

c4 safety pin cycle

Our last newsletter focused on symptoms. Symptoms are what often prompts people to take action with their health.

If you are feeling great at the moment just remember that only 10% of the nerves in your body are pain sensing, while the other 90% control the internal organs. Pain is the last indication that you may have a problem and the first to go away. Consequently, it is possible to be unhealthy and not be fully aware of it until you develop a sign or symptom. Your body will appreciate you doing something before it decides to let you know.

This simply highlights why it is important to spread the chiropractic word and educate family members, friends and loved ones about the importance of having their spines checked even when they are feeling well!

This month we revisit the safety pin cycle which you can use as a tool to explain chiropractic. For the month of July we will be giving out safety pins to all our clients. Make sure you collect your safety pin next time you get checked!

The team from c4w

thought for july...

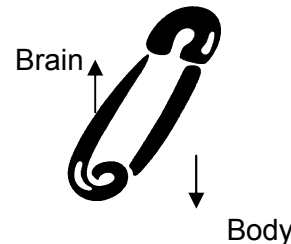
“Everybody decides on what to change”.

Kaizen

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Often throughout life we are posed with questions that we think we have the answer to. It is only when asked to describe something that we realise we have difficulty in expressing the information.

For the sake of simplicity, a great way to explain chiropractic is by visualizing your body as a **SAFETY PIN**.



Imagine the top of the pin being the **BRAIN**, the base of the pin the **BODY** and the wires between the **NERVES**.

The wire travelling from the top of the pin to the bottom acts like the nerves from the brain to the body. The wire travelling from the bottom to the top of the pin are like the nerves communicating from the body to the brain.

When the safety pin is undone, the communication between the brain and body is interrupted. This interruption is called a **SUBLUXATION**. Subluxations interfere with your body's life energy, lowering your potential for maximum health and healing!

By adjusting the pin and clasp it together the brain and body are free to function optimally! By delivering an **ADJUSTMENT**, chiropractors help your body to reach its full potential.

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The past decade has marked an incredible increase in the number of people who seek alternative health care. Whilst we don't consider chiropractic to be an alternative and instead a primary health care, people are beginning to grasp the differences between health care and disease care.

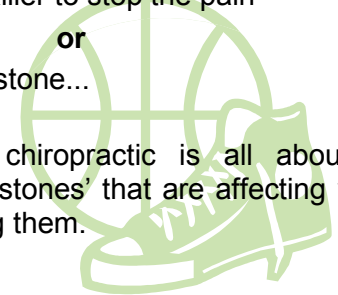
This shift in paradigm may be due to the fact that people now realise that the purpose of medicines is to mask and treat your symptoms, rather than the cause of your symptoms. Prevention is better than a cure!

People are now coming to the realisation that decreased body function usually exists before symptoms arise, and that symptoms are like alarm systems which tell you that your body isn't functioning at its peak.

If you had a small stone in your shoe which made it very uncomfortable for you to walk would you:

- A. Limp to try and avoid putting pressure on it
- B. Place a cushion in your shoe to reduce the discomfort
- C. Take a pain killer to stop the pain
- D. Remove the stone...

Essentially, what chiropractic is all about is finding those little 'stones' that are affecting your spine and removing them.



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:

Barbara Massara
Katarina Korovos
Chris Wilson

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!

did you know that...

- Your nervous system controls every single muscle, organ and tissue cell in your body?
- Subluxations are often hidden.
- Chiropractic helps your body heal itself naturally by maintaining harmony and health.
- Symptoms are misleading.
- Subluxations are often not associated with spinal pain or other obvious symptoms.
- Chiropractors are the only profession trained in detecting and correcting

events

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday 17th July, 7.45pm - 8.30pm

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welcome to a
greater life!