

**This month only!**  
**50% off an initial consultation**  
**and second visit to check your**  
**friends and family for posture**  
**problems.**

### 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:

**Simon Berridge**  
**Dominic Camille**  
**Michelle Lowe**



### events...

#### Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday May 18th June 2007

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## if the twig is bent so grows the tree!

Remember when you were growing up your parents or grandparents would tell you to sit up straight and not to slouch. Some of you may have even been packed off to ballet class to improve your posture,

As much as it was annoying to be constantly told off about your posture, the older generation may have done you a big favour, provided you listened to them and did what you were told!

Today, kids carry a huge amount of weight in their school bags, spend a lot of time in front of the computer and do less and less physical activity. All of this amounts to pressure being placed on the growing spine, which in turn places pressure on the nerves which arise from the spinal chord.

This month we focus on how our posture is a window to our spine and how the state of the spine reflects the state of our health.

Congratulations to [redacted] for winning the hamper! We hope you enjoy pampering yourself.

The team at chiropractic4wellness

## thought for june

*The best lightning rod for your protection is your own spine*

-Ralph Waldo Emerson

## posture is a window to the spine...

There are three basic indicators to good posture: the shoulder heights, hip heights and head alignment. This month we have included an insert so you can check your posture and that of your family.

When there is an irregularity in hip and shoulder heights it is an indicator that the spine may have a curvature, called a scoliosis. If there is a curve in the upper spine, then there may be a difference in the height of the shoulders. The spine will compensate for this upper curvature by curving in the opposite direction, causing a difference in hip heights.

Given the increased use of computers and that fact we drive cars, there is now a tendency for straightening through the cervical spine of the neck, causing the head to be carried forward and not in alignment with the neck. If you imagine holding a bowling ball on the tips of your fingers all day then you will be able to understand how fatigued the muscles of the neck become, and how much pressure is placed on the spinal chord by the forward carriage of the head.

All of the above issues can produce pain in upper and lower back, neck pain, head aches and migraines. Muscles work hard to compensate for the curvature in the spine and become tight and painful

Correct posture is paramount to maintaining a healthy spine. Your work area should be set out ergonomically and regular breaks should be taken from the desk by getting up and walking around. Stretch breaks can be taken at the desk. Here are some simple ones you can do:

- Place right hand on head, direct your right ear to your right shoulder, repeat twice, then repeat on the opposite side.
- Interlace fingers, palms facing forward, extend arms forward, repeat twice.
- Stand, next to a flat wall, extend your arm beside you, place your palm flat on wall so your fingers are facing backwards, stretch your pectorals and chest one side at a time.

## the spine is a window to your health...

The spine is the framework which supports and protects the spinal cord. Most of the nerves pass from the spinal cord through small openings between the spinal bones (vertebrae), to the muscles, organs, bones and the skin. In fact, the nerve system controls and coordinates all organs, structures, systems and functions of the human body, helping to maintain homeostasis (natural physiological balance). Because of the spine's complexity, its normal movements are easily disrupted. Faulty posture causes disruption to the normal mechanics of the spine, which in turn cause interference in the nerve system of the body, affecting the body's ability to maintain homeostasis

### Case Study

An interesting example of how posture can affect the spine and ultimately the health of a person is the case study of one of our regular clients. This client has been diagnosed with an inflammatory arthritis which could ultimately cause fusion of parts of the spine. The spine is made up of 24 moveable bones, called vertebrae, the sacrum and then the 2 pelvic bones. It is the movement between these bones that is essential for correct function of the nervous system. Your nervous system controls and coordinates all functions of the body either directly, or indirectly. Our client finds that without his regulate care his posture is affected by being stooped and his head moves forward to compensate. This is also a very common presentation posture of people who work in front of a computer. Obviously, this posture does not allow for the full inflation of the lungs affecting oxygenation to one of the body's most vital organs, the brain. Without regular adjustments our client's spine would continue to fuse which would cause a decrease in his health potential.