

The Three Enemies

The Men's Movement begins with acknowledging the pain and grief that men feel, because this has been skimmed over for so long by men themselves. But it also moves beyond the grief towards many possible solutions. Women had to overcome **oppression**, but men's difficulties are with **isolation**. the enemies, the prisons from which men must escape, are:

Loneliness

Compulsive competition, and Lifelong emotional timidity.

Women's enemies were largely in the world around them. Men's enemies are often on the inside - the walls we put up around our own hearts. The inner changes will have to come first before we can heal the world. Coming out from behind these walls (slowly, carefully) will mean that men can change and grow - to our own benefit and to the great benefit of women and children. Men's violence and greed will transform as men become happier and healthier in their own spirits.

- from *Manhood* by Steve Biddulph

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:

Mario Simeone
John Bailey
Heath Bashford



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday 13th August, 2007

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Men's Health

c4w newsletter
September 2007



who's yer daddy!

Welcome to Spring and all the wonderful things it brings - blossoms, longer days, a hint of summer around the corner...

Hopefully you have all started an exercise regime and are well on the way to being trim, taut and terrific in the summer months. Thanks to everyone who participated in the "Exercise in August" workshop with Sarah Harrison, and a special thanks to Sarah too!

Apart from Spring, September is the time of the year that we celebrate our dad's. September at c4w traditionally is the time that we focus on Men's Health.

This month we are giving away a \$50.00 wine voucher from Rathdowne Cellars to a lucky guy. Every time you come in to be adjusted you will be entered into the draw.

Our theme for this month's newsletter is about dealing with stress as a man. We have a great list of men's referral services for anyone you may think could benefit. Statistics show that men are not as pro-active about their health as women. Please encourage your dad, partner, son or brother to look after himself, seek advice and get checked by a chiropractor!

Happy Father's Day and have a fantastic September!

chiropractic4wellness

thought for September

A man of honour should never forget what he is because he sees what others are.
Beltasar Grace

what stresses men

Men are not always good at recognising stress in themselves. As one person's ability to cope with stress is different from another, a man may compare himself to others and take his signs of stress as weakness in personality. Men are 4 times less likely than women to share their problems with others, which can further compound their stress and increase feelings of isolation.

Common causes of stress in men today stem from trying to juggle home and work, particularly when there are children to consider. The common perception amongst men today is that, as the provider for the family they have to come up with the solutions and just get on with it.

Our resident counselor, David Cronin takes workshops in stress management with men in the building industry. He has found that, more often than not, the majority of men do not take time out for themselves, or engage in activities outside of work and family.

How to manage stress.

First of all we need to recognise the signs of stress as there are many:

Headache, neck and shoulder pain, irritability, frustration, anxiety, constipation or diarrhoea, depression, emotional, dizziness, indigestion, inability to cope, explosions of anger or moodiness, lump in the throat, clenching teeth, tight jaw, grinding teeth at night, insomnia, increased internal dialogue, sugar and bread cravings to name a few.

Talk about it

It is important to recognise the cause of stress and get help with dealing with it. Help can come in the form of talking to a friend or partner. Healthy relationships with others is vitally important. Research has shown that people who are lonely have a shorter life span than those with friends and family. Counselors are also fantastic in helping deal with stress, particularly in situations when talking to friends and family may not be comfortable.

Look after your Health

When under a lot of stress bodies produce immuno-suppressants. Health is greatly compromised more nutrients are used up to cope with the burden. Vitamin B, Vitamin C, Essential Fatty Acids, Potassium, and Magnesium are all used in larger quantities in the body in times of stress, causing us to feel irritable, achy, emotional and tired. The body will often crave stimulants, such as coffee and sugar to "keep going". It is important to monitor the intake of coffee - more than 2 cups per day can be toxic to the liver. Alcohol intake needs to be reduced, not only from a health perspective, but from its impact on the emotional state and the ability to cope.

Chiropractic is excellent during times of stress. Research, as well as anecdotal evidence shows that people rate a reduction in stress as one of the benefits of their chiropractic care. Chiropractic adjustments act on the nervous system, helping it to adapt to physical, chemical and emotional stressors better.

Get some exercise

Whether we join a gym or go for a walk or a jog, exercise releases endorphins into the blood stream, making us feel good. Exercise burns off excess adrenalin and can help decrease the internal dialogue too! Yoga is extremely beneficial in reducing stress, by slowing down the body and the mind.

Lifestyle change

Stress is a pointer that something needs to change in our lives. Changes can be minor - such as, attitude towards what we do or how we feel, to major - such as, ending a relationship, leaving a job, or moving interstate for example. All changes require support of some kind. Get advice, talk to friends and share the responsibility.