



Asquith Family Chiropractors

For Lifetime Family Wellness

NEWSLETTER

> March 2010

Practice News

Dates for your diaries:

Saturdays we are open for the next few months are:

- March 13th, 2010
- April 10th, 2010
- May 8th, 2010

Please note that we will not be open on the following Tuesday afternoons:

- March 23, 2010 • March 30, 2010
- April 6, 2010 • April 13, 2010

Remember that Frances will be out of the country until 16th March.

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We have come across the following articles in some of the magazines we have in the practice and thought you may find them of interest.

Sitting is Believing

Sitting up straight in your chair isn't just good posture; it also gives you more confidence in your own thoughts, according to a new study. Researchers found that people who were told to sit up straight were more likely, in that posture, to believe thoughts they wrote down concerning whether they were qualified for a job. On the other hand those who were slumped over their desks were less likely to accept these written-down feelings about their own qualification. The results show that your body posture can affect not only what others think about you but also how you think about yourself. It is another example of how body and mind are in a continuous loop and how your mind often takes its cues from what is going on in your body. So sit up straight and be careful what you think, because you will believe it!"

FROM '*Well Being*' SOURCE - European Journal of Social Psychology

Toxic Cleaning Products

OLIVIA RICHARDSON

Some key thoughts "Research by the US Environmental Protection Agency revealed that more than 150 chemicals commonly used in our homes are associated with allergies, cancer, psychological disorders and birth defects, while Kidsafe NSW says common household cleaners are causing 95% of childhood poisoning incidents. Think also of the eco impact!

Many cleaning products contain non-renewable-petroleum ingredients which have been linked to many health problems.

Just think – if every household in Australia replaced one 800ml bottle of petroleum based cleaner with a plant-based one, it would save enough barrels of oil to heat around 500 homes!

Toxicologist Dr Peter Dingle has spent more than 20 years studying the effects of chemicals and says that we have become obsessed with filling germs and every kind of bacteria under the sun, despite the fact that each

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Toxic Cleaning Products *(cont'd)*

surface houses billions of bacteria, 99 percent of which are actually beneficial!

Dr Dingle goes on to talk about the ads we see on TV for surface sprays and says “You can spray this on a surface and wipe it over and it will get rid of the bacteria”. This is all hype because the bacteria will be back on that surface within seconds! What’s more, because you’ve actually upset the balance, you are probably going to end up with more toxic bacteria. So people think they are doing the right thing by hygiene but they are really doing the complete opposite. “Whether an antibacterial solution has been used or not, if the surface is left moist, bacteria will begin to reproduce there within 30 minutes or so. All you really need to do is to keep your bench tops clean and dry.”

Dr Dingle has found the best alternative to these harmful cleaning products are microfibre products. These come in the form of dusters, mops cloths and the like. They clean almost anything (even the BBQ).

The best thing about these cloths is that you only need water!

Microfibres are finer than human hair and bring more water in contact with whatever is being cleaned. They loosen dirt and trap it in the fibres and but are environmentally friendly and reusable. The denser the cloth the more fibres there are to trap dirt.

Dr Dingle conducted a five year study on microfibre products and found they reduced dust in the house and picked up 99.999 per cent of the bacteria on the surface. He also found that conventional antibacterial; clothes (sponges and dishcloths with “antibacterial ingredients”) actually had more bacterial growth after six hours and microfibre ones.

In general, Dr Dingle recommends cleaning areas of concern with hot water above 70 degrees (hot tap water

is usually hotter than this), as most harmful bacteria found in homes grows in temperatures of 15-50 degrees centigrade.

Following are some interesting facts about water...

- The general rule is to drink 6 – 8 glasses of water per day. But you can calculate your daily needs by multiplying your weight by 0.3.
- Exercise has a great effect on you fluid levels. For every 100g of weight you sweat and pant off, you need to replace it with 100ml of water.
- Drinking water before exercise thins your blood so it can pump the oxygen and nutrients to your vital organs without making you heart pound which it turn makes exercise more pleasant
- Did you know that dehydration has an effect on your body in many ways. Being dehydrated can cause headaches, muscle cramps, can make you feel nauseous, tired and irritable.
- Low energy levels are a side effect of dehydration as the body slows down to compensate for the lack of vital fuel.
- Interestingly, one reason many of us over eat is because thirst signals are confused with hunger. If you gain much of your fluid intake via foods – especially dry-ish fuel such as cheese, chocolate or potato crisps – this primes your body to send out a message for more of these when in fact it is craving fluid. You can change this response by eating more fluid rich foods such as fruit and vegetables or by simply drinking more water. So by increasing your water intake and the volume of fluid rich foods in your diet you are taking a big step to better weight control and weight loss.

Please see the Notice Board for more interesting information on water.

PRACTICE HOURS

MONDAY

8.00am - 12noon
3.00pm - 6.30pm

TUESDAY

3.00pm - 5.45pm

WEDNESDAY

8.00am - 12noon
3.00pm - 7.00pm

FRIDAY

7.30am - 12noon
3.00pm - 6.30pm

SATURDAY

8.00am - 12noon
(Once per month)