



Asquith Family Chiropractors

For Lifetime Family Wellness

NEWSLETTER

> February 2010

Practice News

January seemed to pass us by, so welcome to the February issue of our newsletter.

We hope you had a great holiday period and are settling back into routine again. It is a busy time with back to school, children starting school, high school and getting ready for university.

A few dates for your diaries:

- Tuesday afternoons recommence on Tuesday, 2nd February 3.00- 5.30pm.

Saturday mornings:

- 13th February • 13th March • 10th April

Frances will be out of the country from February 27th until March 16th so please take stock of your herbs and supplements and place an order as soon as possible so you will have stock while she is away.

Remember to drink plenty of water during this very hot and humid weather. You will be surprised at how much better you feel.

With the start of the new school year, immunisation is a topic that comes up. Due to the fact that there have been some adverse reactions to some of the vaccines and in order to have further research carried out, we have been issued with an Adverse Reaction Form to be filled out in these circumstances. So, if your children, your partner or yourself have any sort of reaction to any immunisations, please help us help others by filling out this form which is available on request.

A FEW THOUGHTS ON IMMUNISATIONS:

There appears to be 4 groups for immunisation nowadays:

1. children
2. adults
3. people travelling overseas
4. people in the health industry

As a parent, it is wise to question and gather information about the effectiveness and safety of vaccines prior to making a decision for your child. Remember no-one else loves your child as much as you do.

It is important to remember vaccination is not compulsory in Australia and therefore vaccine choice should be made through full information rather than by fear, coercion or trend.

As a result no child can be denied schooling or pre-schooling, and until immunisation becomes compulsory, no compensation can be given for any reaction – unlike in the US where class actions have been won against pharmaceutical companies.

Immunisation does not give 100% immunity to the disease, so a booster shot at a later stage will be needed.

Live virus vaccines such as polio, measles, mumps, rubella and chicken pox are carried in the body for up to 90 days and can be transferred to other children or pregnant mothers. So remember stay at home during this stage.

Vaccination is a multi-billion dollar business. Pharmaceutical companies have interest in medical education, research and they enjoy support from the government, media and other organisations. This being the case doctors and politicians need to be aware of ineffectiveness and adverse effects.

Vaccines contain mercury, a known neurotoxin (brain poison) – there is now mercury free and mercury reduced vaccines so please ask for these. They will not be given until the old stocks are used up.

Some vaccines contain genetically engineered yeast, animal, bacterial and viral DNA. The long term effects have never been studied.

Some vaccines contain antibiotics such as neomycin to fight infection. These ingredients can lead to hypersensitivity to antibiotics when needed.

The rubella portion of the MMR vaccine, chicken pox, small pox, hepatitis A and polio is cultered on the cell-line of an aborted foetus.

In July 2005 for the first time ever the Vatican issued a statement condemning the use of any and all vaccines derived from human foetal remains.



Over the last five years there has been the development of many vaccines for Adults such as anthrax, avian flu, swine flu, mad cow, cervical cancer and the yearly flu. I wonder what we will have next year!

I can't remember a patient tell me they didn't get the flu after their flu vaccination, and on many occasions these adults were 'up sold' a vaccination by the Doctor when they were consulting them for another issue.

We are all born with the makings of a fully capable immune system. It only requires support, not interference, and that support is:

1. Clean water and good nutrition
– sufficient fresh fruit and vegetables.
2. Rest, sleep and exercise.
3. Fresh air and sunshine.
4. Chiropractic adjustments – help to improve our nervous system and therefore our immune system.
5. Reduce stress.

So whatever choice you decide to make please think about it carefully as you need to do what is right by you and your family and don't ever feel like you are being judged for your decision – and please do not judge others!

The following is part of an e-mail which some of you may have already received but we thought it was worth sharing!

HANDBOOK 2010

Health

- Drink plenty of water.
- Eat breakfast like a king, lunch like a prince and dinner like a pauper.
- Eat more foods that grow on trees and plants and eat less food that is manufactured in plants....
- Live with the 3 E's – Energy, Enthusiasm and Empathy.
- Play more games.
- Read more books than you did in 2009.
- Sit in silence for at least 10 minutes each day.
- Sleep for seven hours.
- Take a 10-30 minute walk daily and while you walk.....SMILE!

