

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:

Joe Diez
Kara Culmsee
Julian Turecek



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!

Some people who know the benefits of chiropractic ...

Lance Armstrong, Anthony Robbins, Peter Brock, Evander Holyfield, Sugar Ray Leonard, Arnold Schwarzenegger, Tiger Woods, Muhammad Ali, Ivan Lendl, Brett Hawke, Jim Connors, Charles Barkley, Carl Lewis, Joe Montana, Lleyton Hewitt and the Australian Davies Cup team.

"I would estimate that in excess of 90% of all world class athletes use chiropractic care to prevent injuries and increase their performance potential"

Sean Atkins, PhD Exercise Physiologist

events

Creating Wellness Lectures

Have you attended?

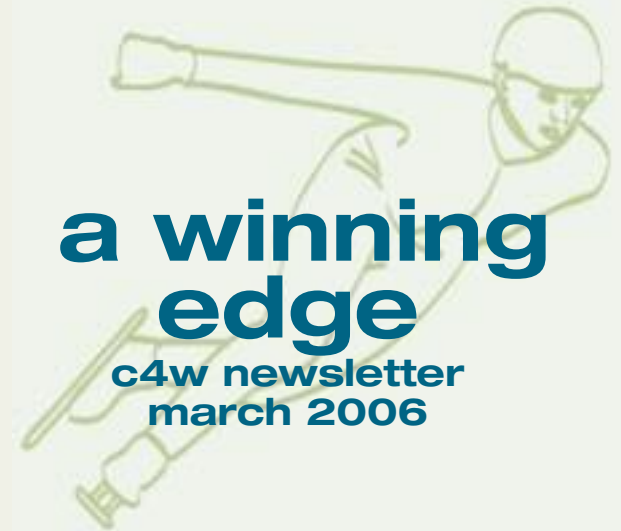
Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday 20th March

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c4 a winning edge ...

Last month we launched our Gratitude Rewards Program and already it has had an enormously fantastic response from all of you. We are very pleased that so many of our clients are just as excited as we are about the launch.

This month, with the Commonwealth Games in our very own backyard, we thought it would be remiss of us not to focus on our own performance.

With so many of us being involved in our own sporting groups and having an interest in staying fit and healthy, injuries to our body can be a common frustration. However, keeping our nervous system functioning at its peak has shown to help reduce injuries, help decrease rehabilitation time after injury and also assist our bodies in many other performance avenues.

So with that in mind, get ready to learn more about how you can help yourself get - and maintain - a winning edge.

The team at c4w

PS Do you play team sports? We can come and talk to your team about how chiropractic can improve everyone's performance. For more information, ask at reception.

thought for march...

The best performance improvement is the transition from the non-working state to the working state

Anonymous

did you know?

Studies have shown that the body's reaction time is improved by 14.8% and that the time for rehabilitation from injury, can be dramatically decreased in those people that receive chiropractic care when compared to those that do not?

getting a winning edge...

Peak performance is something which many of us would normally associate with the professional athlete. However, getting a winning edge is something that we are *all* able to achieve with a well functioning nervous system.

Our nervous system controls all the functions that our body carries out, every single second of our lives. It does this by sending and receiving messages to and from our brain. Subluxations to the spine cause nerve interference and weaken these messages, and therefore weakens our body's ability to function at its fullest potential.

Activities such as exercise, can often jolt and subluxate the spine. And because the spine is in the centre of the body, impact to the legs, feet, torso, shoulders and arms often tends to radiate to the spine.

From the novice to the high level athlete, everyone and anyone can benefit from regular chiropractic care by ensuring that their spine is balanced and that their nervous system is free from stress and subluxation.

optimal function...

Studies have also reported strong correlations between chiropractic and an increase in:

learning proficiency,

IQ,

sleep habits,

digestion,

respiration function,

coordination,

flexibility and range of motion

and many others.

Therefore regular chiropractic care is of significant benefit for maximising the winning edge in people of all ages, since it is our nervous system that controls the function of our entire body.

This is why many of the worlds greatest athletes are adjusted right before competition as a "tune-up", in an effort to place their body in an optimal state of efficiency and get and maintain a winning edge.

fact...

Movement is essential for brain function!!