

back pain signs & symptoms

- *aching in the mid, or lower back*
- *tightness or numbness in the legs*
- *irritability*
- *unable to sit for long periods of time without pain.*
- *limited range of movement*

special offer for february

For the month of February we are offering 50% off the first 2 visits for chiropractic care with Dr Matthew Cowburn.

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:

**Marie Justin
Carolann Terry
Marty Francis**



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Tuesday 12th February, 7.45pm - 8.30pm

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getting back into the swing of things...

Now 2008 is underway and you are probably back at work, the kids are back at school. It's time to get back into the swing of things and get your chiropractic care back on track.

You may have noticed that your "normal" aches and pains had gone away while you were resting and relaxing on holiday. Now that you are back at work those pains are starting to return. As your level of stress builds, you sit for too long periods of time and possibly not eating right foods, your body begins to give you signals that all is not so well!

This month we take a look at back pain, some of the causes and how chiropractic care can assist with getting things back on track.

If you know someone with back pain, please pass on this newsletter.

Have a great month!

the team at chiropractic4wellness

thought for february

Success comes from balancing optimism with pragmatism

- Shona Martin

back pain...

Did you know that 80% of people will suffer from 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 back pain.

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

So how does chiropractic care really help with your back pain? Running down your spine is your spinal chord, which is the "information super highway" for the body. We all know that severs to the spinal chord cause paralysis. The spinal chord is therefore a pretty important thing! Housing our spinal chord is the spine, which protects it from damage. The spine itself supports the torso and allows us to bend and move in all sorts of directions. Coming from the spinal chord and through spaces between the vertebrae are nerves which branch out and extend throughout the body, to organs, muscles and skin. Information is passed to and from the nerves to the spinal chord and arrive at the brain which then regulates the body functioning accordingly.

There are many different reasons why back pain occurs. Injuries, congenital or genetic issues, poor posture sitting or standing are all possible reasons. All of these cause the nervous system and spine to try to adapt. The result of this is a SUBLUXATION.

subluxation

A subluxation is a little like a "blockage" in the communication between the nerves of the body and the spinal chord. When this interference occurs the brain no longer receives accurate information about what is happening in the body. Muscles that should relax stay contracted. Your body begins to compensate by contracting other muscles to try to straighten the spine. You finally start to feel pain when your body can no longer adapt to the stress.

Chiropractors are trained to detect and correct subluxations of the spine. When you have an adjustment, the blockage or interference is removed from the nerves and spinal chord. When this happens the brain starts to receive accurate information about the body. Muscles relax and return to normal and pain subsides.

Subluxations also occur when your body adapts to other stressors, such as chemical or emotional stress. That's why chiropractors will often recommend a course of care as the body takes time to remove these stressors and heal itself. Even if you have regular care, subluxations can still occur, as your body adapts to it's environment.

With chiropractic care as a foundation to get your spine and nervous system functioning properly, you can then help yourself by doing gentle stretches, some core strength exercise such as Pilates or yoga, and making sure you have good nutrition. Omega -3 essential fatty acids can help with inflammation and magnesium and calcium for muscle spasm.