

JUNE 2018

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Magazine*

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Juggling act

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BRISBANE / GOLD COAST / BYRON BAY

WELL, WELL, WELL...

LEARN A LITTLE SOMETHING FROM OUR EVER-CHANGING PANEL OF HAVEN HEALTH AND WELLNESS EXPERTS. YOUR WELLBEING WILL THANK YOU FOR IT.



VICTORIA MCLELLAND
Osteopath, My Own Midwife GC

As an adult, you may have sought the professional help of an osteopath for that sore back, strained shoulder or some other kind of troubling ailment affecting your musculoskeletal system. But did you know that osteopathy can be just as beneficial for your kids as well? Osteopathy is a system of healthcare that has a focus on the management of pain and the treatment of conditions that affect the body. Practitioners combine a developed sense of touch with an understanding of functional anatomy, to assess for patterns of strain. These patterns of strain may be due to trauma, sustained poor postures or other stressors. Osteopaths then have a wide-range of hands-on techniques that are used to help alleviate these painful dysfunctions, commonly found in the joints, muscles, ligaments, nerves and connective tissue.

Victoria McLelland is a qualified and nationally registered osteopath with 12 years' experience. She works out of the My Own Midwife clinic at Ashmore on the Gold Coast. A mum to three, Victoria has a specific passion for babies, children and pregnant women. In newborns, Victoria commonly manages the musculoskeletal effects of birth trauma and breastfeeding issues. That baby who won't sleep most likely is hungry, but maybe your bub simply can't get to sleep because they are physically uncomfortable lying on their back (do they appear stiff or tight?). In children, Victoria follows conventional practice guidelines for conditions including plagiocephaly (flat spot or mis-shapen head), torticollis (wry neck) and hip dysplasia. In tweens and especially teens, Victoria treats a range of sporting-related injuries, scoliosis and pain that has resulted from bad posture (yes, your iPad-obsessed child with rounded shoulders and headaches can benefit from Victoria's skill set). Don't forget, health fund rebates are applicable.

www.childosteopath.com.au or 5594 4525



DELIA MCCABE
Psychologist/Author, Lighter Brighter You

Most people never think about how what they eat impacts how they feel emotionally, how it either helps or hinders their ability to focus and concentrate and how it affects their memory.

"The brain uses up to 20 per cent of the carbohydrates that we eat, with that figure increasing when we are stressed. However, there is nowhere in the brain to store carbohydrates, so when blood glucose levels run low due to haphazard eating or choosing highly refined foods, the brain battles to function well, and moodiness results," says psychologist-turned-author Delia McCabe. "Another startling fact that most people are surprised to discover is that 60 per cent of the dry weight of the brain is made up of fat. Each and every one of the 100 billion brain cells that we have need good fats in their membranes to allow effective communication to occur between them and to build neural pathways, so it's critical that we eat the right fats to ensure optimal brain function. Think olive oil, coconut oil or omega 3. If you have dry skin, it's a sure sign that your brain isn't getting enough of the good fats."

Delia says the brain also needs protein to make hormones and neurotransmitters that allow brain cells to communicate effectively with each other. When brain cells communicate well, our emotions are balanced and our thinking can be clear and decisive. A wide variety of vitamins and minerals also play critical roles in brain function, by supporting hormone and neurotransmitter synthesis, ensuring efficient use of carbohydrates for fuel and maintaining the balance between brain activity and a sense of calm and peace. The brain uses up more nutrients during times of stress, so it's important to continue eating a wide variety of nutrients when life feels overwhelming.

www.lighterbrighteryou.life

Sepsis. Is a leading cause of child mortality. Diagnosis is difficult.

Dr. George and his specialist research team at Gold Coast University Hospital are leading a Gold Coast study, as part of a Queensland-wide project, that will test the effectiveness of a new diagnostic tool on local children. This project must start in mid-2018 and aims to reduce sepsis-caused mortality for Gold Coast children.

This life-saving project will cost \$100,000.

You can help Gold Coast children survive. Please donate generously today.

gchfoundation.org.au 5594 6986



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Help. Care. Save.



Dr. George and his team urgently need your help