

clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care. The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

Thank you to:

Bruno Fabre
Allie Dewis
Laura Burch



above - down - inside - out

above

Above is about life force. The power that made the body heals and coordinates function and life potential.

down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

Can you help?

On presentation of this voucher during April the bearer will be entitled to 50% off their initial consultation and 2nd visit.

Tell someone you know about chiropractic and give them the opportunity to start their journey on a path to a greater life!

Speak to Caitlyn or Emily at reception

events

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday 10th April

356 Rathdowne Street
North Carlton Victoria 3054
Ph: (03) 9347 4444 Fx: (03) 9347 4466 E: c4w@bigpond.com
www.c4w.com.au



digestion

**c4w newsletter
april 2006**



**welcome to a
greater life!**

c4 what????

So there you are, enjoying some of those yummy chocolates that the Easter bunny has so generously scattered around your garden. When you're finished with all the small ones you look at the big one and think, I'd better not eat that one now too.... I think I'll leave that one for *after* lunch!

In a few minutes you are feeling so full and bloated, that you curse that you have eaten so much chocolate all in one go.

Some of us may experience these feelings around Easter, while others may experience other forms of digestive issues such as gas, constipation, indigestion, reflux or even, stomach ulcers, Crohn's disease and irritable bowel on a more regular basis. Either way, it is our digestive system that is responsible for the breakdown and absorption of all the foods we eat.

This month we take a sneak peak at digestion and how chiropractic can help our digestive system work at its full potential.

The team at c4w

thought for april...

I could give up chocolate....

but I am not a quitter

Anonymous

c4 digestion...

Like any other physiological process, proper function of the digestive system requires intricate control by the nervous system. The nervous system has a strong influence on all digestive processes, including absorption, excretion and gastrointestinal blood flow.

Many of the symptoms of digestive dysfunction can get ambiguous. Sometimes identifying the specific organ that is involved can prove to be impossible. For example, gas and bloating may be caused by things like inadequate production of stomach acid, pancreatic bile, pancreatic enzyme production, digesting enzymes or even intestinal good flora just to name a few.

Using symptoms to make a diagnosis of a digestive disorder and taking specific medications for it, may not be the only alternative. Using chiropractic care to keep the nerves that control digestive function at their peak is a better, drug free option.

The stomach and the pancreas both receive nerve supply generally from the mid back region. Therefore, gas and bloating following meals may demonstrate subluxations in that area of the spine.

So too, the large intestine receives its nerve supply generally from the mid to low back regions and thus someone experiencing constipation may show to have subluxations in that area of their spine.

Chiropractic works by removing interference from the nervous system. Adjusting areas of the spine and body that are interfering with the correct flow of nerve messages to and from the tissue/organ and brain, allows the body then to function at its fullest potential.

c4 digestion...

Unfortunately, there are many people in the community that put up with digestive problems on a day to day basis. Maybe that is because they have not had the chance to experience chiropractic care. It may be because they have not been told about the benefits of chiropractic care, other than with back and neck pain. **Or** is it, that they don't understand the intricate relationship between the nervous system and the functioning of the entire body?

What do you think?

some good news for chocoholics...

Chocoholics may unite in celebration, as news is good: dark chocolate possesses the highest antioxidant content of any food. Chocolates contain iron, phosphorus, potassium, and, in milk chocolate, calcium. But it is the antioxidants and the flavonoids which boost good HDL cholesterol levels that has us cheering.

Some studies indicate that dark chocolate may decrease blood pressure and insulin resistance. However, these studies are not conclusive and have been done only on healthy subjects, but the indications are positive.

Green tea, black tea, red wine, and blueberries also contain flavonoids, but none are as high as chocolate but remember....chocolate is high in calories and therefore *more* is *not* better.