

extended offer

For the month of April the first 10 people to refer friends and family to us will receive a chiropractic pillow!

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!

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:

Jim Gerassimou
Olivia Wilkins
Elizabeth Seymour



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday April 2nd 7.45pm - 8.30pm

356 Rathdowne Street
North Carlton Victoria 3054

Ph: (03) 9347 4444 Fx: (03) 9347 4466 E: reception@c4w.com.au
www.c4w.com.au



'tis the season to be snotty

Welcome to the April newsletter! This month we wanted you to become familiar with your immune systems, considering its that time of the year when we become more susceptible to coughs and colds.

When you catch a cold, the first thing you think is that the bug is causing all of those rather unpleasant symptoms in your body. Actually it's your body producing those symptoms: runny nose, coughs, fever, and low energy, to name a few. Your body responds to viruses and bacteria by mounting a campaign to expel them from your system. Mucous from a runny nose will prevent further invasion by coating the inside of the respiratory tract and creating a sticky environment for the bugs to get caught in. Coughs will expel the bugs from the lungs and fevers are your body's way of cooking the bugs.

This month we pass on some excellent information about the immune system and how you can support and improve your system naturally.

Thank you to everyone who referred people to us last month. No one claimed a pillow so we are giving you some more time by extending the offer through April. See back for details!

thought for april

Life's not just being alive, but being well.

-Martial, Epigrammata

the foundation...

What is the foundation stone to a healthy immune system? Most of you will say diet and exercise. If your body is not functioning very well, yet you still eat well and exercise regularly then what would be the cause of your dis-function?

It's not the "outside factors" that are the issue here, it's the "inside" ones. What's on the inside then? Organs, then cells. What coordinates the function of your organs and cells and every other part of your body?

IT'S YOUR NERVOUS SYSTEM

Dr Pero, Ph.D, chief of cancer prevention research at New York's Preventative Medicine Institute, and a professor of medicine at New York University, studied the immune function of people under chiropractic care. He compared their immune function to that of the general population and to people with cancer and other serious diseases. He found that chiropractic patients had a staggering 200% greater immune competence than people who had not received care and 400% greater immune competence than people with cancer and other serious diseases. He stated:

"When applied in a clinical framework, I have never seen a group other than this chiropractic group to experience a 200% increase over normal patients...We have never seen such a positive improvement in a group." Compelling isn't it?

An adjustment to your spine removes interference from the nervous system making your immune function more efficient, responsive and powerful in supporting your health and wellbeing.

the pillars...

Getting the inside working and getting your foundation strong (nervous system) allows to build a solid structure, a healthy and functioning immune system. Now lets look at the outside factors:

Diet - food as medicine

1. Veg: Bright coloured fruits and vegetables! These foods contain powerful antioxidants, which protect the immune system against free radical damage.

2.Good Fats: Recently, there has been a growing interest in the role of specific fatty acids for their effect on inflammation. Good fats are found in salmon, tuna, avocado, olive oil, flax seed oil to name a few.

3.Protein: Your immune system is dependent on a constant supply of high quality amino acids - the building blocks of protein. Good quality white meat and some red, or for vegetarians: quinoa, legumes, and tofu.

4. Water: Helps your body to eliminate toxins and is essential to proper functioning. Water is vital during fever to keep the body hydrated.

Today our fruit and veg lack the essential vitamins and minerals needed for optimal health. Ask at reception about supplements we now have in stock.

Exercise

Exercise helps the body to eliminate better by getting you lymph moving, amongst all the other excellent benefits!

Rest

Regular, consistent sleep and resting while awake are essential. Resting when you're sick is absolutely vital to allow your body to concentrate its efforts on getting better.