

## I am woman....

May is traditionally the month where we celebrate our mums and women at c4w. Just in case you have not yet written it into your diary, Mother's Day is on Sunday May 9th this year, so don't forget to take the time to appreciate your mum!

A simple card, phone call or letter to let your mum or a woman close to you know that you appreciate them will not only make them feel great, but make you feel great too!

May is also a great time of year for women to take the time to evaluate their health and see what they could do to improve on how they are feeling.

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

Happy Mother's Day to all Mother's.

Have a great month!

The team at chiropractic4wellness

## thought for may

***"To the world you might be one person, but to one person you might be the world"***

**Anonymous**

## women's health issues...

### cardiovascular disease

Cardiovascular disease (CVD) is the term used for heart, stroke and blood vessel diseases and kills one Australian nearly every ten minutes. There is no 'one' cause for CVD but there are risk factors that increase your chance of developing it. CVD is one of Australia's largest health problems and yet there are many modifiable risk factors in our lives that we can simply change to prevent this disease. When we look at how it affects one in five Australian's and two out of three families, why would we not want to make a positive change to our lives?

### endometriosis

Endometriosis occurs when the tissue that normally lines the uterus is found in sites outside the uterus. The misplaced tissue implants itself onto the surface of the tissue or organ, commonly the fallopian tubes, ovaries or the tissue lining the pelvis; where it has been deposited and begins to grow and function. The causes of endometriosis are not fully understood and there may be many different reasons as to why it affects about ten percent of women. Some women have no signs or symptoms, while others have many with the most common symptom being pain. Endometriosis can interfere with fertility and activities of daily living so it is important to speak with your health care provider if you think you may present with symptoms.

### Depression

Depression is not just a state of mind. It is related to physical changes and a chemical imbalance in the brain that carries signals from your brain and nerves. These chemicals are called neurotransmitters. All psychological problems have some physical manifestations and all physical illnesses have psychological components as well. There are varied factors that are unique to a woman's life and are suspected to contribute to depression; developmental, reproductive, hormonal, genetic and other biological factors. Please talk with your chiropractor as to what care is best for you in managing depression.

## chiropractic4women...

Women are living a much more healthier life from regular chiropractic care.

Women are often the caretakers of others. We care for our partners, our children, our own mothers and we often forget to take care of ourselves!

Women's lives are becoming more stressful with the pressure of raising a family and working too whilst still trying to find time for recreation and socialising. Finding a little time on a regular basis for a chiropractic check can assist with stress levels and remove any subluxations that may be interfering with the function of your nervous system.

Remember, the absence of symptoms is not an indicator of how healthy you are!

## best wishes.....

We would like to take this opportunity to thank a special mum who has been with c4w for many years.

As most of you would know, Dr Daniela Mollica has moved on from c4w to take some time to spend with her family.

Daniela has a beautiful two year old son and one on the way!

We wish Daniela all the best for her future and many happy moments and memories of being a mother.

Thank you Daniela, you will be missed!

## special offers.....

### For the month of May only...

**50% off an initial  
chiropractic 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:

**Lara Barwisch**

**Emma Bastock**

**Natasha Amendola**

## events...

### Creating Wellness Workshop

Have you attended?  
Do you understand Chiropractic?  
What else could you be doing to  
support your care?

Our next workshop is on

**Monday 17th May 2010**

Make a booking at reception!

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