

special offer for february

For the month of February we are offering 50% off the first 2 visits to anyone you know who has lower back pain.

Please pass on this voucher.

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:

Lyn A'des
Jan Mahoney
Lachlan Mulcahy



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

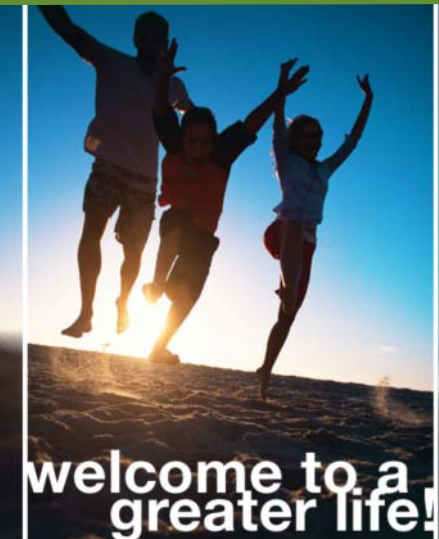
Monday 12th February, 7.45pm - 8.30pm

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lower back pain
c4w newsletter
february 2007



welcome to a
greater life!

getting back into the swing of things...

February is now upon us, the kids are at school and we are back into the swing of things with work and our busy routines.

Isn't it funny when we have a holiday we find all of those little aches and pains that we normally have seem to go away? For one thing being on holiday helps us to relax so our muscles tend to relax also. We are also not sitting at our desks for hours on end, typing on a computer or holding the phone in the crook of our neck!

This month our newsletter focuses on Lower Back Pain, what it means and how chiropractic can help you, your friends and family.

Thank you to all of our new clients that took advantage of our 50% off all services for last month. We had a fantastic response. Remember if you refer people to us they automatically get 50% off their first 2 visits and you get some great gifts as part of our **Gratitude Rewards Program!**

thought for february

Success comes from balancing optimism with pragmatism

- Shona Martin

lower back pain...

Did you know that 80% of people will suffer from lower back pain at some point in their lives? That's a staggering amount of people!

Research shows that chiropractic is the most cost effective, least invasive and quickest way of relieving the symptoms of lower back pain.

Guess what? Only 8% of people with lower back pain see a chiropractor.

We all know someone who suffers from lower back pain. Let them know about the research above and tell them to book an appointment today!

case study...

This client was referred for a chiropractic assessment by her Kinesiologist, Caitlyn. She had suffered Low Back Pain for many years and was constantly told by friends and family that she wasn't "standing straight". Waking up tired and sore just wasn't an option anymore and even though she was very apprehensive about seeing a chiropractor she bit the bullet and made an appointment.

Thorough consultation, examination and an EMG and thermal scan showed that her nervous system was severely irritated and not allowing her body to receive coordinated messages. The end result was that her muscles were tight,

and not coordinating movement, her joints were inflamed and angry and pain became her "normal" existence.

This client committed to her care, maintained her regular daily lifestyle and is now pain free with wonderful posture. She is able to ride her bike, tackle the garden and attend to her household tasks with ease.

now



before care



lower back pain signs & symptoms

- **aching in the lumbar spine**
- **tightness or numbness in the legs**
- **irritability**
- **unable to sit for long periods of time without pain**