

## GRANIT BENCHTOPS



Hiwa Gregory  
GRANITE TRANSFORMATIONS

## The advantages of a Granite Transformation!

Thinking of a kitchen makeover?

Why replace it when you can reface it!

Granite Transformations is a practical and cost saving alternative to demolishing your existing kitchen. Benchtops and splashbacks are quickly and easily resurfaced with our unique products, installed directly over your existing surfaces with minimum disruption and mess.

Imported from Italy, Rocksolid Granit and Cristallino combine the world's finest granites, quartz and polymer to create a brilliantly engineered stone surface, perfect for benchtops, splashbacks, kickplates, shower recesses, BBQ tops, fireplace hearths and extensive commercial applications.

- Our products are heat, scratch and stain resistant
- Unique and innovative product line in a range of beautiful colours
- Functional & extremely durable surface
- Our unique product and process saves you time and money
- Little demolition required - little mess to clean
- Projects completed in considerably less time
- Maintenance free with no grout to clean
- Our products come with a 10-year warranty

Cool, sleek and sophisticated, Granite Transformations benchtops and splashbacks will add value to your home and give your kitchen a whole new look and style, that's pure luxury. Call Hiwa & Anna Gregory Today for an obligation free consultation or call into the showroom.



1/333 Brisbane Street, West Ipswich QLD 4305  
3812 3066  
www.granitetransformations.com.au

## FIRST AID



Garry Draper  
Director  
QUEENSLAND FIRST AID

## Do you know First aid?

Unfortunately all too often the answer to this life saving question is no.

Finding a toddler lying face down in a swimming pool has to be every parent's worst nightmare.

Parents blame themselves for this sort of situation happening & for failing to know how to administer First Aid in those crucial minutes while waiting for an ambulance.

We live such busy lives & as parents we try to do all we can to anticipate potential dangers our children may encounter & prevent accidents from happening. Despite our best attempts, accidents still do happen so it is vital for every parent to know First Aid.

Queensland First Aid have made learning how to save a life quicker & easier than ever before. Ipswich residents are now able to undertake a one day Apply First Aid Course, without any pre-course homework requirement. Successful participants can also take their nationally recognised certificates home with them on the day of the course.

Queensland First aid hold courses twice a week at the RSL club at North Ipswich, as well as group onsite training. Do you know First Aid? Call Queensland First Aid now on 3281 9845 to enroll.



152 Brisbane Street, Ipswich 4305  
Ph: (07) 3281 9845  
www.qldfirstaid.com

## DAY CARE



Emma Rauber  
Director  
BINDARRA DAYCARE

## Making 'Environmental Awareness' fun for kids.

We are all aware of the importance of environmental awareness and sustainability –but is it fun? Making the different things we do to protect our planet enjoyable will certainly be more inviting for kids to become involved in rather than just nagging them to 'turn the tap off' or 'pick up their rubbish'.

At Bindarra Daycare, our children become involved in 'Recycle, Reduce, Reuse' in many different ways that are fun yet shows them the importance of their actions.

The children and staff at Bindarra:

- Grow herbs, fruit and vegetables that are used in the meals that we provide.

- Separate their rubbish into recyclables and reuse certain containers and packaging where they can- our egg carton castle was a huge success!

- Keep worms to reduce the amount of food scraps being wasted and they then sell the castings to parents and visitors to the centre to buy more resources and toys.

- Ensure that the taps are always turned off so that water is not wasted and use hand dryers instead of paper towel to dry their hands.
- Invite Environmental Awareness programs (like the Ipswich City Council) to visit the centre to further educate each other on more ways they can help save the planet.

Lastly, remember that all these things are executed in such a way that the children (and staff) ENJOY doing them.

For more information on the exciting programs at Bindarra Daycare, please call 3282 4011.



