

## Win a Christmas Hamper!

Every time you have your spine checked in the month of December, your name will be entered in to the draw for the beautiful Christmas Hamper on display in Reception

**Check out all the yummy goodies you could win!**

## 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:

Bryan Findlay  
Martha Angeloupoulos  
Helen Pemberton



## events...

### Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

**Book Now**

**Monday 11th December**

356 Rathdowne Street  
North Carlton Victoria 3054

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

[www.c4w.com.au](http://www.c4w.com.au)



# christmas

c4w newsletter  
december 2006



welcome to a  
greater life!

## c4 christmas...

December is here already and that means we are near the end of another fantastic year!

Christmas is a very special time, particularly for children. Christmas is also a time when we allow ourselves to indulge in some naughty nutrition patterns such as sweets, soft drink, alcohol and crackling (yum!). Sometimes these patterns remain with us well into the new year. This month we will look at how to indulge and enjoy the festive season but still maintain a healthy and balanced nutritional pattern after the festivities are over.

We would also like to take this opportunity to thank all those Mums and Dads that took advantage of having their children's posture checked last month. It has been great to see so many parents keen to give their children the best possible start to life by having their body and nervous systems checked early!

Merry Christmas to everyone, and have a safe and relaxing holiday season.

We look forward to seeing you all refreshed for another exciting and new year!

The team at c4w

**We wish Emily the very best for the future as she leaves us at c4w and enters our wonderful profession as a new Chiropractor over the sunny side of town in Armadale.**

## thought for december...

"If there is no joyous way to give a festive gift,  
give love away"

*-Unknown*

## c4 christmas...

A healthy eating pattern is fundamental to the maintenance of good health and well being. Healthy eating benefits almost every aspect of our health throughout our lifetime. As the festive season beckons, it's easy to lose sight of the health goals that we've been trying to achieve all year. Rich food, plentiful alcohol and lack of exercise all contribute to a sluggish system.

Alcohol is a big one on the list for creating havoc with nervous system function. To minimise the impact on your system try not to start on alcohol too early in the day. When you do have a drink, remember to alternate alcoholic drinks with a big glass of water. This allows your liver a chance to function properly as the liver is responsible for the break down of toxins that enter our body. It is also much harder for your liver to metabolise alcohol when your sugar intake has been high: it prioritises the absorption of sugar over alcohol, so if you've been eating sweets all day, any alcohol will remain in your system for longer.

Digestion is another system that can suffer from poor eating habits over the Christmas break. Whatever your chosen Christmas meal, maximise on salads, fruit and vegetables and cut back on the meat and crackling. As well as thinking about the food you are consuming, why not consider getting your nervous system checked as well. There are a number of nerves that go to the digestive organs from the unconscious part of the brain or from the spinal cord. These nerves are triggered to act when digestion is required and they control the speed at which food is broken down and utilised by the digestive system. Imagine how much better your digestive system would cope if these nerves were functioning properly!

## c4 christmas...

Stress can be a major part of the Christmas festivities. Organising food, gifts and guests can all overload our body physically, chemically and emotionally, and our adrenal glands get a thorough workout as a result. Our adrenal glands produce hormones, each of which aid in dealing with the multitude of small and large stresses that our body deals with, not only at Christmas, but on a day to day basis. If the nerves that go to the adrenal glands are also stressed, that doesn't leave much hope for the health of our body does it?

Another organ to look after is the pancreas. The pancreas is responsible for producing the hormone insulin which helps control our blood sugar levels. Poor food choices and stress can contribute to poor pancreatic function and an imbalance of blood sugar. Poor nervous system function can lead to poor food choices, stress and poor pancreatic function.

So with Christmas fast approaching leaving many of us wondering how to maintain our health goals over the break and into the new year, you can see just how your body systems that can be affected through poor nutrition and that the proper functioning of our nervous system is vital in the proper functioning of our organ systems.

It can be more important than ever to make sure you get your nervous system checked over the Christmas break. Don't leave it until after the holidays when your body is stressed and finding it hard to cope. Do yourself and your body a favour, be proactive and enhance your health now, get checked regularly this Christmas!