

# ASK THE PROFESSIONAL



**Q** Is my posture really that important?

**A** Given that more than 90% of the energy output of the brain is used for controlling and co-ordinating your posture, not only is it important, it is vital to maintain healthy posture. Changes or distortions to your posture can cause interference to the function of your nervous system. In other words, the more mechanically distorted your posture is, the less energy that is available for thinking, metabolism and healing. If you have, or know someone with poor posture, then chiropractic care may be the answer you're looking for. When coupled with exercise, precise stretching and specific movement patterns you can correct poor posture and improve poor health dramatically.

**Dr Ben Dorrat, Chiropractor**  
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**Q** How often should I visit my dentist?

**A** You should visit your dentist for a check up every 6 months. A check up usually involves inspection of the teeth, gums, jaws and the jaw joints for signs of disease. Early detection is key to maintaining a healthy smile and helping avoid complicated or lengthy treatment. X-rays are often needed every 2 years to help detect what may not be readily visible. Your check-up visit should also include a scale and clean procedure. Brushing and flossing alone do not readily remove tartar build-up. If not professionally and regularly removed by a dental professional, the tartar may lead to gum disease and premature tooth loss. If the appearance of your teeth gets you down, or you are finding your denture increasingly more difficult to tolerate, there are today numerous safe and effective treatment solutions to address your needs and wishes. Make sure you explore your options by talking to your dentist about any of your concerns. Your smile is essential... keep it healthy!

**Dr Alex Fibishenko**  
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Dr Ben Dorrat works on a client.

## Body has a brilliant way to heal itself

BODY Brilliant has a fresh new way of looking at your health that is safe, gentle and effective. More importantly, its approach corresponds with how our bodies are designed to function.

"Understanding that the human body is innately and genetically programmed for self-healing and self-regulation and that our natural state is to be healthy is fundamental," Body Brilliant chiropractor Dr Ben Dorrat said.

"It is undisputed that your nervous system is the vehicle through which your expression of health is controlled and co-ordinated."

He said what many people failed to realise is that our current urban lifestyles full of chemical, physical and emotional stress can seriously affect the function of the nervous system.

"Our primary objective is to help people achieve a state of optimal health by accurately identifying any areas of nerve interference and removing them," he said.

"We have state-of-the-art diagnostic equipment which allows us to objectively measure the function of the nervous system and techniques that consistently reduce nerve interference in people of all ages.

Dr Dorrat said Body Brilliant also offers the unique Moving Well, Eating Well and Thinking Well programs.

With the programs, clients can learn the key ingredients for health and how to meet their bodies' requirements in order to stay healthy and avoid disease and sickness.

**BODY BRILLIANT**  
Suite 6 and 7,  
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**Q** Is buying "off the plan" a good idea?

**A** Stamp Duty savings are marketed as a great incentive for property purchasers to buy before construction. Yet there are many potential problems purchasers need to be aware of when buying "off the plan". It is not just a matter of ensuring your choice of colours, fittings and finishes are met, as significant issues such as non-compliance by the developer or builder with Planning or Building permits, or the realignment of Unit boundaries without the purchaser's consent may arise.

It is important to have professional advice to identify and deal with these and other issues at all stages of the transaction.  
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**Q** What's the best exercise for me?

**A** The key to sticking with an exercise program is choosing activities you enjoy. For important strength training you can workout with the motivation and support of a trainer at the gym utilising the variety of weight machines, free weights, resistance bands and stomach exercises. Or use hand weights at home. With your cardio exercise fun choices include motivating classes such as aerobics, circuits or boxing. Alternatively walking, running, rowing and cycling are effective options. If you prefer these a great time efficient method is to do high intensity 20-30 minutes of interval training with the guidance of a personal trainer. These motivating sessions will burn more calories than a slow and steady pace and keep your metabolism fired up throughout the day. Enjoy your exercise and the results will follow.

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**Q** Can I contribute to super before 30 June to gain a co-contribution of up to \$1,500?

**A** Employees and self-employed people can be paid a co-contribution of up to \$1,500 on a \$1,000 non-concessional contribution to their super fund. Co-contributions are available for all eligible employees and self-employed people with taxable income plus reportable fringe benefits of less than \$58,980 and who make personal contributions. For 2007/2008 and 2008/2009 employees can salary sacrifice to super to reduce their taxable income and increase eligibility for a co-contribution on any personal contributions they make.

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