



NEWSLETTER

Physiotherapy and your lungs

Coming into the cooler months, we are all more prone to coughs, colds and chest infections. Physiotherapy can be useful to help people with chronic lung conditions, where they experience shortness of breath and or excessive phlegm production.

Some examples include asthma, emphysema, chronic bronchitis and bronchiectasis.

How your lungs work:

The body absorbs oxygen and gives off carbon dioxide as air moves in and out of the lungs with the help of the muscles of the ribcage and the diaphragm.

Air is carried through the lungs down to small structures that are like hollow sacs, called alveoli. Each sac contains a mesh of blood vessels where oxygen can enter the bloodstream. When oxygen levels are too low, the brain sends signals to the muscles that control breathing, so that they will work harder. This means that people with breathing difficulties have to work harder to get enough oxygen.

If the lungs are stiff and not flexible, the diaphragm also has to work harder. People with breathing problems often use additional muscles to breathe, including the muscles of the neck and shoulders, which again can make breathing very tiring.

How can physiotherapy help people with lung conditions?

Physiotherapy is aimed at teaching strategies to relax breathing, so that less energy is used to breathe. Techniques and exercises to clear phlegm from the airways, so that more oxygen can enter the bloodstream. Gentle targeted exercise programs for example cardiac or pulmonary rehabilitation, to maintain and increase fitness at an appropriate level.



Remember to seek medical advice before commencing any exercise program

Shanee Fleischer, Physiotherapist.

www.betterhealth.com.au

7 Factors That May Help Resolve Grief

An individual can help to resolve grief by:

1. Allowing time to experience thoughts and feelings openly to self
2. Expressing feelings openly or writing journal entries about them
3. Remembering that crying can provide a release
4. Confiding in a trusted person about the loss

5. Acknowledging and accepting both positive and negative feelings
6. Finding bereavement groups in which there are other people who have had similar losses



7. Seeking professional help if feelings become overwhelming

Inbal Sofer, Counsellor and Psychotherapist.



Bronchitis

Bronchitis is an infection or irritation of the bronchi—the passageway from the windpipe to the lungs, more common in winter, as it usually follows an upper respiratory infection (cold).

Signs and symptoms are: shortness of breath, bouts of coughing, heavy and multicolored mucus production, WHEEZING, chills, fever and chest pain.

Home remedies are actually USEFUL when it comes to treating bronchitis.

Home remedies using steam

- Steam Inhalation
- Run a humidifier in your bedroom when you're sleeping to moisten the air you breathe.

Natural ways to thin mucus

- Drink water (2L daily). Avoid alcohol and caffeine
- Eat chile peppers, hot spicy foods .
- Drink mullein tea. Mullein
- Avoid milk products

Supplements to help bronchitis symptoms

- N-acetyl cysteine,
- Echinacea, astragalus, androgarphis
- Reishi (*Ganoderma lucidum*.)
- Licorice
- Olive Leaf Extract
- Honey, Thyme , Cinnamon ,Tumeric, Garlic, Lemon juice, Oregano Oil, Onion Juice

Please come and get naturopathic advise if symptoms don't clear in 48hrs.



Genya Fleischer & Galia Atteslander,
Naturopath/Acupuncturist

Getting to Know your Rib Cage

Why sometimes do we feel so restricted in the chest and breathing when we are tight through out back?

If we have a look at our rib cage and understand the anatomy and the muscles that assist us in breathing, we will soon know why.

Essentially breathing is a involuntary action from the body. Therefore, it happens without us consciously making it happen, but when want to breathe deeper or exert ourselves we call upon other muscles our secondary respiratory muscles to assist us. Check out this diagram of the rib cage muscles that shows us what they do.

If there is any imbalance, tightness or dysfunction in the musculature or bony structure it can result in shallow breathing, restriction and pain.



Daniella Zampierollo,
Osteopath

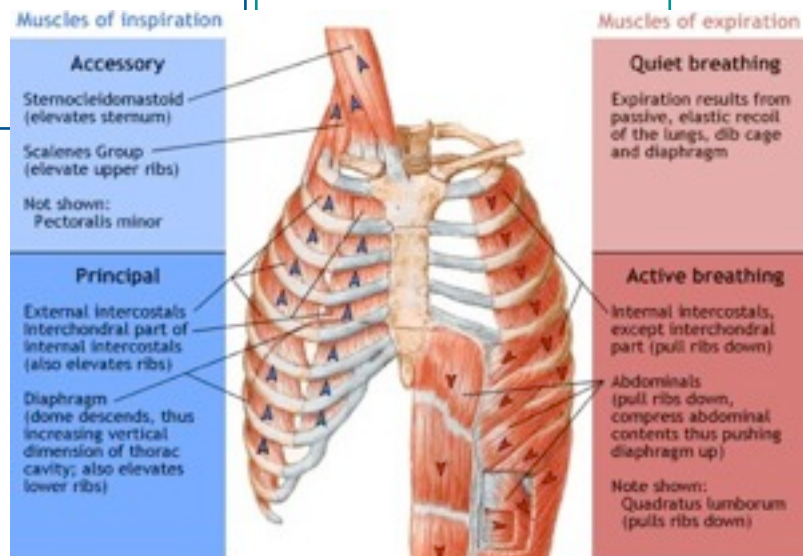


diagram: http://www.physio-pedia.com/images/e/e7/949_937_muscles-of-respiration.jpg

RECIPE ALERT The lung power juice



- 1 bunch celery
 - 2-4 fuji apples
 - 1/2 pineapple
 - 10 cent slice of ginger
 - 1 bunch wild water chestnut
- Juice all and drink all day



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Athletes' Society is dedicated in giving you as many options as you need to make exercise and healthy living a part of your life.

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