

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:

Rosemarie Egan

Greg Moore

Annette Hilton



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!

special offer for march

This month David Cronin is offering any new client 2 life coaching or counselling consults for the price of 1. Ask at reception or call David directly on
0418470 409

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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**peak
performance**
c4w newsletter
march 2009



autumn already ...

As the leaves begging to change colour and fall down around us it may be a good time to take a moment and think how these seasonal changes may be affecting you. With our busy lifestyles we don't tend to listen to our bodies and slow down.

During Autumn your body will naturally start to wind down during Autumn. It's important to listen to those signals so your immune system stays strong through the winter months and you can function at your peak.

Peak Performance is our theme for March. You don't have to be a top athlete to be functioning at your peak. All it takes is some good food, good rest, exercise, and chiropractic to remove subluxations and get your brain and body talking to each other

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 - that peak performance.

thought for march...

Never giving up and pushing forward will unlock all the potential we are capable of.

- Christy Borgeld

attaining that peak performance...

Whether you exercise to catch up with the girls or for fitness, whether you are a backyard cricketer or an elite tennis player, chiropractic care can help maintain a well-balanced, well-coordinated, pain-free body, which allows your body to get the most out of your efforts.

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 the brain. Subluxations to the spine cause nerve interference, which weakens the signal and in turn weakens our body's potential to function at its fullest potential.

When playing sport or exercising there are a range of physical demands that are put on the body, running, jumping, tackling and falling, which can all cause the bones of the spine to misalign. Since muscles attach to the bones, any misalignment can interfere with your performance. The interference may present itself as an injury or perhaps your just not performing at your optimum.

Chiropractic care can help to maximise the individual's inherent potential by relieving this interference between the spine and the rest of the body.

There are many Australian and International sporting people that use chiropractic care to maintain their peak performance. Among them are Soccerroo's and goal-kicking world record holder Archie Thompson, Layne Beachley and Arnold Schwarzenegger.

In conjunction with Chiropractic care it is important to eat a well-balanced diet, drink plenty of water, have quality sleep and maintain a positive attitude so you can be your best!

case study...

A group of athletes under chiropractic care were compared with a control group that received none. Agility, balance, power and speed reaction, and hand reaction time improved dramatically.

After six weeks the chiropractic group had an overall improvement in athletic ability by 10.7%. While the control group only had an improvement of 4.5%.

After the 12-week period the group receiving chiropractic care had improved by 12.7%

It was noted that "The (chiropractic) athlete reacts faster, coordinates better, executes fine movements with improved accuracy and precision, amounting to an overall better athlete".

optimal function...

It is important to recognise that a healthy body and fully functioning nervous system, alone, are not enough to attain your optimum potential.

The way in which you perceive events and situations shapes the base of your foundation that you build upon. Your thought process will support you doing your best in your sport and allow you to reach your full potential in all areas of life.

When considering your performance, in any aspect of your life, a life coach can help you come up with a "game plan" of sorts. They can help you visualise your success, develop a detailed plan for attaining this goal and encourage you along the way so that you can perform at your peak.

In trying to achieve your optimal function a positive attitude and believing in yourself and your abilities is essential!