

## G.A.P. . . .

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.

## 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:

**Asaf Gordon**  
**Kristina Smith**  
**David Halstead**



## events...

### Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

**Book Now**

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## the BIG picture

c4w newsletter  
june 2009





## winter is on its way . . .

In May we did not only celebrate women but we also National Chiropractic care week as well. This year the theme focused on how Chiropractors, has lifestyle practitioners, can not only help get to the cause of pain, but may also help individuals lead healthy lives through spinal health maintenance and wellness care.

So for the month of June we will look at “the BIG picture” not just the obvious symptoms that may be present, like back pain, and how in conjunction with chiropractic care a healthy life style can set you up to be the best that you can be, in any area of your life.

Most of you will have recognised the office has had a facelift! Isn't it amazing what a lick of paint and new carpet can do. We are certainly enjoying being in a revitalised environment and hope you will too.

As June is the beginning of winter, keep warm, come in for a check and laugh lots!!!

Have a great month!

The team at chiropractic4wellness

## thought for june

Real wellness is the maintenance of correction and the adaption of behaviours that naturally lead to optimal health of body, mind and spirit.

- Anonymous

*By changing the way you think about back-pain (beyond “slipped discs”), into a more lifestyle-orientated framework (the “big picture”), you can aim to foster positive outcomes in other areas of your health.*

## the BIG picture ! . . .

Research shows that 80% of us will experience back pain at some point during our lives and 67% of Australians will suffer from back pain on a weekly basis!

The majority of Australians will still consider themselves in good health despite being burdened with back pain. However, so many of us still aren't fully aware of the causes, treatment and preventative measures of this condition. Many of the general public believe that the back pain we experience is due to as “slipped disc” or nerve entrapment, and that they will fix it if or when it becomes a problem.

Why wait until this occurs and take unnecessary over-the-counter drugs when you could help yourself prevent these problems and allow your body to function at its best? These pain relieving drugs will only mask the pain by blocking the messages that are being sent by the body to the brain. The back pain is still actually happening, but the pain receptors are now numbed and the brain is no longer able to register the back pain message.

These are really signs of something greater, for example an dysfunctioning nervous system, and therefore should not be perceived just as a discomfort that should be put-up with. This discomfort may be an indicator of how poor lifestyle choices are affecting your spinal health and should be addressed and managed.

As the nervous system controls the function of every cell and system in the body, a poorly functioning nervous system may affect a variety of other aspects of your health, from mental, to physical and even social aspects. Chiropractors are specifically educated in locating subluxations in the spine and trained in the art of reducing the impact these dysfunctions have on the body. As a result your body may function and its optimum and you feel your best, without drugs!

## a whole body . . .

Under proper control of your nervous system, the cells, tissues and organs of your body are designed to function at its optimum and to resist ill health. The chiropractic approach to better health is to locate and help reduce these interferences to your natural state of being healthy. Chiropractors not only address the cause of this interference (subluxations) but also may help identify the cause of the subluxations. This may include exercises and lifestyle advice.

As the body functions as a whole and not as individual systems, the food we eat, the air we breath and the exercise we take part in, all affect how our nervous system and the body as a complete entity will function.

Imagine our body is just like a car, with dirty oil, little water and a flat tyre. Its not a question about whether the car is going to brake down but rather by which means and when. The oil in the car is like our food, needed to fuel every activity and process the functions of our body. With low nutrient content and high toxicity these everyday processes can not be performed as needed. Similar to a car, water is essential for survival. Water makes up 70-75% of your total body weight is involved in every bodily function (body temperature, metabolising fat, aiding in digestion, lubricates and cushions organs and incredibly important for brain function! The flat old tyre represents our physical body and the inefficiency of our muscles, joints and organs. In this example, due to very little exercise and a sedentary lifestyle the physical body is flat, tired and worn out!

We wouldn't let our car get to this bad shape so why would we allow ourselves? Most people look after their car better than themselves.

