

sensible advice

- Before cooking your turkey make sure it is fully defrosted. If not then your cooking times will be wrong and will not destroy harmful bacteria.
- Keep up your water intake on Christmas day. This will ensure you are easily able to digest all the food you eat properly and also fill you up so you will indulge less! Water staves off a hangover too.
- If you find you are running here, there and everywhere to catch up with all the relatives you may want to try to have Christmas in one place and get everyone to come to you and bring the food!
- Family tensions have a habit of boiling over at Christmas time. Why not try some flower essences? Flower essences work on negative thought patterns. Try Relationship essence, an Australian Bush Flower essence, or a combination of Beech, Red Chestnut, Chicory and Elm Bach Flowers Essences for a pleasant day. For shock and trauma, particularly after an argument, try Rescue Remedy or Emergency Essence.

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:

Kate Fannon
Victoria Dakin
Matthew Fitzgerald



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Tuesday 19th December 2007

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christmas
c4w newsletter
december 2007



the pointy end

What happened and where did the year go!? We have officially entered the silly season and as usual it is a busy time of year for us all.

Daniela, Miriam, and Heidi have settled in and our new back room is looking fantastic. Welcome too to all of Daniela's clients.

A reminder that we will be closed over the Christmas break from the 24th December, and will re-open on Wednesday 2nd January 2007. Helen will be on maternity leave and Dr Matthew Cowburn will be joining us as her locum.

For Helen's clients: if you have any questions regarding your schedule of care over the Christmas break, please make sure to chat to Helen at your next appointment.

This month our newsletter theme is all things Christmassy and Silly. Please enjoy!

To all of our wonderful clients old and new we wish you a very safe and Merry Christmas and a happy, prosperous New Year.

The team from chiropractic4wellness

xo

thought for december

Still Xmas is good time with all those presents and good food and i hope it will never die out or at any rate not until i am grown up and hav to pay for it all.

- Geoffrey Williams and Ronald Searle
from "How to be Topp"

some silly statistics

A little Christmas cheer for all from the Australian Bureau of Statistics:

- 31 Australians have died since 1996 by watering their Christmas tree while the fairy lights were plugged in.
- 19 Australians have died in the last 3 years by eating Christmas decorations they believed were chocolate.
- Hospitals reported 4 broken arms last year after Cracker pulling incidents
- 101 Australians since 1997 have had to have broken parts of plastic toys pulled out of the soles of their feet.
- 18 Australians had serious burns in 1998 trying on a new jumper with a lit cigarette in their mouth. (good reason to stop smoking!)
- A massive 543 Australians were admitted to casualty in the last two years after opening bottles of beer with their teeth or eye socket.
- 5 Australians were injured last year in accidents involving out of control Scalextric cars. (a battery-operated racing car set that runs on a track)
- 3 Australians die each year testing if a 9V battery works on their tongue.
- 142 Australians were injured in 1998 by not removing all the pins from new shirts.
- 58 Australians are injured each year by using sharp knives instead of screwdrivers.

and finally:

- 8 Australians cracked their skull in 1997 after Falling asleep (passing out) while throwing up into the toilet YEP! its great to be Australian!

where did they come from?

Why do we eat a turkey, have mince pies that don't contain mince and kiss people under mistletoe?

Mince Pies

Mince pies date back to medieval times and possibly long before. They are descended from a huge pie baked on Christmas Eve containing chopped beef, suet, nuts, spices and fruit of which whole dried plums were an important constituent. The pie was originally baked open but as time wore on a crust was added, on top of which a pastry effigy of the infant Jesus was laid to represent him lying in his cradle. Today our pies seem to have lost their beef, but remain fruity and yummy all the same.

Turkey and Ham

Turkey is a relatively recent addition, as turkeys are native to America. In England, the evolution of the main course into turkey did not take place for years, or even centuries. At first, in Medieval England, the main course was either a peacock or a boar, the boar usually the mainstay. After the French Jesuits imported the turkey into Great Britain, it became the main course in the 1700s.

Mistletoe

Mistletoe has a magical reputation of conferring fertility. The berries grow in pairs on the stem and their milky, translucent appearance suggests male sexuality! A kissing bough would be suspended from a hook at the beginning of the Christmas season and young men were permitted to kiss any girl they managed to draw under the bough. These unsuitable associations led to many churches banning it and this still exists today in numerous parishes.

Crackers and Hats

The earliest crackers were introduced in the 1850's in order to copy the Parisian fashion of gift-wrapping bon bons. They contained novelties and mottos but did not crack - the chemically treated paper that cracks was a later addition. Paper hats were introduced at a similar time but the tradition of wearing a hat to look foolish dates back to the Christmas plays of the middle ages.