

special offer for january

For the month of January you are entitled to 50% off an initial consultation for chiropractic, kinesiology, life coaching or counselling.

Ask at reception for details

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:

Pia Muraca
Jo Raggiozino
Emily Langfield



events...

Creating Wellness Lectures

Have you attended?
Do you understand Chiropractic?
What else could you be doing to support your care?

Book Now

Monday 8th January 7.45pm - 8.30pm

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North Carlton Victoria 3054

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wellness

c4w newsletter
January 2007



new year resolutions...

Welcome to a new year! We trust you had a fantastic time and enjoyed the break.

New Year is a time when we reflect on the year just gone. The energy of a new year inspires us to set goals for the year ahead.

One of the primary goals that we tend to set is to improve our health, by increasing our exercise and improving our diet. These are fantastic goals, however one often finds you can't build a house on shaky foundations. I'm sure you have heard us say that how you feel is not an indicator of how healthy you are, considering only 10% of your nerves are pain receptors.

This month our newsletter takes a look at wellness, the philosophy and the practicality.

Congratulations to Janet Tonkin for winning the Christmas Hamper!

thought for january

Working harder on yourself than on your job is the key to a better future

- Sarina Russo

what is wellness?

Simply put wellness is a **prevention** approach to health.

Most of us don't think about our health until we become sick or injured. We may not take vitamins, pay much attention to our diet or exercise often.

The philosophy behind wellness reverses that trend, making our health a high priority, eating well, and exercising regularly.

However this doesn't mean that we won't get sick, or we won't injure ourselves. It does mean our bodies will be able to cope with the stressors of life more effectively. The time it takes for our bodies to recover is much less if we apply a wellness approach.

what is wellness?

- **physical**
- **chemical**
- **emotional**
- **structural**

chiropractic4wellness!

Where does chiropractic come into this? Most of us find our way into a chiropractor's office for the first time because of symptoms we are experiencing. There are also many clients that start care because they want to have a fully functioning nervous system and give their bodies the best chance to cope with the stressors in life.

In order to have fantastic health you need a solid foundation: a fully functioning nervous system communicating messages efficiently from brain to the body and back again.

increase your G.A.P!

G.A.P stands for General Adaptive Potential. Nothing increases your body's ability to cope with stressors better than having a fully functioning nervous system! It means that your body adapts quickly to sickness, injury or stress.

Your chiropractic adjustment removes interference in the nervous system caused by subluxation. Communication between the brain and body is restored. Muscles **relax**, digestion **works more efficiently**, you feel more **alert**, you **sleep better**, you **cope better!**