

c4 symptoms...

Last month not only did we celebrate women, but also National Chiropractic Care week too. This year's theme focused on "straightening up Australia with Chiropractic" and how Chiropractic can help with various symptoms that can be caused by a dysfunctional nervous system. So for the month of June we will look at symptoms, what they are, and what they may be telling us about our health.

To all our new women clients who started chiropractic care with us in May – thank-you. **Congratulations** also to Heather Anderson who won our luxurious hamper – enjoy!

The team @ c4w

more exciting news...

May must certainly be the month of change. In May last year we welcomed Emily as our new team member on Saturdays, now this year, we have the pleasure of introducing three new c4w team members. Firstly, Dr. Vikkie Stamatis joins us as our new chiropractor and will practice alongside Helen. Vikkie has loads of experience and it's an honour to have her join our team. Also joining our team are CA's Jen and Lyndall. We are all very excited about our new team additions and look forward to the new energy that they all help bring to the practice.

thought for june...

Only 10% of our nervous system has pain receptors? That means that there is 90% of our nervous system that has to work without the benefit of registering pain as a last resort safety mechanism.

c4 symptoms...

Niggly headaches, aches and pains, migraines, twinges, gas, heartburn, runny noses and coughs are only some of the vast array of bodily sensations that are known as symptoms.

A number of us at some point have reached for a painkiller to "get rid of" a niggly headache. But did you realise that the pill does not actually get to the cause of the headache? Painkillers only mask the headache by blocking the messages that are being sent by the body to the brain. The headache actually is still happening, but the pain receptors are now numbed and the brain is no longer able to register the headache message.

Bodily symptoms are like the red light on your dashboard in your car telling you that you are about to run out of petrol. Think of them like the last resort safety mechanism that makes us **aware** firstly, that there is a problem, and secondly, that we had better do something *now*, before the problem gets any worse. Think about it... by the time the petrol light comes on in our car we have been running out of petrol for some time and by the time the symptom occurs, our body has been dealing with the problem for some time. It may not be until the symptoms occur, that we become **aware** that our body even had a problem. Therefore, judging our health on how we **feel** is not a good indication of how our body is functioning.

Subluxations can interfere with the message relay between our body and our brain, therefore if we are subluxated these messages may be relayed wrongly and our body may be working poorly without us even knowing.

Chiropractors are specifically trained to find subluxations and correct them so the nervous system is free from interference and ultimately the messages that are relayed throughout the body remain clear, therefore the body can function at an optimal level, without drugs.

c4 symptoms...

what is my GAP???

A number of clients approached us over Easter and asked us about their "GAP". It is an important concept to understand in relation to symptoms and so we thought we ought to share it with all of you.

Have you ever wondered why it is that over winter some people don't get colds while others do? This is because the people that don't get colds have a greater ability to adapt to a negative stressor that is placed on their body. When our body is subluxated, the communication between our brain and body is not as efficient as it should be and this lowers our **general adaptive potential** (GAP). The healthier our nervous system is the better our body can adapt to negative stressors.

Getting checked regularly for subluxations will help to improve the function of our nervous system and so therefore increase our GAP. This means that when we get exposed to physical, chemical and emotional stressors our body will be able to process and adapt to them far more efficiently and effectively.

statistics show...

Paul Zane Pilzner, well known economist and author of "The Wellness Revolution", states that by the year 2010, people will be devoting an extra \$1 trillion dollars of the economy for products and services that keep us healthy. He also recognises that chiropractic is leading this revolution, as more and more people look further a field from the medical model to other sources of health care.

Continued over leaf....

statistics show...

Did you know the latest statistics regarding the perception of chiropractic in the public show that **wellness care is only used by 6% of people**. That means that a whopping **94% of people perceive chiropractic as management of pain only**, thus only utilise chiropractic for symptoms.

Knowing what you know about chiropractic actually places you in the small minority of people that use **chiropractic for wellness rather than sickness**. That means you are well ahead of everyone else in making the right choices regarding your nervous system, and health, **congratulations!** So why not spread the word, and give someone else the gift of introducing them to chiropractic, and help to lead them on their journey to a greater life!

above - down - inside - out

above

Above is about life force. The power that made the body heal 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:

Jan Lynch

James Medved

Marco Zeilinger



events

Creating Wellness Lectures

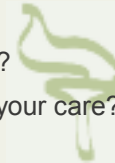
Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday 26th June

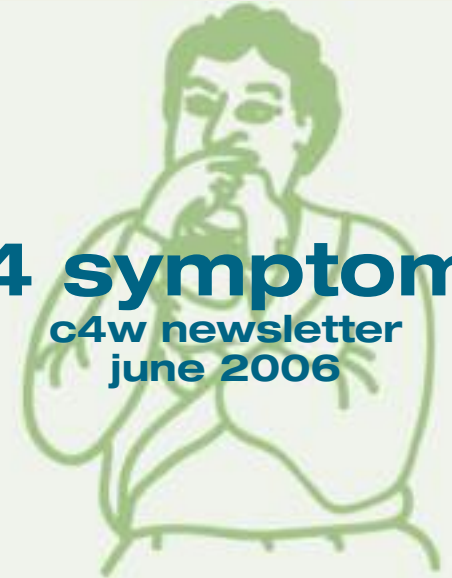


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welcome to a
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