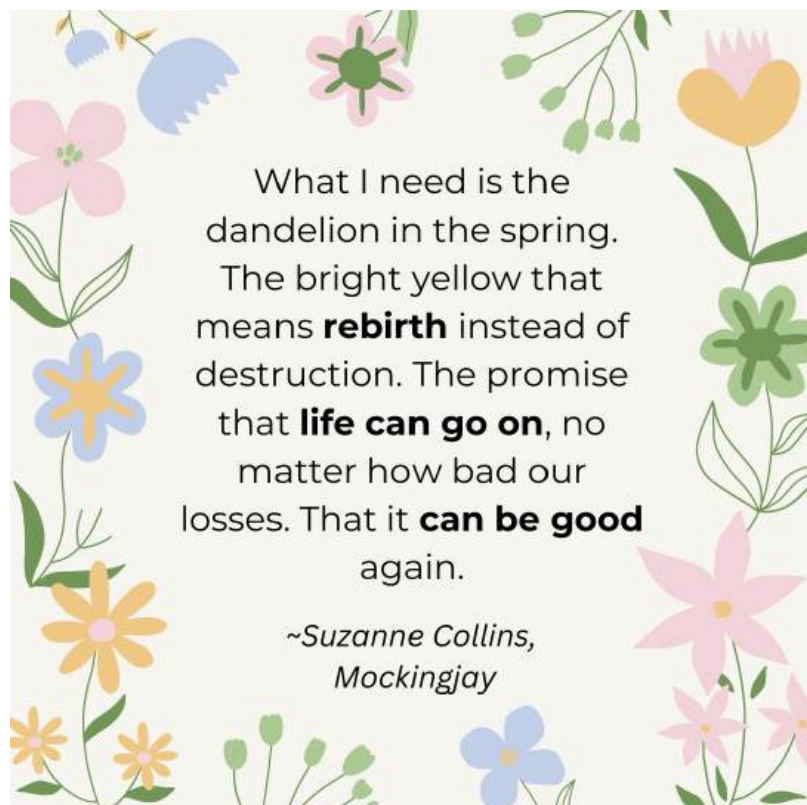


Darling Corner Osteopathy

Spring 2024 Newsletter



Welcome Spring!

As we step into the vibrant season, we're reminded of the natural cycles of renewal and growth. This time of year is all about new birth, fresh starts, and the blossoming of possibilities. Just as nature rejuvenates, so too can we embrace this season as an opportunity to focus on our own well-being, particularly our mental health.

In this edition, we're dedicating our attention to mental health—an essential aspect of our overall well-being that deserves nurturing, especially as we move into this season of renewal. Whether you're looking to refresh your routine, seek new ways to manage stress, or simply find balance amidst the business of life, at Darling Corner we're here to support you.

Let's welcome spring with open arms and a renewed commitment to caring for our minds and bodies. Together, we can cultivate a season of growth, peace,

and well-being.

A message from Tim

This year is particularly special for me as I celebrate 30 years of clinical practice, with 20 of those years spent at Darling Corner. As part of marking this milestone, I'm thrilled to announce that I'll be taking a five-week sabbatical from the end of September to October. This time will allow me to reflect on these achievements and embark on a personal journey of discovery.

I'll be heading back to the roots of my ancestry, exploring the villages of my great-great-grandparents in Lancashire, England, and Kilkenny, Ireland. I'm hoping to uncover a connection to the legendary bone setters of Wentworth and learn more about my family's history. If you'd like to follow along on my adventure, I'll be sharing updates on my personal Instagram page, **@TheRealTimothyTaylor**. It might not always be glamorous, but I'll do my best to keep it entertaining!

During my absence, I encourage you to continue your care with our wonderful team of osteopaths—*Simon, Hannah, and Courtney (and on the 10th of October Tiffany will be joining our team!)*—as well as our supportive Allied Health practitioners offering **remedial massage** and **acupuncture**. Also, consider a spring reset with our naturopath, Lisa Marmaras, who has extensive experience in restoring the body's natural balance.

I look forward to reconnecting with you at the end of October, refreshed and recharged after what has been a challenging 18 months.

This year we will again be hosting an event for **RUOK**, but will also take this opportunity to have Bon Voyage afternoon drinks. This will be held on the **12th September from 3.30pm**, nibbles and drinks will be provided, however we ask for a donation of \$10 to support this wonderful scheme.

Thank you for your continued support, and I can't wait to share my journey with you.