Personality

- Don't compare your life with others. You have no idea what their journey is all about.
- Don't have negative thoughts about things you cannot control. Instead invest your energy in the positive moments.
- Don't take yourself so seriously. No one else does.
- Dream more while you are awake.
- Envy is a waste of time. You already have all you need.
- Forget issues of the past. Don't remind your partner of his/her mistakes of the past. That will ruin your present happiness.
- Life is too short to include hate. Don't hate anyone.
- Make peace with your past so it can't spoil the present.
- No one is in charge of your happiness except you.
- Remember life is like a school – you are here to learn. Problems are simply part of the curriculum that fade away like algebra class but the lessons you learn last a lifetime.
- Smile and laugh more often.
- You don't need to win every argument – agree to disagree...

Society

- Stay in touch with your family.
- Spend time with people over the age of 70 and under the age of 6.
- Remember, what other people think of you is none of your business!
- Your job won't take care of you in your time of need. Your friends and family will, so stay in touch.
- Try to make other people smile each day – a smile is very catching.

Life

- Remember however bad a situation may be, it will change.
- Your inner most is always happy. So be happy.
- Be thankful for each day.
- No matter how you feel, get up, dress up and show up.
- Remember, the best is yet to come!

PRACTICE HOURS

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
8.00am - 12noon 3.00pm - 6.30pm	3.00pm - 5.45pm	8.00am - 12noon 3.00pm - 7.00pm	7.30am - 12noon 3.00pm - 6.30pm	8.00am - 12noon (Once per month)



Everyone needs to know this....*butter is always better...*

PASS THE BUTTER, PLEASE

Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back. It was a white substance with no food appeal so they added the yellow coloring and sold it to people to use in place of butter.

How do you like it? They have come out with some clever new flavourings.

DO YOU KNOW the difference between margarine and butter?

Read on to the end...gets very interesting!

- Both have the same amount of calories.
- Butter is slightly higher in saturated fats at 8 grams compared to 5 grams.
- Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study.
- Eating butter increases the absorption of many other nutrients in other foods.
- Butter has many nutritional benefits where margarine has a few only because they are added!
- Butter tastes much better than margarine and it can enhance the flavours of other foods.
- Butter has been around for centuries where margarine has been around for less than 100 years
- Butter contains a substance that helps to keep the good flora in your gut healthy & there are many other health benefits

And now, for Margarine.....

- Very high in Trans fatty acids which are linked to many diseases
- Triple risk of coronary heart disease
- Increases total cholesterol and LDL (*this is the bad cholesterol*) and lowers HDL cholesterol, (*the good cholesterol*)
- Increases the risk of cancers up to five fold.
- Lowers quality of breast milk.
- Decreases immune response.
- Decreases insulin response.

And here's the most disturbing fact.... Margarine is but ONE MOLECULE away from being PLASTIC!!

This fact alone was enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

You can try this yourself:

Purchase a tub of margarine and leave it in your garage or shaded area. Within a couple of days you will note a couple of things:

- no flies, not even those pesky fruit flies will go near it (*that should tell you something*)
- it does not rot or smell differently because it has no nutritional value; nothing will grow on it. Even those teeny microorganisms will not find a home to grow.

Why? Because it is nearly plastic.

Would you melt your Tupperware and spread that on your toast?

Pass the BUTTER PLEASE

**NEED A NATUROPATH?
NEED A MASSAGE?**

Call Frances on 0413 397 521

NEED ORTHOTICS?

Speak to Mark about our custom made flexible orthotics.

Empty your pockets before consultation as this will aid your adjustments. Use the silver bowls on the front counter

Drink a glass of water after your adjustments to flush away toxins.

Ladies, after your adjustment, hold your handbag in your hand. Give your shoulder a rest!

Walk for 5 minutes after your adjustments to help them settle down.