



Mary Anne Lowery
Chiropractor

With the worst of the unbearable hot weather over with, Autumn is here! We hope you enjoy the beautiful change of seasons mother nature displays with the changing leaf colours. It is now an opportune time to take advantage of the change and move as much as possible for good bone and body health.

There are many activities to get involved in, like strolling along one of the many beautiful sandy beaches that dot our shoreline, snorkelling, kayaking, rock climbing, hiking or put

on a very comfortable pair of shoes and go shopping, whatever puts a smile on your face and therefore your heart. Just move your body!

Remember to re-hydrate your body which is made up of approximately 60% of water for the average adult. Our brain and heart are composed of 73% water, lungs 83%, skin 64%, muscles and kidney 79% and even our bones are watery with 31%.¹ So drink water, if you are not fond of the taste add a slice of your favourite fruit to tantalise your taste buds.

Super Pulsed Cold Laser: Is M.E.L.T. the end of the ICE age?

New research² has shown that using laser for sporting injuries achieves a far superior result than the old ICE treatment.

M.E.L.T. is the new formula for the healing of ligaments for long term strength and flexibility.

M is for movement/mobility of the affected joints/chiropractic adjustments.

E is for elevation, a natural way of decreasing swelling.

L is for laser, can be applied to the lymphatics and the local injured area.

T is for tape, creates a bio-mechanical lift of the skin from the soft tissues underneath, allowing more blood to flow for optimum healing.

Mary Anne Lowery Chiropractor has successfully treated the following conditions with the Super Pulsed Cold Laser:

- Low back pain
- Neck pain
- Rib pain
- Bursitis (hip, elbow, knee)
- Osteoarthritis
- Muscle tears
- Ligament strains
- Sacro Iliac injuries

MR4™
SUPER PULSED LASER



Remedial Massage

Massage therapy combined with chiropractic provides a very powerful healing combination.

Our clinic provides: remedial massage, sports massage, lymphatic drainage, relaxation massage, baby massage, pregnancy massage, Bowen therapy and classes.



Bowen Therapy is a non invasive treatment to produce a positive effect on the body and provide lasting pain relief from many ailments such as frozen shoulder, whiplash, lower back pain, pelvic pain especially relating to pregnancy and many other conditions. Bowen is also a vital tool in assisting holistic body healing.

Remedial massage is great for:

- Pain relief, stress, tension and headaches, Muscle spasms
- Sports massage (pre & post event)
- Improve circulation & blood flow
- Improves muscle & organ function
- Revitalises energy & wellbeing
- Promotes better sleep & relaxation

Chiropractic is not just for 'bad backs'. Our clinic specialises in treating the whole body mentally and physically. Chiropractic is as natural as nature itself. It offers an abundance of hope and relief to many conditions. At Mary Anne Lowery Chiropractor we pride ourselves in offering a unique quality of care which is aimed at restoring your wellness so you in turn can be your absolute best.

Sitting Is The New Smoking!

The number one thing that causes back pain is extended periods of sitting.

Various studies³ have produced evidence that:

- Every hour of seated television watching we do cuts about 22 minutes off our life span. That was contrasted with this study which estimated that smoking shortens their life by about 11 minutes per cigarette.
- The effects of long term sitting are not reversible through exercise or other good habits.
- Sitting like smoking, is very clearly bad for our health. The only way to minimise risk is to limit the time we spend on our butts each day.
- Healthier alternatives are active sitting on a yoga ball, a sit-stand desk or a treadmill desk stand and stretch every hour.



Reconstructive Chiropractic Care



Eliminating pain and not addressing posture may lead to continued spinal degeneration.

If you would like to restore the proper position of spinal bones, Mary Anne Lowery Chiropractor can re-educate your spine with reconstructive care and combined with exercises can help you achieve: Improved posture, increased range of motion, prevent disc degeneration, see changes on x-rays over time.

Prolonged sitting increases the risk of developing several serious illnesses like various types of cancer, heart disease and Type 2 diabetes. If you would like to say goodbye to declining spinal health, and the onset of pain or symptoms, then consult with Mary Anne Lowery Chiropractor.

Mary Anne Lowery Chiropractor

Address: 44 Castlereagh Street, Penrith, 2750

Chiropractic Clinic Hours

Monday Tuesday, Thursday: 8am - 12pm, 2.30pm - 6.15pm
Friday: 8am - 12pm
Saturday: 8am - 12pm Every 2nd Saturday

Remedial Massage Hours

Monday 10am - 6pm
Tuesday: 9.30am - 6pm
Wednesday, Thursday, Friday: 9.30am - 5.30pm
Saturday: 8am - 12pm

Chiropractors:

Dr Mary Anne Lowery
Dr Joseph Salameh
Dr Paul Molino

Massage Therapists:

Tracy Quinn
Kate Duck
Jenny Kember

Receptionists:

Kellee and Josie

We assist with the treatment of:

Jaw, neck and shoulder pain
Lower back pain
Sciatica
Headaches
Hip and leg pain
Work and life stress relief
Emotional well-being
Better health and nutrition
Sporting injuries and rehabilitation

FOR BOOKINGS CALL
02 4721 2143

Follow us on Facebook @MaryAnneLoweryChiropractor

Online bookings and News go to our website:
www.maryannelowerychiropractor.com.au



Referencing:

1. <https://water.usgs.gov/edu/propertyyou.html>
2. http://www.malchiro.com.au/images/melt-guidelines_july2014e.pdf
3. <http://www.theactivetimes.com/sitting-new-smoking-7-ways-sedentary-lifestyle-killing-you>
<http://www.smh.com.au/lifestyle/life/sitting-is-the-new-smoking-20130529-2nca0>
<https://www.betterhealth.vic.gov.au/health/healthyliving/the-dangers-of-sitting>