[Click here to RSVP to RUOK Day Event /Bon Voyage Nibbles and Drinks](#)



On Thursday 12th September

**Darling Corner will be supporting
RUOK Day**

Come Join Us for drinks and
nibbles in the green space
and say a Bon Voyage to Tim
while supporting this great
cause.

We ask for a \$10 Donation

3.30pm - 6.30pm

Disney's Top 5 Life Hacks

Disney the clinic dog has been making regular appearances for most of 2024, he is often found perusing the clinic from room to room checking that everything is in order. We asked him for some tips on how to enjoy life to the max, here's what he came back with:



1. Nap Often, Nap Hard

When the going gets tough, the tough take naps. Find the sunniest spot in the clinic, curl up, and dream of endless belly rubs. Trust me, everything looks better after a solid snooze!

2. Snack Like There's No Tomorrow

Stress eating? More like strategic refueling. Keep a stash of treats handy—bonus points if you can get a human to give them to you. A full belly makes for a happy pup, and you can tackle anything with a little snack in your corner.

3. Wag Through the Woes

No matter how challenging the day, remember to keep wagging. A little tail wag can turn any frown upside down. Spread joy with your enthusiasm—it's contagious!

4. Bark It Out

Sometimes, you just need to let it all out. Whether it's a loud bark or a good howl at the moon, expressing yourself is key. If something's bothering you, make sure everyone knows it. They'll either fix the problem or offer extra cuddles.

5. Demand Playtime

When stress levels rise, it's time for a play break. Grab a toy, shake it like it's a bad day, and invite your humans to join in. A good game of fetch or tug-of-war can turn any rough day into a tail-wagging success!

!!NEW PRODUCT!!

The **Tri-Aid** is a uniquely designed trigger point device that can be used anywhere at any time. The key use of the Tri-Aid is to act as a self-massage tool for those who suffer from upper cervical pain and tension, or cervical tension-type headaches, as its main design feature allows the device to trigger point the suboccipital region at the base of the skull. The multi-use design also allows the Tri-Aid to be used as an effective trigger point device for all other parts of the body. The relatively small size of the Tri-Aid allows you to carry it with you in a sports/gym bag, travel bag, or handbag.



TRI-AID

SPECIAL PROMOTION PRICE \$69 (RRP \$80)

FOCUS ON: Cranio-Sacral Therapy and the Vagus Nerve

Living with chronic pain is more than just a physical challenge; it also significantly impacts your emotional well-being. Chronic pain is often linked with conditions like anxiety and depression, which can drastically reduce your quality of life.

One of the underlying factors is the body's response to stress. When you're in pain, your body releases stress hormones like cortisol, which, when elevated

over long periods, can disrupt the balance of neurochemicals in your brain and nervous system. This imbalance can lead to mood changes, affect your thinking and behavior, and even contribute to depression.

However, there are holistic approaches that can help break this cycle. One such therapy is Cranio-Sacral Osteopathy, particularly effective in supporting the vagus nerve—a critical component of the parasympathetic nervous system that helps regulate stress responses and promotes relaxation.

The vagus nerve plays a key role in calming the body after stress, reducing inflammation, and supporting overall emotional and physical health. Cranio-Sacral Osteopathy gently works to release tension in the tissues surrounding the cranial bones and spine, helping to stimulate and balance the vagus nerve. This can lead to a reduction in stress hormone levels, improvement in mood, and a decrease in the intensity of chronic pain.

By incorporating Cranio-Sacral Osteopathy into your treatment plan, you can address both the physical pain and the stress that exacerbates it, helping to restore your body's natural balance and enhance your overall well-being.

If you're dealing with chronic pain and its emotional toll, consider exploring Cranio-Sacral Osteopathy as a pathway to relief and recovery. Chat with the team at osteo team at DCO about this, we're here to support you in every step of your journey to better health.



Tim recently spent four days in Byron Bay studying under the distinguished osteopath Dr George Stylian learning advanced cranio-sacral techniques. This is a picture from his time there.

Book an Osteopathy Appointment Online

Message from our Chinese Medicine Practitioner

Understanding Burnout: Symptoms, Management, and the Role of Chinese Medicine

In today's fast-paced world, burnout has become an increasingly common experience for many people. Understanding what burnout is, recognizing its symptoms, and knowing how to manage it are essential steps toward restoring balance and well-being. This article explores these aspects and highlights how acupuncture and Chinese medicine can support recovery from burnout.

