

what are symptoms?

Symptoms, particularly cold symptoms, are considered uncomfortable and annoying. We will do anything to get rid of them. Did you know that by suppressing your symptoms you will actually increase the length of your cold?

So what are symptoms exactly? Often we think that the cold virus is the thing that causes our symptoms, but it isn't. Our body produces symptoms in order to rid our body of the infection. For example if the virus invades the lungs we will cough to expel it. We blow our noses to get rid of excess mucous which contains millions of white cells and dead viruses and bacteria that the body has trapped by making the mucous in the first place. We get a fever which heats the body up and kills off the invading pathogen. We get aches and pains in our joints where the virus is infecting the synovial joint fluid signalling us to rest. A rash or a cold sore is also another way the body expels a virus, often at the end of the infection.

So before you reach for your cold and flu tablets, the Zovirax tube or Panadol, ask yourself - are you doing more harm than good by suppressing your body's natural ability to defend itself? If you want to help it out, rest, eat healthy foods, drink plenty of fresh water, keep warm and get your spine checked!

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:

Zoe Vittle
Richard Yaksender
Carol Steffan



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Tuesday June 17th 7.45pm

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winter...

Winter is now upon us, even though it has felt like winter for the last few weeks!

Winter is the time of year to reflect on our health, replenish our energy and conserve our strength.

Unfortunately the way we live our lives doesn't always allow us to follow the natural rhythms of the seasons. We tend to holiday in the warmer months and work harder in the colder months, against the rhythms of the seasons.

Traditional Chinese Medicine practitioners say that winter is the season that affects our kidneys, bladder and adrenal function. In order to protect these organs we need to conserve our energy.

Eating warm hearty soups, whole grains, and roasted nuts help to warm the body's core and to keep us nourished. Sleep early, rest well, stay warm, and expend a minimum quantity of energy to stay healthy in winter.

June's newsletter gives you some information on how to keep your immune system healthy and strong in the colder months. A combination of chiropractic care, good nutrition and supplementation and an understanding of what symptoms really are can put you in good stead for a healthy winter.

Have a great month!

The team at chiropractic4wellness

thought for june

Life's a pretty precious and wonderful thing. You can't sit down and let it lap around you...

*you have to plunge into it,
you have to dive through it.*

-Kyle Chrichton

chiropractic and immunity...

Researchers now know that there is a critical link between the body's central nervous system and the immune system. Something chiropractic researchers have been aware of since the 1918 flu epidemic, when it was found that the rate of infection of chiropractic patients was less than half that of non-chiropractic patients.

In 1974, physiologist Dr. I.M. Korr proposed that "spinal lesions" (similar to the vertebral subluxation complex) are associated with exaggerated sympathetic nerve activity - a division of the autonomic nerve system.

Sympathetic activity has been shown to release immune regulatory cells into the blood circulation, which alters immune function. Drs. Murray, Irwin, and Reardon were the authors of the report that stated:

"Growing evidence suggests that immune function is regulated in part by the sympathetic nervous system. Sympathetic nerve endings densely innervate lymphoid tissue such as the spleen, lymph nodes and the thymus, and lymphoid cells have beta 2 adrenergic receptors."

What they were saying is that the nervous system has a direct effect on the immune system through the nerve supply to the important immune system organs.

The chiropractic immunology connection was further strengthened in 1991 when Patricia Brennan, Ph.D., leading a team of researchers, conducted a study that found improved immune response in their test subjects following a chiropractic adjustment. The study specifically demonstrated the "phagocytic respiratory burst of polymorphonuclear neutrophils (PMN) and monocytes were enhanced in adults that had been adjusted by chiropractors."

So through chiropractic care, the function of the phagocytes, the white-blood cells that go on the search and destroy missions for the body and engulf and destroy bad cells, were enhanced.

One of the best things you can do for a cold is to have an adjustment. By removing subluxations via an adjustment your body is better able to mount a swift immune response. Regular, wellness chiropractic care keeps your body performing at it's best.

why vitamins...

All natural vitamins are organic food substances found only in living things, that is, plants and animals. Fewer than twenty substances have been discovered so far that are believed to be active as vitamins in human nutrition; however more and more substances have been discovered that work side by side with vitamins are being found. These are phytonutrients, along with vitamins and minerals that are essential to maintain proper growth, maintenance of health, and prevention of disease. With a few exceptions the body cannot make its own vitamins. They must be supplied in the diet or by supplements, but eating wholesome foods cannot be stressed highly enough. Science works to isolate the substances from foods that heal, maintain health and prevent disease, but the true source of these substances is found in special combinations in the foods that we eat.

Without a balanced diet your body is unable to function properly. Lack of proper nutrients in the diet impair immune function, as well as other vital functions in the body.

If you eat a diet rich in a variety of fresh, organic produce, from vegetables, grains, nuts, seeds and meats chances are you are getting a good supply of vitamins and other nutrients. If your diet consists mainly of vegetables bought from the supermarket or you eat a lot of pre-packaged meals, chances are your diet is lacking in nutrients. You may need to consider taking supplements.

Supplements come in two forms - natural and synthetic. With the exception of vitamin E on a molecular level both types of vitamins are equally effective. Vitamins are usually distinguished as soluble in water or in oil. If you are taking supplements it is best to take them with meals and in the absence of tea and coffee. Tea and coffee are diuretics, meaning they make you excrete more fluid from the body than you take in. Any water soluble vitamins will be excreted along with your tea and coffee, thus rendering the supplement ineffective. You will need to wait for at least 2 hours before or after taking supplements before drinking tea or coffee.