

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:

Steve Barker

Simon Dabb

Felicity McAvaney



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!

Let us help you achieve your goals

This month at c4w we are offering everyone the opportunity of a 50% discount on any of the services c4w provides if you are a new client to that service. Make those life goals a reality and take advantage of this opportunity to start your journey on a path to a greater life!

Speak to Caitlyn or Emily at reception

events

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday 23rd January

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North Carlton Victoria 3054

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goal setting
c4w newsletter
january 2006



welcome to a
greater life!

happy new year!

Welcome to a very exciting year!! We hope everyone had a happy and safe Christmas and start to 2006. With the New Year upon us already, this may be a time for many of us to reflect on the health changes we want to make in our lives, and a time to set goals to help us follow through with those changes.

Goal setting is a powerful process for personal planning. It also allows us to choose where we want to go with our life. By setting regular goals, we decide what we want to achieve, and then move step-by-step towards achieving these goals.

Goal setting techniques are used by top-level athletes, successful business-people and achievers in all fields. They give us long-term vision and short-term motivation. They focus us and help us to organise our time and resources so that we can make the very most of our lives.

This month, we will provide some information on goal setting and extend an invitation to all clients and their friends that would like to try any of the c4w services for the first time at 50% off. This offer includes, chiropractic, kinesiology, life coaching and counselling. We hope that by offering this service, we can help you or someone you know succeed with their health goals this year.

The team at c4w

thought for january...

"The voyage of discovery is not in seeking new landscapes but in having new eyes."

Marcel Proust

goal setting...

Goals are set on a number of different levels:

Firstly you decide what you want to do with your life and what large-scale goals you want to achieve. For example, what health goals do you want to achieve in your life? Do you want to improve your overall fitness and wellbeing and have the best functioning nervous system you possibly can?

Next, break these larger scale goals down into smaller and smaller targets that you must hit so that you reach your lifetime goals. These may range from yearly to monthly to even daily goals. For example, to achieve the above, you may make it a bimonthly goal to get a new fitness program written up, or a weekly goal to get your nervous system checked rather than your regular fortnightly check, or even a daily goal to drink 2 more glasses of water.

Finally, once you have your plan, you can start working towards achieving it. Make sure you keep the process going by regularly reviewing and updating your more short term goals. Periodically review your longer term plans, and modify them to reflect your changing priorities and experience.

Staying on track with goal setting can sometimes be difficult, especially if we lose focus of what they are. At c4w we would like to try to help everyone reach their health goals. So this month we are also going to remind you with a brief overview of the services we provide.

c4w services...

Chiropractic...

Chiropractic is a powerful health option. We aim to empower clients with positive choices regarding their health and commitment to chiropractic. Chiropractic works on a major premise that the body has an innate healing capacity that is coordinated and regulated by the nervous system. In an environment where the brain is free to express its potential, via the nervous system, to the body, we are able to function at our full capacity. Chiropractors adjust the nervous system with the intent to restore its integrity if there is interference (subluxation) which allows your innate healing capacity to be expressed fully.

Clients that get their nervous systems checked regularly experience increased immunity, better performance, clarity of thought and a greater life.

Kinesiology...

Like Chiropractic, Kinesiology also recognises that there are flows of energy in the body that govern and regulate the brain, nerves, organs and muscles. These energy flows can be evaluated by testing the integrity and function of the muscles. Kinesiology is not limited to dealing with ailments. By balancing the body's energy, this brings the person closer to achieving any goal of their choice. The energy balancing that is at the heart of Kinesiology may involve dealing with one or more stress factors, identifying a nutritional component, relieving pain, stimulating the integration of muscle groups or improving mental and physical coordination.

Life Coaching...

People have ever increasing demands on their time and we all try to manage as much as we can in to the little time we have. Our life coaching program helps people step back from the inevitability of time, and works with them on an energetic level. This program will help you feel more energised physically, more emotionally connected, more mentally focused and more spiritually aligned.

Counselling...

There are many reasons why people choose to see a counsellor. Counselling may be helpful if you are feeling anxious, unhappy or unfulfilled. Counselling provides a safe space to learn more about ourselves in a supportive and non-judgemental environment. People often make positive progress when they understand themselves better. All counselling consultations are confidential and the counsellors work in accordance with the ethical guidelines of the Counsellor and Psychotherapy Association of Victoria.