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## PHYSIOTHERAPY



Renae Strong  
Physiotherapist  
PHYSIOACTIVE

## Headaches and Physiotherapy

More than ninety percent of people will experience headaches at some stage in their lives. While approximately seventy percent will experience neck pain associated with their headache, the neck is the source of the pain in only ten to twenty percent of these.

Three of the more common types of headache are migraines, tension headaches and cervicogenic headaches. Migraines are classified as a severe throbbing pain which usually occurs on one side of the head and lasts anywhere from four hours to three days. Tension headaches are often described to be a pressing pain like a tight band around the head. These headaches can last from thirty minutes up to seven days at a time. Although people suffering from migraines and tension headaches may experience neck pain or tenderness in the neck, the headache is rarely caused by a disorder in the neck. However they may still experience relief of the symptoms of the headache through mobilisation of the joints of the neck as can be provided by a physiotherapist.

Cervicogenic headaches are classified as headaches which arise from a disorder in the joints or soft tissues of the upper neck region. These headaches usually start off as neck pain and are felt as an ache on one side of the head. Physiotherapists have great success in relieving the pain and preventing recurrence of these types of headaches through mobilisation of the dysfunctional joints and retraining of the stability muscles of the neck.



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## HEALTH



Kev Clayton  
Pharmacist and Naturopath  
BRASSALL PHARMACY

## Knowing Your Numbers

The National Stroke Foundation is offering the Ipswich community free blood pressure checks in partnership with the Pharmacy Guild of Australia and Brassall Pharmacy is participating in the program called Know Your Numbers.

High blood pressure is often referred to as a "silent killer" because there are usually no symptoms. Stroke, a rapid loss of brain function from bleeding in the brain or a blood clot, can result from high blood pressure and is Australia's second biggest killer and a leading cause of disability. Identifying and monitoring high blood pressure can help reduce the incidence of stroke and other cardiovascular diseases. Sixty thousand Australians will suffer a stroke each year, or one person every ten minutes.

An alarming fact emerging from programs in previous years is that only one in five people had normal blood pressure and nearly forty percent had high readings.

Blood pressure is affected by many factors however at any age we can help to lower our levels by not smoking, maintaining correct body weight, limiting alcohol, having a healthy diet and exercising adequately depending on our age. Always check with your doctor before embarking on an exercise program, however even gentle exercise such as walking can be of great value.

As a naturopath and pharmacist I regularly see clients whose high blood pressure has caused serious problems, including stroke, heart attacks, eye problems and many other life threatening conditions such as kidney failure.

At any age it is wise to be aware of your blood pressure as high blood pressure is not always associated with getting older. The Know Your Numbers program is a valuable opportunity to prevent some major health problems. For more information visit us at Brassall Pharmacy, Hunter Street, Brassall or phone 3201 6570



Brassall Shopping Village, Brasall  
Phone: 3201 6570

## VET



John Cropper  
HAIGSLEA VETERINARY SERVICES

## Bones for Man's Best Friend?

I am often asked if a dog should be given bones. After reading this article, please make up your own mind because every dog, its health and lifestyle is unique.

Dogs were bred from wolves. The wolves would hunt their own prey, eating the portions to suit their body's needs. This included raw bones with meat attached.

When food is swallowed, it is subject to concentrated hydrochloric acid in the stomach. This acid starts the digestion of food and dissolves any bone in the stomach. Excess dissolved bone passes through and is seen as crumbly faeces or faeces that goes white quickly in the sun.

However the glands that produce the hydrochloric acid can only make a finite amount at a time. If a dog eats too many bones at once, the acid production runs out. So as a rule, if recognisable bits of bone are seen in faeces, beware. It may be a sign of too many bones at once or other causes of lack of acid.

Chicken bones these days are from chickens so young with soft bones that we (humans) could chew them. Whether bones are raw or cooked is supposed to be important. Some people believe that cooking makes them splinter more readily.

In conclusion, if you do feed your dog bones, don't give too many at once. If recognisable fragments of bone are seen in faeces, decrease or stop feeding bones.



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