

three dimensions to health

The three dimensions we need to attend to for optimal health are physical, biochemical and psychological.

Optimal physical health is obtained by exercise, being checked by your chiropractor and maintaining healthy digestion.

Optimal Biochemical health is obtained by eating a varied diet of fresh vegetables, fruit, good quality meat if you're a carnivore, and avoiding fast food, smoking, drugs and overindulging with alcohol!

Optimal Psychological health is obtained by dealing with issues of low self-worth, depression, and stress in your life, doing things that give you a sense of achievement and developing and maintaining positive relationships with others.

If you have inflamed joints or suffer from depression, ask about Omega 3 40:20.

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:

Mairian Gildea
Archie Liddell
Emma Heilbronn



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday 16th July, 2007

356 Rathdowne Street
North Carlton Victoria 3054
Ph: (03) 9347 4444 Fx: (03) 9347 4466
E: reception@c4w.com.au
www.c4w.com.au



Have we gone mad?!?

Our recent newsletter highlighting the increase in the rates of c-sections amongst the Australian population prompted us to do some research on medical and drug related issues.

It has recently been reported that iatrogenesis or medical-related death is now the highest cause of death in the USA, outstripping disease, injury or accidental death. In researching this newsletter we were unable to find conclusive statistics for the Australian population, however it has been reported that trends are similar.

As a society there is an alarming trend towards a "sickness" approach to health, ie. to treat the symptoms when they arise with drugs and surgery, rather than taking precautions through maintaining a healthy lifestyle.

Our newsletter for July looks at the alarming statistics of iatrogenesis.

Thank you to our new practice members who came in to have their posture assessed in June.

Have a fantastic July!

thought for july

Wellness and Illness exist on a continuum. The human body is never static. Every decision you make moves you towards wellness or away from it.

let's get to the facts

In America and in the Western Society in general, medicine frequently causes more harm than good. For example, the number of people having in-hospital adverse drug reactions to prescribed medicine is 2.2 million. The number of unnecessary medical and surgical procedures performed annually is 7.5 million and the number of unnecessary antibiotics prescribed annually for viral infections (antibiotics work on bacteria only) is around 20 million.

Some of you may remember the statistics we have on our Consent for Chiropractic Care form with regards to the safety of chiropractic care compared to medical and other events:

chiropractic care		medical care/other	
temporary discomfort after adjustment:	1 in 50 people	stomach bleeding from antiinflammatories	1 in 250 people
lumbar disc injury	1/62,000	death by anti-inflammatories	360 per year
cervical nerve injury	1/139,000	death by general anaesthetic	1/250
spinal chord damage	1/382,000	injury from car accident	1/9,300
death by stroke	1/5.8 million	death by lightning strike	1/20,000

For a number of years there has been a perception that chiropractic care is just for neck and back pain and nothing else. As chiropractic care specifically deals with the function of the nervous system, overall improvement in health occurs. In fact statistics show that people who have regular chiropractic care have better health generally and are less likely to take medication, have surgery and have a better chance of staying out of aged care facilities.

People who use chiropractic care to recover from injury spend less money overall than those who use the medical system and drugs for treatment.

Taking Vitamins and Minerals are a fantastic way to boost your immune system. We now have supplements in stock, please ask Helen for more info!

sickness instead of wellness

With such a seriously sick health system to rely on we need to look to ourselves for the answers. Of 2+ million people who die each year, approximately 1 million of these deaths are due in large part to preventable causes. In fact the leading causes of death in 1990 were:

- tobacco
- diet and activity patterns
- alcohol

In the US over 60% of adults do not achieve the recommended amount to regular physical activity, and 25% of all adults are not active at all. One in five adults are now considered obese and over 50% of the population are overweight.

prevention better than cure

Hippocrates once said "Let your food be your medicine and your medicine be your food". Dr Sandra Cabot reported in her book "The Liver Cleansing Diet" that when patients followed the diet for 8 weeks their high blood pressure, cholesterol, eczema, allergies and energy levels, improved dramatically.

While this particular diet is not for everyone, a few simple changes to our eating regime can have a significant affect on our health and wellbeing. For instance, by increasing fish, green leafy vegetables and nuts in the diet, or taking Essential Fatty Acids (fish or flax seed oil) one can alleviate symptoms from aching joints to depression without using medication and causing damage to the organs such as the kidneys, stomach and the liver.

Simply increasing the amount of water you drink in the day can improve energy levels and concentration. Many symptoms that we experience can be alleviated by proper diet and eliminating processed foods laden with preservatives and additives. We have to remember that what we put into our body affects our health. Research shows that taking cold and flu tablets when you have a cold actually prolongs the symptoms! The best way to fight a cold is to rest, drink lots of water, take vitamin C and Zinc, and, most importantly, get your spine checked!