

## JUNE EDITION

Welcome to the June 2013 issue of News@Movehappy.

For more information and news, follow us at: [www.facebook.com/movehappy](http://www.facebook.com/movehappy)

And be sure to look out for our new website: [www.movehappy.com.au](http://www.movehappy.com.au)

## Movehappy News



The fitout for Movehappy Kingston is finally complete and we have now been trading there for two weeks. We are still having some teething issues, such as slow computers and an ineffective heating system but nonetheless it already feels like home.

The rooms are big, the streetscape is nice, and the coffee flows freely!

We are about to have four full time staff there Monday through to Friday and our massage therapist Peter Dent is also running his massage business out of one of the rooms. For appointments contact Peter on

[peter@assuagemassage.com.au](mailto:peter@assuagemassage.com.au)

## Staff profile: Michael Bellantonio



Michael came to work from us back in 2008, having been recruited by the original Berg Physio staff member, Abby Aitchison. As Abby was leaving she was kind enough to find us a replacement and even kinder in finding one as experienced as Michael.

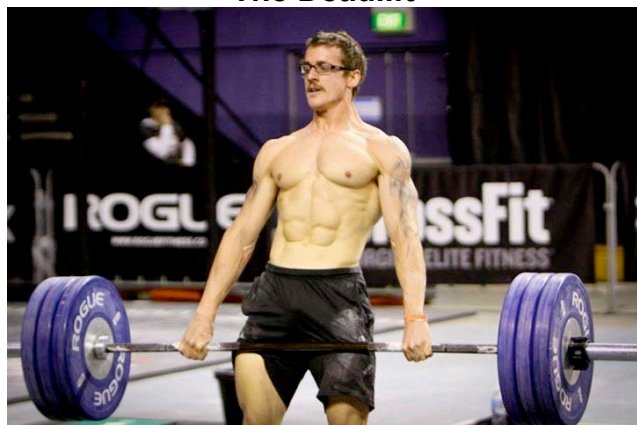
Michael graduated from the University of Sydney in 2003, after completing his schooling at St Josephs College in Hunters Hill where he also played Rugby Union as halfback. He graduated Dux of the College.

Michael then went on to do his Masters of Sports Physiotherapy in 2007 at the University of Sydney where he wrote his thesis on the thrower's shoulder. Michael is our resident expert on shoulders and we all regularly call on his expertise when faced with a tricky shoulder. He also has a keen interest in treating dance injuries.

Michael is married with a daughter.

## Exercise of the month

### The Deadlift



The deadlift is an often demonised exercise, blamed for being unsafe and the cause of lower back injuries.

I would argue the exact opposite: the deadlift is the most functional of lifts. It is, for example, the action that you do when you bend down to pick up the keys that you dropped.

The deadlift is only dangerous when done incorrectly (poor technique) or when performed too heavy. When performed correctly it teaches you how to keep your spine neutral and use your hips and strong buttock muscles to lift a load, sparing your back.

And it might just help you to look a little more like Mikey from Crossfit 2600!

For more information on the deadlift talk to your physiotherapist or speak to Josh, Pip, Kai or Mikey at Crossfit 2600 in Kingston.

## Condition of the month

### Hyperinsulinaemia

Gradually more and more evidence is finally being presented that fat is not the thing that will kill us, but sugar is!

Hyperinsulinaemia is the condition in which there are excessively high levels of insulin, the sugar lowering hormone in the blood. Insulin, secreted by the pancreas is the storage

hormone, which removes both fat and sugar out of the blood cells into storage sites. It also makes you hungry!

When you eat a diet that is too high in carbohydrates, you not only produce excessive insulin but you also become resistant to it. This means that in order for the cells to “get the message” to accept the sugar out of your blood stream, you have to produce ever increasing amounts. High levels of insulin are associated with metabolic syndrome, diabetes and premature death.

If you want to live longer and make yourself healthier, or at the very least cut body fat, reduce your carbohydrate load (if it is excessive).

## Product of the month

### The paleo solution, By Rob Wolff

This is, quite simply the most life changing book that I have ever read. The Paleo solution has helped a number of my patients with autoimmune inflammation, and weight loss. The book is the easiest to read of all these books on diet and nutrition that I have read (and trust me, I have read a lot).

It clearly outlines the approach that you can take using diet to significantly alter your blood chemistry, thereby reducing your chance of diabetes, heart disease and cancer. It will also help you to easily shed weight (and I mean body fat and not muscle) and keep it off.

So if you want to look for like Mikey in the previous photo, eat like Mikey does. Go Paleo! We import this book from the States and it normally sells for \$40. This month as Movehappy's Product of the month, the Paleo solution is only \$30. Read it, I guarantee you wont be disappointed. I also guarantee that if you follow the advice, you will drop weight (fat) easily!

If you would like more information on Paleo eating and how it can help you reduce weight and disease, make an appointment to see Dave.

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