

This month only!
50% off an initial consultation
and second visit for women.

Complimentary initial
consultation for pregnant
women.

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:

Kara Culmsee
Felicity McAvaney
Lisa Morrison



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 14th 7.45pm - 8.30pm

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North Carlton Victoria 3054

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women

c4w newsletter
may 2007



welcome to a
greater life!

we love our mums...

Given the recent arrivals of babies at c4w we have dedicated our May newsletter to pregnancy and birth.

There is an alarming increase in the rates of caesarean births and medical intervention in the birth process. Women are opting for a natural birth yet increasingly feel that their power of choice is being taken away from them about how to best bring their child into the world.

This month we focus on some of the research around chiropractic care and pregnancy, and some of the techniques employed to assist to bring your baby into the world naturally.

Sunday, May 13th is the day that we celebrate our mums. Being a mum is rewarding, tough, and sometimes thankless. Take the time on Sunday to give your mum a big kiss and say thanks!

Thank you to all who contributed to our April theme by writing on the board and letting us know how they look after their immune system.

Have a wonderful May!

thought for april

Life's not just being alive, but being well.

-Martial, Epigrammata

pregnancy facts...

With 20% of all births in Australia being by caesarean section (CS), we have one of the highest rates among First World countries. This high average rate is of ongoing concern to health practitioners. Many reasons for these high rates have been advanced, including better survival prospects for very preterm infants; the threat of litigation; fewer operative vaginal deliveries; and for breech presentation.

A recent survey in South Australia of women who underwent C.S (caesarean section) by Turnbull et al. showed that, even though they were involved in the decision making process, 20%-50% of women overall were not completely satisfied either with the decision, their input into it, or the amount of information provided to them. Turnbull and colleagues concluded that giving women more information might contribute to a drop in CS rates.

Chiropractic care is a safe, natural and drug-free way to maintain the health and wellbeing of pregnant women. The reported benefits are as follows:

- Maintaining the pregnancy
- Controlling vomiting
- Increased likelihood of full-term delivery
- Reduction in the time of labour and delivery
- Relief of back, neck or joint pain
- Prevent a potential caesarean section or vaginal breech delivery.

Chiropractic care throughout pregnancy removes interference to the mother's nervous system, enhancing baby development and uterine function. It balances her pelvic muscles and ligaments and allows the baby to get into the best possible position for birth. Chiropractic care facilitates an easier and safer birth for both mother and baby.

webster's technique...

The late Larry Webster, D.C., of the International Chiropractic Paediatric Association, developed a technique which enables chiropractors to release stress on the pregnant woman's pelvis and cause relaxation to the uterus and surrounding ligaments. The relaxed uterus would make it easier for a breech baby to turn naturally. The technique is known as the Webster Technique.

The Webster technique involves an analysis of resistance in the musculature of the legs, pelvic subluxation and in-utero constraint. If there is a difference in leg resistance, this indicates a subluxation in the pelvis on the side of increased resistance. The woman is then adjusted specifically to remove the subluxation and relax the uterus, creating more space. The baby can turn in one adjustment, but usually success is seen in ongoing care over a period of 3 weeks. Helen has attended a special seminar and is now certified to perform this technique.

The Webster technique is not only for babies who are breech but will detect any constriction in the pelvis and uterus which may make the birthing experience more difficult. As a Webster's certified practitioner Helen is able to check a woman from a relatively early stage of pregnancy to maintain pelvic stability and allow her body to give the baby the most amount of space needed.

**for more information,
please talk to Helen in
your next visit**