Burn Out

Some symptoms of Burnout can include:

Physical Symptoms

- Headaches
- Stomachaches/intestinal issues
- Fatigue
- Frequent illness
- Changes in appetite/sleep

Behavioral Symptoms

- Reduced performance in everyday tasks
- Withdrawal or isolation
- Procrastination
- Outbursts
- Using substances to cope.

Resource:

<https://www.darlingdowns.health.qld.gov.au/about-us/our-stories/feature-articles/signs-you-might-be-experiencing-a-burnout-and-how-to-regain-balance-in-your-life>

Emotional Symptoms

- Helplessness
- Cynicism
- Sense of failure or self-doubt
- Decreased satisfaction
- Feeling detached or alone in the world
- Loss of motivation

Acupuncture can assist Burn Out symptoms by:

- Reducing Cortisol levels
- Increasing levels of serotonin
- Assisting with improved sleep
- Increasing clarity
- Helping restore balance to the body

Click here to read more about Burn Out and how Chinese Medicine and Acupuncture can assist

Book with Ineke Online Now



In the spirit of raising mental health awareness, Ineke will be fundraising for Lip-tember. Since 2010, the "Liptember" flagship fundraising campaign has encouraged people to wear lipstick throughout the month of September as a lighthearted and fun way to raise awareness and vital funds for women's mental health, raising over \$16 million to date. There will be a collection box at reception, if you have some spare change please consider donating some to this great cause!

Message from our Naturopath, Lisa at GLOW HEALTH and WEIGHT LOSS

Blue and green should often be seen!

Its proven that **spending time in nature**, whether near the water or forest / park **improves your mood**. Being outdoors and in nature is uplifting. In fact in urban areas its been shown that for every 1% increase in more green space (more trees, parks etc) it correlated with a 4% decrease in anxiety.

Being outdoors and the exposure to natural light also increases mood. You need exposure to at least 10,000 lux (a measure of light) to feel emotionally well. The sun provides 30,000 to 100,000 lux depending on whether you are directly in the sun or you are in the shade. Being indoors gives you 300 lux.

Try to spend at least **30 minutes a day outside**, you could eat your breakfast and lunch outdoors for instance, and at least **2 hours each week in a natural environment**.

Find out about how our nervous system regulates stress and how you can easily help it.

<https://glowhealth.com.au/improving-mood/>

We also have various scientifically proven natural supplements to improve mood. **Book a 15 minute telehealth** with Naturopath Lisa to discuss what is right for you!

YOUR BRAIN CAN HEAL YOUR BODY

Did you know you can retrain your brain to overcome health conditions such as chronic pain, chronic fatigue, fibromyalgia, long covid, irritable bowel, SIBO, POTS, auto-immune conditions, anxiety, panic attacks, adrenal fatigue, burn out, mast cell activation syndrome (MCAS), multiple chemical sensitivities, lyme

disease, drug withdrawal and many more conditions?

[The Gupta Program](#) is the only science backed program to rewire your brain and help you overcome these conditions. It teaches you ways to practice neuroplasticity to rewire your brain and improve mental and physical health.

What is Neuroplasticity?

Throughout our lives, our brain is constantly reorganizing itself in response to new experiences and challenges. This process of adapting and learning is known as neuroplasticity. It means that our brain is always changing based on our environment and the signals we send it.

30 Day Free Trial

Whilst diet, exercise, good sleep, hydration and the right supplements can make a profound difference on your health journey, often the missing link to complete recovery from chronic conditions including pain, is the brain. Consider signing up for the *30 Day Free Trial of The Gupta Program* and follow their program either via their app or computer. There is also a 1 year money back guarantee. <https://guptaprogram.com/aff/1002/>

Find out about how our nervous system regulates stress and how you can easily help it.

REGISTER FOR GLOW HEALTH AND WEIGHT LOSS ONLINE STORE

You may have seen the multitude of supplements on our shelves at the clinic. Did you know you can order online which gives you more time to learn about each supplement, see alternatives, prices and more options?

We also have **discounted bundles** for stress, gut health, acne, menopause and more which are not available in the clinic.

You can select Click & Collect and have your items ready to grab and go at the clinic OR you can opt to have them delivered to you.

[**Register Here for the GLOW Online Store**](#)

[**Click Here to Book an Appointment with Lisa**](#)

Our Allied Health Services:

Osteopathy
Clinical Pilates
Chinese Medicine and Acupuncture
Remedial Massage
Naturopathy

Are you following us on Instagram?

Click these links to follow our Instagram [@darlingcornerosteopathy](#) and [@glowhealth](#) to keep up to date with announcements!



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