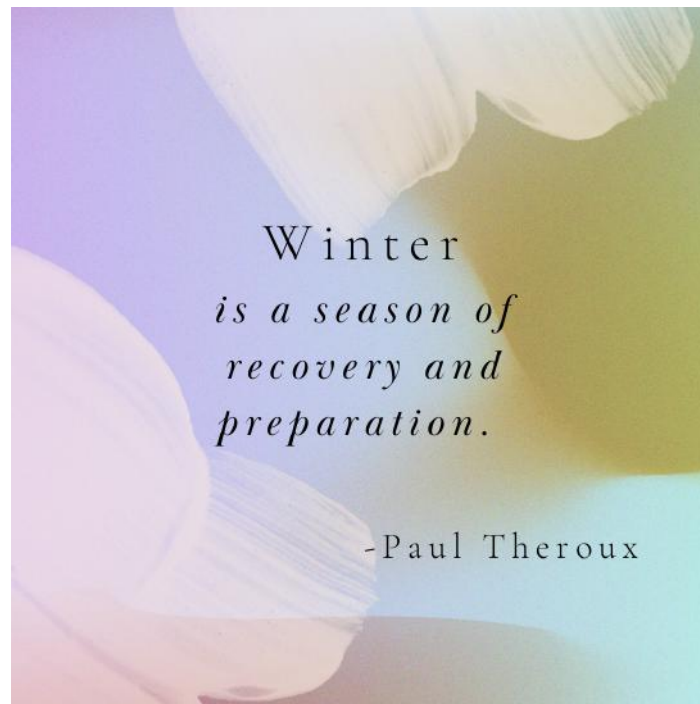


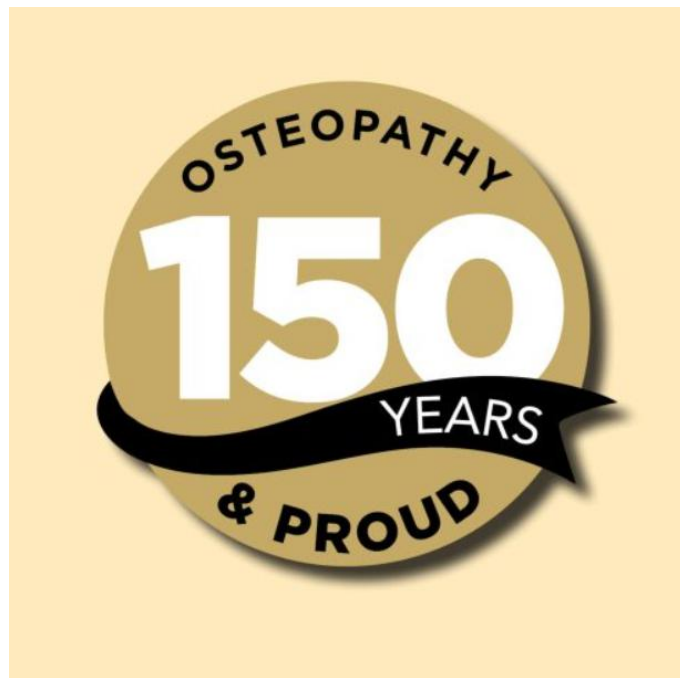
Darling Corner Osteopathy

Winter 2024 Newsletter



Welcome to Winter!! As the cold temperatures start to set in, it's essential to take extra care of our health and well-being. Included in this newsletter are some handy immune boosting recipes from our naturopath Lisa, some acupressure points for helping boost the immunity, great products to help you keep warm and muscles supple and loads more!

Today is also a very special day and marks [150 years of Osteopathy!](#)



June 22nd 2024 also marks the **150th anniversary** of the creation of osteopathy, by the first osteopath, **Andrew Taylor Still**. A.T Still, an American physician and surgeon, started the practice of osteopathy in 1874 and It was in 1874 he felt he had defined a science within itself and called it Osteopathy from Osteon (the bone) and pathos (suffering). He was trying to communicate the theory that disease and altered function were due to problems within the musculoskeletal system.

In 1892, he established a university in Missouri, now known as A.T. Still University, which became the first osteopathic institution in the world.



PRACTITIONER FOCUS



June marks a very special celebration at Darling Corner, as Dr Timothy Taylor celebrates his **30th year of clinical practice**.

With a wealth of **experience** and a deep **commitment** to all his clients, Tim has contributed to the community both young and old.

His expertise, **compassion**, and **dedication** have helped countless patients achieve **better health** and **well-being**. We are incredibly proud of his contributions, which have also included guiding many Osteo students and new graduates throughout his 30 years of practice.

Tim's Special Interests include pediatric care in particular digestive pains and dysfunctions like colic and constipation.

He also is skilled at cervical spine related disorders and complex chronic conditions in adults and children.

Our DCO Osteos share below why they are proud to be an Osteo!!

Hannah: I'm proud to be an Osteopath because I get to make a difference in someone's life. I love being able to educate people about their bodies and help them understand what is causing their pain. Meeting new people and getting to know them is also one of the many wonderful aspects of the job!

Courtney: I found osteopathy through my own experience of injury and it inspired me to help others in their healing journey. I'm proud of the unique holistic stream that is osteopathy and the wide range of techniques and strategies that it encompasses. I enjoy connecting with each of my patients and watching them grow along their own healing journeys.

Tim: What sparks joy in my life, is seeing a patient walk into the clinic with a limp and a pained expression on their face and in 30 minutes time can peacefully resume a more comfortable existence. Patients often seek osteopathic treatments for pain, but in my thirty years of practice it's the realisation that hands on holistic healing can transform lives to allow people to experience fulfilment and joy with improved bodily functions. It has always been a pleasure to see a grumpy baby with a frown leave the room in a calmer

comfortable state. But most of all I enjoy telling people bad dad jokes which they laugh in pity at my poor comic ability. As they say laughter is the best medicine.

Some of Our Favorite Products in Clinic that Help Keep Us Warm in Winter

Keep your feet and toes snug this winter with these **Archline Orthotic Ugg Boots**. They are the World's Most Comfortable Ugg Boot Slippers. The signature ARCHLINE Orthotic Base is built in to the slipper and is perfect for foot pain, heel pain, arch pain, plantar fasciitis, overpronation and many more foot conditions.

Podiatrist Recommended. Machine Washable and Dryable. What's not to love!



Hotteeze Heat Pads are perfect for those times when you need a steady supply of heat. Use Hotteeze to comfort tired muscles. Take them outdoors or anywhere you'll feel the cold.

!!NEW PRODUCT!!

EPSOM Salt is composed of Magnesium, which is known to help soothe muscle pain, arthritis, constipation, some skin conditions and more... and Sulphate which helps flush toxins out of our body. It has been found that Magnesium is best absorbed transdermally (through the skin). Magnesium is recognized as an essential component of our body and works on cellular level.

We pack our own Epsom Salts and these are available in 750g bags.





FOCUS ON: Temporomandibular Joint (TMJ)

Temporomandibular Joint (TMJ) disorders can be a significant source of discomfort, often manifesting as headaches, chronic neck pain, and postural issues. Patients also commonly experience clicking in the jaw, tightness in the face, ear-aches or difficulty opening their mouth.

The TMJ, located where your jawbone meets your skull, plays a crucial role in everyday functions like chewing, speaking, and yawning. We use it to eat, talk, breath and to express our feelings and emotions! When this joint is misaligned or stressed, it can lead to a cascade of symptoms that disrupt your daily life. Osteopathy offers a holistic and effective approach to treating TMJ disorders. All our Osteopaths are trained to assess and treat the musculoskeletal system, including TMJ.



