

remember your mum...

May is traditionally the month where we celebrate our mums and women at c4w. In case you didn't know Mother's Day falls on May 10th this year, so don't forget to take the time to appreciate your mum.

Speaking of mums, we would like to welcome back both Daniela and Caitlyn from maternity leave. We would like to thank Koe and Tina for looking after us while Daniela and Caitlyn were away.

Daniela will be returning to the clinic to work Monday evenings and Thursday mornings. Caitlyn will be returning to the clinic every second Saturday morning, beginning May 2nd.

Our newsletter for May is a general overview of women's health, the more common issues that women face today and how supplementation in conjunction with chiropractic care can help you maintain your optimum!

Have a great month!

chiropractic4wellness

thought for may

*When sleeping women wake
mountains move.*

-Anonymous

women's health issues...

In the 1900s, the average life expectancy for a woman was 50 years old; today that life expectancy has increased to almost 80 and for Australian women our life expectancy is now ranked second in the world. This improvement to our longevity has caused a change to the illnesses, injuries and causes of death that face women today.

The top 4 risk factors causing chronic illness, injury and premature death are: Overweight and Obesity; Physical Inactivity; Poor Diet and Stress.

With Women's increasing life expectancy we can expect to live 1/3 of our lives after menopause. Menopausal symptoms include changed periods, hot flushes, depression, sleeping difficulties and shift in weight distribution to the abdomen (which is associated with the development of cardiovascular disease and Type 2 diabetes) can significantly impact on women's lives.

Weight is more than about being able to fit into that size 8 little black dress, being overweight or obese is linked to a number of diseases including polycystic ovary syndrome. In a normal menstrual cycle your hormones fluctuate, but with Polycystic ovary syndrome your body has imbalance of hormones. This imbalance may prevent ovulation, which means the ovaries don't release eggs. Polycystic ovary syndrome is presents in up to 10% of women and 30% of obese women have this condition.

Chiropractic care, a healthy diet, vitamin and mineral supplementation, exercise, and stress management are a few natural approaches which can help women to regain their health and maintain overall well-being!

supplementations for women...

MenstroCare

Metagenics MenstroCare contains herbs that have a long history of use in Traditional Chinese Medicine, which help support the menstrual cycle, maintain a healthy balance of hormones and assist in the relief of PMT and PMS.

FemmeEssentials

This scientifically formulated supplement contains key nutrients important for promoting health and well being in women. It combines the benefits of antioxidants, vitamin and minerals in a supplement that can be used all year round, and may be particularly beneficial in times of stress.

