

Computerised Gait Analysis & Balance Assessment

By utilising recent significant improvements in technology at our centre, we measure foot pressure, analyse gait (how you walk), and can even assess posture for an all over computerised biomechanical report. The 'Walkway' is a cutting-edge assessment tool containing thousands of micro-sensors to measure foot pressure during walking and standing, making measurements very accurate and scientifically reliable. Combined with years of clinical experience this form of assessment has led to outstanding results.

The whole body is taken into consideration including measurements of centre of balance & stability, not just foot shape. From these measurements we can then suggest a course of treatment based on individual needs & functional goals.

Podiatry treatments at our centre may include foot mobilization therapy (FMT), prescription orthotics, dry needling, lower limb rehabilitation and stretching programs. FMT is effective in relieving many foot, leg, and knee problems, such as heel pain, plantar fasciitis, bunions, unstable ankles, shin splints and patellar tracking disorder.

Where required custom designed orthotics (shoe inserts) are created through a computerised CAD/CAM process. Our orthotics are constructed of softer material providing more flexibility and comfort whilst still providing good durable strength for long-term use.

- Sarah Kennedy, Podiatrist
B.Pod, B.HSc (hons), MAPodA
Nepean Chiropractic Centre

Are your Hormones Controlling You?

Hormones such as oestrogen, Testosterone, Cortisol and Progesterone are vital hormones for your health.

If your hormones are out of balance your body may not function the way that it should and maybe limiting your health potential. Some of the main symptoms that are associated with your hormones being unbalanced are bloating, fluid retention, heavy period, lack of energy, sugar cravings, sleep disturbances, weight gain, headaches, loss of libido and mood swings.



Creating balanced hormones can be achieved by simple diet and lifestyle modification. There are also a lot of herbs and specific nutrients that can be used to achieve hormonal balance. Some of the diet and lifestyle changes that can be implemented are:

- Food and fitness for a healthy balance As well as these great natural supplements, the following dietary and lifestyle changes will also help you achieve a healthy hormonal balance:
 - Avoid caffeine, salt, alcohol, chocolate, saturated fats and sugar.
 - A diet high in fresh fruit, vegetables, essential fatty acids and lean protein sources provides essential phytonutrients, antioxidants and magnesium.
 - Eliminate foods that can contribute to hormone imbalances. These include non-organic poultry, dairy, red meats, sugar, white flour and refined foods.
 - Include detoxifying foods such as beets, carrot, yams, garlic, dark leafy greens, lemons and apples.
 - Increase fibre in the diet.
 - Stress management techniques, such as yoga, meditation and exercise are advised.

If you would like to know more about natural ways to control your hormones book an appointment with Kate at Mount Eliza Natural Therapies.

Naturopathic Care for your Family...

At Mt Eliza Natural Therapies we specialise in Allergy Testing and Treatment. Our aim is to find the reason for your complaint rather than just treating the symptoms.

Kate O'Brien is the Naturopath at Mt Eliza Natural Therapies. Kate has a Bachelor of Health Science - Naturopathy and has also had additional training in NAET - Nambudripad's Allergy Elimination Technique. Reiki now available.

Naturopaths can treat a range of conditions such as

- Bloating
- Insomnia
- Eczema
- Menstrual Problems - PMS, heavy or painful periods
- Tired / Fatigued
- Asthma
- Depression & Anxiety

Or just not feeling 100% and you want to feel better.

...We Can Help You

Children's Health
1/2 PRICE
INITIAL CONSULTATION
(aged under 12 years)

Behavioural issues, sleep disturbances, recurrent infection and allergies

(valid to 31/9/09)

\$20 OFF
Initial Naturopathic Consultation or Hemaview Live Blood Screening

(valid to 31/9/09)

NOT FEELING 100%
2 week express detox or 6 week detox

See the improvement in your blood!

RECEIVE 20 % OFF

(valid to 31/9/09)

Mt Eliza Natural Therapies
Suite 2, 7 Davies Avenue, Mt Eliza
Phone 9787 7366



nepean CHIROPRACTIC

Computerised Gait Analysis & Custom Orthotics

Sarah Kennedy
Podiatrist- B.Pod, B.HSc (hons), MAPodA

1307 Nepean Highway Mt Eliza
Phone: 9787 2859