Tim performing intra-oral techniques for a client presenting with TMJ issues

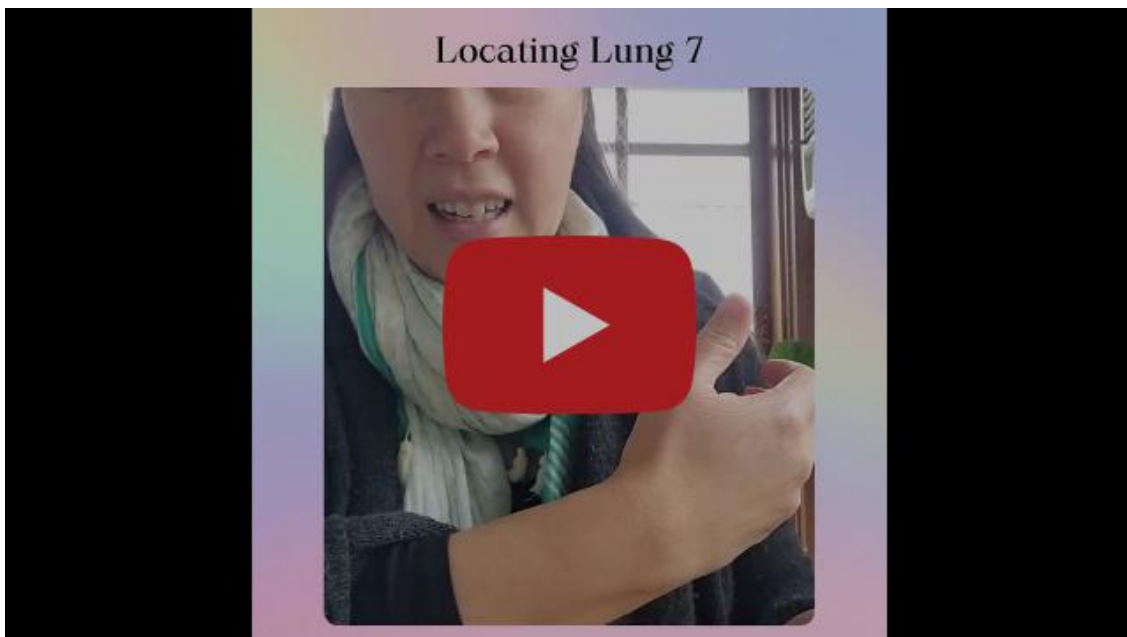
[Click here to read about how Osteopathy can help with TMJ](#)

[Book an Osteopathy Appointment Online](#)

Message from our Chinese Medicine Practitioner

Water corresponds to winter, a time in nature of increased cold, darkness and silence. This part of the year can be a gentle, nurturing time of stillness...The natural world slows down, rests and waits...Now is the time to turn your awareness to the unknown and the darkness within, trusting they have something important to teach you

*(pg 116-117, 2014, *Rhythms of Change; Reclaiming Your Health Using Ancient Wisdom and Your Own Common Sense*, Mary Saunders)*



[Click on the following link to watch a video on some acupressure points to assist with the immunity in Winter.](#)

Book with Ineke Online Now

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

BOOST YOUR IMMUNITY

Winter is now upon us and so is cold and flu season. Read our naturopath's key recommendations to support a healthy immune system.

[Click here to Download GLOW HEALTH's recipes, Immunity Booklet and make your own anti-biotic tonic!](#)

FUNCTIONAL PATHOLOGY TESTING

Did you know our naturopath offers pathology testing beyond what is available from your GP?

[Read Here about Functional Pathology Testing Available](#)

ANTI-INFLAMMATORY PAIN RELIEF SUPPLEMENT OF THE MONTH

Can improve mild arthritic joint pain in as little as 5 days!

Biomedica PainPlex capsules is a synergistic combination of herbs for pain and inflammation including boswellia, turmeric, devils claw, ginger and white willow bark. PainPlex contains a specialised form of boswellia called ApresFlex which has greater uptake by the body than regular boswellia supplements.



AprèsFlex® has been shown in studies to significantly reduce joint pain in as early as five days whilst also decreasing joint stiffness and improving physical function. Other trials demonstrated that AprèsFlex® has the ability to increase joint space and cartilage thickness after six months in patients with mild-to-moderate osteoarthritis, suggesting the extract offers cartilage protection and halts disease progress.

This formula is beneficial not just for joint pain and osteoarthritis pain but also:

- Lower back pain
- Arthritis and joint pain
- Musculoskeletal pain
- Neuralgia and nerve pain
- Migraines and headache
- Pelvic pain
- Rheumatoid arthritis
- Post-exercise muscle and joint pain
- Post-injury pain
- Abdominal pain
- Post-trauma pain
- Period Pain
- Endometriosis pain
- Inflammatory Bowel Disease pain (e.g. Crohns and Ulcerative colitis)

Duration of use: Regarding AprèsFlex®, clinical benefits have been observed within five days, and these benefits continue to increase with no plateau effects detected after six months of use. There is no restriction on the long-term use of boswellia, devil's claw, ginger, curcumin or white willow.

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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