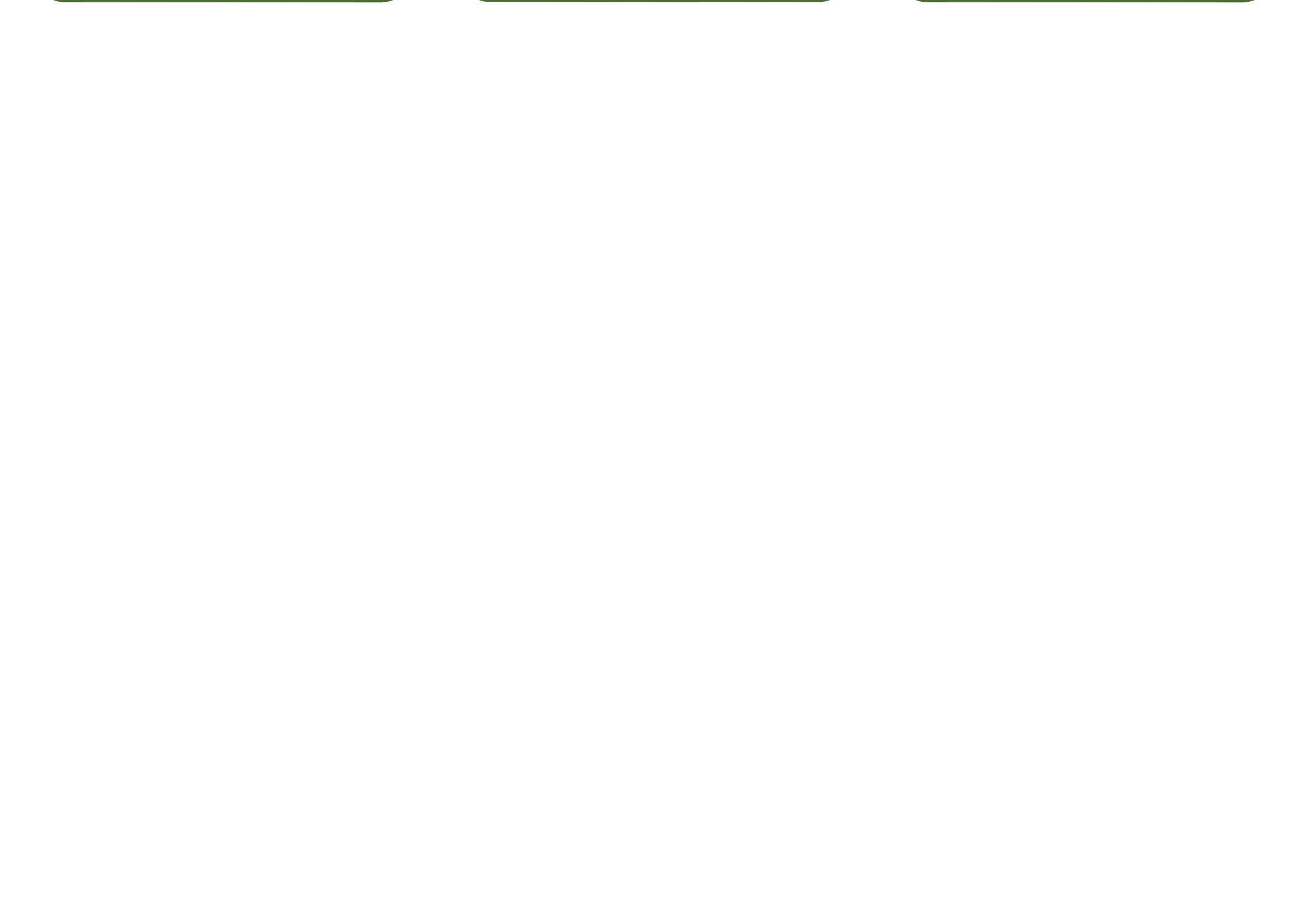
Natal

Nutrmedicine's Natal multi is specially formulated for preconception care, during pregnancy and whilst breast-feeding. It contains folate, iron and calcium along with numerous other key nutrients.

Folate B12

Vitamin B12 and folic acid are essential for DNA replication, deficiency states can affect many tissues. This formula provides a daily dose of 500 mcg of folic acid which, if taken daily for one month before conception and during pregnancy, may reduce the risk of birth defects.

If you would like to know any more information about these products and whether they are appropriate for you, or any other products that we sell here at the clinic, please do not hesitate to talk to one of the Chiropractors next time you are in!



Stress on women...

Women are often the caretakers of others. We care for men and children, friends and family, but don't always care for our own bodies. Because stress itself causes great physical damage, it's important for women to relieve stress in ways that nurture our bodies and souls.

Chiropractic care can also assist with managing stress levels. Many clients report that they are better able to manage their stress with regular chiropractic care.

You can also help your stress levels with exercise and by "sharing the load", whether that's with your partner, a friend or a counsellor.

Finally, make sure you have regular health checks. The absence of symptoms is not an indicator of how healthy you are. There are many things going on internally that you can't feel!

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:
Anne DiStefano
Josephine Lyon
Kris Bidenko



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

For the month of May we are offering 10% off women specific supplementation

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**women's
health**
**c4w newsletter
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**welcome to a
greater life!**

