

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Heel pain

This often debilitating pain commonly has its origins in the hip and the foot and heel become victims of the need to over-compensate for weakness in the hips.

Unless there is direct trauma to the heel/foot, the most likely cause is changes in strength and flexibility in the hip, thigh and calf often due to some form of overuse be it sports, standing for long periods, even sitting for long periods.

This overuse stresses the nervous system that controls the blood flow to the legs resulting in weak hip muscles. This forces the body to compensate in the thigh and calf to stabilise the pelvis and leg.

Because of this more load is put onto the leg and thus more load has to be pushed off, resulting in the overuse of the calf muscles. This causes tightness in the calf soft tissues which strains the heel and can result in heel pain or Plantar Fasciitis.

At Nerang Physiotherapy we assess all function from the hip to the foot to see where the true cause is and also incorporate Myo-flow to treat the blood flow to the leg. All this gives great results.



## Toxins and weight loss

We may be trying the new diets, supplements and “new” strategies. However, as Hippocrates, the Father of Modern Medicine, said if we first do not STOP hurting ourselves all our efforts will be going down the drain!

So what did Hippocrates mean by “First, do no harm”? As I mentioned in my last newsletter, one of the 4 key causes of weight gain is “Toxins” in our food. These toxins come in the form of:

- Hidden Sugars
- Pesticides
- Preservatives
- Artificial colours
- Antibiotics

## News

Due to Ilza's recent surgery which she is recovering very well from, we have had to make some adjustments to our work times to cater for Pete doing school runs. This is now slowly resuming so we thank you for your patience.

Toxins in the body can be looked as the slime that blocks the drainage system in the house. If the drainage system gets blocked than the slime – the toxic residue begins to get accumulated in the body. The body packs these TOXINS away in FAT cells so they can be put away from harm's way.

The body collects this fat around the liver where it is called Fatty Liver and also around other abdominal organs. This is linked to a higher risk of developing Diabetes and Cardiovascular problems.

Most importantly these TOXINS cause your metabolism to slow down, such that you gain weight much more easily and lose it with a lot of difficulty.

So if you're figuring out why it is so hard to lose belly fat – Your answer is here.

## EXERCISE OF THE MONTH:

### Tips for exercising

This month instead of recommending an exercise, here are some tips to follow if you want to start exercising or if you already are.

Take five to 10 minutes to warm up and cool down properly.

Plan to start slowly and boost your activity level gradually unless you are already exercising frequently and vigorously.

Be aware that training too hard or too often can cause overuse injuries.

Listen to your body. Hold off on exercise when you're sick or feeling very fatigued. Cut back if you cannot finish an exercise session, feel faint after exercise or fatigued during the day, or suffer persistent aches and pains in joints after exercising.

If you stop exercising for a while, drop back to a lower level of exercise initially. If you're doing strength training, for example, lift lighter weights or do fewer reps or sets.

Choose clothes and shoes designed for your type of exercise. Replace shoes every six months as cushioning wears out.

And lastly, if you are exercising because you feel you NEED, you are not doing yourself any favours, only exercise if you WANT to. And enjoy.



## BRAIN TEASER OF THE MONTH

A boat has a ladder that's 10 feet long, and hangs off the side of the boat, with its last three feet submerged in water. If the ocean tide rises five feet, how much of the ladder will be underwater?

Answer below.

## Have a laugh



## Tips of the month

*“Fortunately, some are born with spiritual immune systems that sooner or later give rejection to the illusory world view grafted upon them from birth through social conditioning. They begin sensing something is amiss, and start looking for answers. Inner knowledge and anomalous outer experiences show them a side of reality others are oblivious to, and so begins their journey of awakening. Each step of the journey is made by following the heart instead of following the crowd and by choosing knowledge over the veils of ignorance.”*

- HENRI BERGSON

## Wellness Information

Did you know aluminium has been linked to Alzheimers, Dementia and other chronic brain diseases.

Do you realise you most likely are exposed to this daily if you cook in aluminium pans and pots, or cook in aluminium foil?

Three studies from the same researchers over the past 18 months have shown that aluminum contributes to the pathogenesis of Alzheimer's disease collocating with phosphorylated tau protein, an early initiator of Alzheimer's Disease.

The latest study in the Journal of Alzheimer's Disease Report builds upon two earlier published studies (including Mold et al., 2020, Journal of Alzheimer's Disease). Aluminum is co-located with phosphorylated tau protein, present as tangles within neurons in the brains of early-onset or familial Alzheimer's disease.

“The presence of these tangles is associated with neuronal cell death, and observations of aluminum in these tangles may highlight a role for aluminum in their formation,” said Matthew John Mold, PhD, Birchall Centre, Lennard-Jones Laboratories, Keele University, Staffordshire, UK.

It is also interesting that Teflon is banned in Europe due to it's toxicity, so maybe it is time to give up those non-stick aluminium pans and resort to stainless steel, ceramic or iron ones to reduce your intake of aluminium.

Exactly the same as the boat rises with the water.

Answer: