

Move your own way

BY GAIL CHRISFIELD

LOOKING for something new to kickstart or complement your fitness programme?

If so, then next week's free Nia classes at Bellbrae Hall could be just the ticket.

Local Nia teacher, Ginny West, is running two free classes on Wednesday May 18 at 7pm and Friday May 20 at 9.30am to introduce Surf Coast residents to this unique, holistic exercise, which combines dance with martial arts, yoga and other healing practices.

"Nia has been around for about 30 years and is very popular in the US but just starting to take off in Australia," West said.

"It focuses on all aspects of personal wellbeing – physical, mental, emotional and spiritual – by using movement to allow you to get in touch with your own body in your own time and space.

"This helps to hone your instincts so that you become more attuned to your body and to what's happening in your life, which enables you to make the most of where you are today and to create new opportunities for tomorrow.

"It's a lot of fun and provides a great cardiovascular workout but it also has an amazing capacity to shape the way you feel, look, think and live."

West has more than 10 years experience teaching yoga and pilates but claims to find Nia more feminine and fluid. She particularly likes the strong integrity and philosophy

behind it.

"You work at the intensity that suits your needs and abilities, and learn to move in your body's own unique way, which means anyone

can do Nia, regardless of age, shape or size."

For more information and to book in for one of the free classes or the five-week term starting on May 25, phone 0413 596 784.



Nia teacher Ginny West in action.

Keep your teeth for life

BY DR JASON GRAY

OVER the coming months I will discuss several of the common (and not so common) aspects of maintaining optimal dental care.

This series of articles will concentrate on the most common cause of tooth loss in adults – periodontal (gum) disease.

Your teeth are supposed to last a lifetime! Unfortunately, periodontal disease affects millions of Australians and most do not even know that they have it.

The main cause of periodontal disease (and dental decay) is bacterial plaque – a sticky, colourless film of bacteria.

Other causes of gum disease include smoking, genetics, pregnancy/menopause, stress, medications, clenching and grinding teeth, and diabetes.

Gingivitis is the mildest form of periodontal disease and is usually represented by swollen, red gums which bleed easily on brushing or flossing. It is not normal for your gums to bleed!

Caused by inadequate oral hygiene, gingivitis is completely reversible with good oral hygiene care. However, if left untreated, gingivitis can progress to periodontitis.

Periodontitis occurs over time when the bacterial plaque spreads and grows beneath the gum line. The bacteria produce toxins, which stimulates a chronic inflammatory reaction in which the body effectively turns on itself.

Gradually, the tissues and bone that support the teeth are broken down and destroyed. This process is often painless, and eventually will result in the tooth being lost.

The sooner the diagnosis, the more predictable and favourable the outcome of treatment will be.

Prevention is best; good oral hygiene and regular visits to your dental hygienist or dentist to remove the plaque, along with removal of risk factors will help you maintain your teeth for life.

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