

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?

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:

**Flynn Rosicka
Cheryl Williams
Scott Arnold**



events...

Creating Wellness Workshop

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book now and join us for a cup of tea!

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digestion
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**welcome to a
greater life!**

I ate too much.....

"I'm not going to eat a lot of chocolate this Easter.....".

How many times have we said that? How many times have we stood by our word?

Not many!

At Easter we can often get a little carried away by the quantity of chocolate, not to mention, hot cross buns, that we consume.

It may only be one hot cross bun, just a little chocolate egg, a chocolate bunny, a chocolate coated marshmallow, then just one more and before you know it you are feeling so bloated and a little ill and you are telling yourself you'll never eat chocolate again!

At c4w, we thought now is the best time to take a look at how our digestive systems work and how chiropractic can assist our bodies in maintaining healthy digestion.

We hope you all had a great easter break and have recharged your batteries!

the team from chiropractic4wellness.

thought for march

**"I could give up chocolate....
But I am not a quitter"
Anonymous**

Easters origins....

Easter, which is now celebrated as a Christian festival, embodies many pre-Christian traditions. The word "Easter" is named after Eastre, the Anglo-Saxon goddess of spring. Her festival was celebrated on the day of the vernal equinox; traditions associated with the festival survive in the Easter rabbit, a symbol of fertility, and in coloured Easter eggs, originally painted with bright colours to represent the sunlight of spring, and used in Easter-egg rolling contests or given as gifts.

Such festivals, stories and legends can be seen throughout other ancient cultures. A Greek legend tells of the return of Persephone, daughter of Demeter, goddess of the earth, from the underworld to the light of day; her return symbolized to the ancient Greeks the resurrection of life in the spring after the desolation of winter. Many ancient people shared similar legends. The Phrygians believed that their omnipotent deity went to sleep at the time of the winter solstice, and they performed ceremonies with music and dancing at the spring equinox to awaken him.

Some good news for chocoholics.....

Chocoholics may celebrate, 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

How does it work?.....

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.

