



# GIVE YOUR SPINE A HOLIDAY TONIC

Christmas is around the corner already again!

It fills young souls with excitement and expectations. Older ones with: "How on earth am I going to get it all done in time?" Or: "I'm already exhausted from the year; now all this shopping and cooking ..."

But we all know that it would be worse working in a coal mine 1 km under the top of the earth. Trust me, I once did a chiropractor's visit to one! or cleaning toilets at a music festival.

So how can you turn this time of year into a bit of a spine holiday tonic?

The spine loves movement. It is perfectly designed for what we *used to do*. That is not sitting at a desk all day, standing in a classroom or on a hospital ward. We are perfectly designed to hunt and gather.

## **How to mimic hunting and gathering**

Our day to day routines are rather repetitive and predictable..

While lack of movement and physical activity are the enemies of a healthy spine, so is repetitiveness. The more variety in how we move the better it is for the stimulation of our senses and proprioceptors. Rather like generations ago when we used to hunt and gather for our food!

So mix it up. The body will ache if: you write all the Christmas cards in one day, do all the shopping on the second, and clean the house, a third.





### Bank the exercise

Every step counts and cleaning the windows is almost as good for your upper body as lifting weight in the gym! But remember to avoid the temptation to do all 48 windows in one day (if you have that many!)

Take a breather, have a 20 minutes lie down, put your feet up and let the spine decompress.

Tips for lifting food supplies and heavy presents:

- Hinge from the hips
- Brace with the core
- Never bend and twist at the same time
- Give your teenager something to do!

### Christmas Special; Did You know?

- ♦ Christmas Island was named in 1643 by English Captain William Mynors when he and his crew sailed past on Christmas Day
- ♦ The highest number of baby births in the Western World is late September. Wonder why?
- ♦ Prawns and glazed ham are the most popular foods for an Aussie Christmas lunch. Hopefully not in one mouthful!
- ♦ Australia had a “White Christmas” in 2006 when snow fell in the Dandenong Ranges near Melbourne
- ♦ We honour the tradition of giving gifts like the Three Wise Men gave baby Jesus: gold, frankincense and myrrh
- ♦ Wishing you a joy filled Christmas and a fantastic start to 2026!



### Feeding the Spine

Pictured above are the Chiro Care for You team at our Christmas Lunch. It was lovely and we went straight back to work to burn off the calories!

Moving soon after you eat is very good for your blood glucose level. The muscles clear a fair amount of the sugars circulating the bloodstream making your body less insulin resistant. Activation of the muscles supporting the spine is great and lubricating joints and discs helps too.

Certain foods may actually be directly beneficial to the spine! Oysters and prawns are high in zinc, which is essential for collagen cross linkage. Calcium and vitamin C are in green leafy vegetables. The great variety of Christmas family foods are great for gut health. It is really a tonic as long as you don't overdo it!