

where do I get it?

To find out more about farmers' markets:

- www.slowfood.com

The Organic Federation of Australia website is at:

- www.ofa.org.au

For supermarket-style organic shopping:

- www.macrowholefoods.com

For organic produce delivery:

- www.gardenorganics.com.au
- www.thegreenline.com.au

Other stores:

- Organic Wholefoods
483 Lygon St
Brunswick East.
- The Greenstore
385 Brunswick St
Fitzroy

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:

Annie Emery
Alana Smith
Greg McConville



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday 19th November 2007

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new and improved!

November is bringing with it some exciting changes to chiropractic4wellness. We are very excited to welcome Dr Daniela Mollica and her team from the Chiropractic Kitchen to chiropractic4wellness. You will see some new faces around the office. Miriam and Lucy, Daniela's assistants and Heidi George our new resident massage therapist.

Our office hours have changed to 2pm - 7.30pm on Monday's, Tuesday to Friday from 7.30am - 7.30pm and 7.30am - 10.30 am Saturday. If you have any questions, please don't hesitate to call the office.

This month our newsletter focuses on nutrition and a healthy diet, with particular emphasis on the Slow Food movement. Dr Daniela is involved with the Melbourne conviva and has passed on some information for you.

A healthy diet doesn't have to be boring! There is more to life than lettuce leaves and carrots. Healthy eating is about diversity, quality produce and balance. The "everything in moderation" rule applies. You can eat chocolate, just make sure it's good quality!

Have a great month.

thought for november

"Let food be thy medicine and thy medicine be food"

- Hippocrates

slow food..

"Elevating the quality of our food and taking time to enjoy it is a simple way to infuse our daily lives with joy. This is the philosophy of Slow Food."

Slow Food is an international non-profit organization that was founded in Italy over twenty years ago in 1986. The local expression of the Slow Food philosophy is the 'convivia' or local chapter and there is one here in Melbourne. Joining a local group (which also confers membership to a wider international community) means linking up with like-minded people who share the common values of:

- building relationships with food producers
- campaigning to protect traditional foods and their place in culture
- championing the use of local and seasonal
- taste education for both adults and especially in schools
- a conscience in relation to what we eat

Slow Food is **good, clean** and **fair** food. We believe that the food we eat should taste good; that it should be produced in a clean way that does not harm the environment, animal welfare or our health; and that food producers should receive fair compensation for their work. The multitude of international and local projects which demonstrate these tenets include an "ark of taste" to catalogue forgotten flavours and document excellent gastronomic products and techniques that are in need of protections, strategies to assist groups of artisan producers, school gardens, awards for the defence of biodiversity, farmers' markets and festivals celebrating local and seasonal products.

The Melbourne convivia operates the monthly farmers' market at the Abbotsford Convent (every 4th Sat of the Month) and Dr. Daniela Mollica (c4w new senior chiropractor and co-founder of SF Melbourne) invites all clients to come along and chat to the 'eco-gastronomes' about what Slow Food is about. The next market day is Sat 24th November. (St. Heliers St, Abbotsford)

food as medicine...

Hippocrates said "Let food be thy medicine and thy medicine be food".

It is important to understand that what we put into our bodies in the way of food really does affect our health. A good healthy diet is not just about decreasing fats and sugar and increasing vegetables and fruit. The quality of the food we eat is vitally important as the nutrient content in food deteriorates the older the food is. Additives and processing techniques also destroy nutrients. Cattle and poultry that has been fed hormones and antibiotics still contain traces of these substances in their meat.

Research published in 2001 showed that conventionally grown fruit and vegetables in the USA have about half the vitamin content of their counterparts in 1963. This study was based on comparing published US Department of Agriculture figures. A scientific study published in the Journal of Applied Nutrition in 1993 clearly showed that organic food is more nutritious than conventional food. Organically and conventionally grown apples, potatoes, pears, wheat, and sweet corn were purchased in the western suburbs of Chicago, over two years, and analysed for mineral content. The organically grown food averaged 63% higher in calcium, 73% higher in iron, 118% higher in magnesium, 178% higher in molybdenum, 91% higher in phosphorus, 125% higher in potassium and 60% higher in zinc. The organic food averaged 29% lower in mercury than the conventionally raised food.

European scientists have found that mothers who consumed mostly organic meat and milk have around 50 percent higher levels of ruminic acid in their breast milk. This acid protects against cancer and inflammatory diseases such as arthritis, heart disease and asthma.

The study, published this year in the British Journal of Nutrition, offers incontrovertible proof that there are significant health benefits in consuming organic food, especially for nursing mothers and their children.