the catch phrase “core fitness” and teaches you how to center your pelvis and find optimal spinal alignment as the foundation for true core strength and stability.

Using easy-to-understand anatomical terms combined with exquisite illustrations, the authors unravel the complexities of the deepest core muscles, the psoas, to reveal its function as an extraordinary unifying structure for the entire body.

In a step-by-step protocol, you'll learn how to release, balance, and engage your core muscles, and you'll learn how to safely improve your flexibility in Yoga practices without compromising pelvic and spinal stability. As deeply held tension is resolved, this work will help you to feel more grounded, mentally focused, and emotionally calm.



SPOTLIGHT ON

# COCONUT WATER



Coconut water is produced naturally in the coconut fruit. It contains 94% water and is comprised of easily digested carbohydrates in the form of sugar and electrolytes and is fairly low in calories and carbohydrates.

Not only is coconut water delicious and refreshing, it also delivers vitamins that aid in recovery. Coconut water contains Vitamin C which boosts your immune system; folate (B9) which helps your body to create new cells; and vitamin B6 which helps build muscle by producing amino acids.

When we exercise, sweat rids the body of certain electrolytes, which we require to maintain proper hydration status and nerve, heart and muscle function. Coconut water contains a high concentration of electrolytes and includes less than one percent natural sugar, as apposed to the refined sugar or high fructose that is commonly found in energy or sports drinks.

Coconut water is freshest when it comes directly from the coconut, however you can also buy bottled coconut water at most grocery stores. Be sure to read the ingredients as some bottled brands contain added sugar or flavoring agents.

## Hydrating Green Smoothie

Hydrate, refresh, and nourish your body with this energizing green smoothie!

Coconut water has been deemed "Nature's Sports Drink," as it is hydrating and regenerating to your tissue.

Avocados are a good source of healthy fats and antioxidants.

Bananas contain electrolytes, potassium, fiber and vitamin B6 and can act as a natural sweetener. Kiwifruit is a rich source of vitamin C and a good source of vitamins A, B6, E and K as well as folate, magnesium, phosphorus, copper and dietary fiber.

Spinach is rich in chlorophyll and an excellent source of the vitamins C, A, and K as well as containing a good amount of dietary fiber.

**Method:** Using a high powered blender, blend all ingredients until completely smooth. This smoothie is best enjoyed the day it is made.





# CLINIC NEWS

## Exmouth Wellness Centre

Dr Clay Farley will be presenting stretching demonstrations for the Exmouth Swimming Club later this month and is currently running Chiropractic Information Sessions for existing patients. For more information about these events please call our friendly staff on (08) 9949 4118



## Margaret River Wellness Centre



You can now claim Private Health Rebates for Remedial Massage at Margaret River Wellness Centre! Remedial Massage Trading Hours are as follows:  
 Monday 11am - 6pm  
 Tuesday 8am - 6pm  
 Wednesday 8am - 3pm  
 For Enquiries or to schedule an appointment, please call (08) 9758 7888.

# HEALTHY MUSCLE PRODUCTS



**MAGNESIUM POWER**

Magnesium Flakes for Muscle Recovery and Repair. Enjoy the alkalising and detoxification benefits of highly mineralized pure magnesium chloride flakes.



**FIBROPLEX PLUS**

Fibroplex is a specialized formula that provides nutritional support for energy metabolism and neuromuscular health.



**POSTURE POLE**

The Posture Pole uses body positioning to naturally release the tension from tight postural muscles and relieves neck, shoulder and upper back pain caused by a forward head posture.



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