



Asquith Family Chiropractors

For Lifetime Family Wellness

NEWSLETTER

> May 2010

Practice News

Welcome to the May newsletter. Daylight saving has finished, school is back and the days are getting cooler and there are no long week-ends this month!

DATES FOR YOUR DIARIES:

Saturdays we are open for the next few months are:

- Saturday May 8th, 2010
- Saturday June 5th, 2010
- Saturday July 3rd, 2010

Towards the end of this month we celebrate **Chiropractic Care Week**. The theme this year is all about posture and how important it is to our well being.

There are many times during the course of the day that our posture is not good but by being aware of situations that cause our posture to be poor we can do a lot to help ourselves.

Hunching at a computer, curling up on the lounge, carrying heavy handbags on one shoulder, wedging the telephone between our neck and shoulder when multi-tasking are all things that we are guilty of but things that are really bad for our posture.

Some facts about poor posture

- 90% of people have poor posture.
- When posture is bad, pressure on your spine is increased.
- Postural imbalance can also affect your internal organs, reducing their efficiency and proper function.
- Poor posture can lead to respiratory issues, chest tightness, high blood pressure or poor digestion.
- Fatigue is one of the most common symptoms of poor posture.
- Poor posture takes energy to hold the body in an awkward position and in turn this alters breathing capacity which can be diminished by up to 30%.

Good posture is the correct alignment of body parts supported by the right amount of muscle tension against gravity.

Facts about good posture

- Good posture keeps muscles, ligaments, bones and internal organs in their natural position.
- Good posture permits you to breathe better and as a result reduces fatigue and minimises other side-effects associated with bad posture.
- Good posture can help reduce wear and tear of joints as it keeps muscles, ligaments bones and internal organs in their natural position.

By being aware of your posture and working to improve it, will in turn, improve your health and as an added bonus will improve your self confidence. In fact in a study done recently it was revealed that people adopting good posture not only display greater confidence but have a stronger belief in their own abilities.

So which posture are you? Please take a look at the posters in the practice and once you have ascertained which posture you are make an effort to be aware of your posture and correct bad habits.

There are posture cards available at reception together with some simple tests to help you be more aware of your posture and that of your family.

As a part of Chiropractic Care week we are offering movie tickets for those who refer a person to the practice.

The Chiropractors Association is also running a colouring in competition for the children. These can either be posted direct to the Association or handed in at the practice by 21st June so that we can post them in before the closing date on June 30.

Have a good month and become more aware of your posture!



CHECK OUT YOUR POSTURE

During National Chiropractic Care Week • May 24 - 30

This year's National Chiropractic Care Week theme asks: Which posture are you? and chiropractor Mark Dalton at Asquith Family Chiropractors will be using the month of May to help patients, old and new, review their posture and identify the posture profile that most matches theirs.

Are you a multi-tasking mum, office worker, active retiree or even an active kid?

Each of these common lifestyles brings with them a range of potentially punishing postures, such as slouching, hunching or twisting, which can take their toll on your spine.

In fact, up to 90 per cent of people have poor posture, which puts extra pressure on the spine and can lead to tension, soreness, headaches, back pain and fatigue.

The good news is that many postural issues can be corrected and sometimes even reversed.

Use National Chiropractic Care Week (May 24 to 30) as a prompt to get in tune with your body and make an appointment with Asquith Family Chiropractors for a posture assessment, advice and exercises to help you make the most of your posture.

DURING THE MONTH OF MAY WE WILL BE HOLDING FREE POSTURE ASSESSMENTS.

To book your National Chiropractic Care Week consultation, call 9477 1905 now.

You can also visit the Chiropractors' Association of Australia's new website: www.whatsyourposture.com.au for the low down on common postural problems, including self assessment tools and information on how chiropractic care works to help people maintain a health spine for a healthier life.

Clean Up Your Diet

Unfortunately food today is not always what it should be & is often tainted with chemicals that are damaging people's health. Some people are much more sensitive to these chemicals than others, however these additives & ingredients are TOXIC to everyone. For children with ADHD, ADD, Autism & other health issues, eliminating toxic compounds from the diet is essential & can have a significant impact on symptoms.

Some of the most important chemicals to eliminate are described below. If you would like anymore information please just ask me next time you are in the clinic.

TRANS FATS

Fat is not a dirty word; however the type of fat you consume is important. There are fats that heal & fats that kill. You need to eliminate all trans fatty acids & all hydrogenated fats from your diet. These fats do not occur in nature. They are created in a laboratory using high heat & heavy metals to turn vegetable oils that are liquid at room temperature into solids. This process changes the chemical structure of the oil. Chemically they more closely resemble plastic than they do food; therefore they are not broken down & processed well by

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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)



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the body. Trans fats include: hydrogenated oil, partially hydrogenated oil, all margarines, deep fried foods, some commercial peanut butter, processed cakes & biscuits, some commercial mayonnaise.

PESTICIDES

Pesticides are designed to kill. While they kill small organisms quickly, they slowly kill larger organisms such as humans. These substances kill cells, disrupt cellular function, add toxic load to the body etc. Single pesticides are tested for their effects in short trials on grown adult males, not children. They are not tested for long term safety or the cumulative effect of multiple pesticides. The solution is to eat Organic foods. If you would like to read more on the damaging effects of pesticides I suggest you get Eve Hilary's remarkable story "Children of a Toxic Harvest."

MSG

MSG is used in foods because it creates a chemical message to the brain that the food tastes good. It is often used to cover up inferior food quality. MSG is TOXIC to the nervous system. It is known to cause headaches, migraines, hyperactivity, excess acid & heartburn, diarrhea, nausea, bloating, depression, respiratory problems & more. MSG contains glutamate. Consumption of MSG leads to excess levels of glutamate that cannot be processed & therefore cause inflammation & neuron death. It also inhibits the conversion of glutamate to GABA creating an inability to calm oneself or process speech properly.

ARTIFICIAL SWEETENERS

NutraSweet, Equal, Aspartame, Sweet 'n Low, Saccharine, Sucralose, Splenda are all chemical sweeteners that are found in over 9000 products including chewing gum, frozen deserts & any sweet 'diet' or 'Lite' product. They are all TOXIC, especially to the nervous system. Artificial sweeteners cause further sugar cravings, deplete nutrients from the body including chromium which helps metabolise sugars &

many cause cancer in laboratory animals. Aspartate found in Aspartame (NutraSweet) is particularly toxic to the nervous system. Aspartame is classed as an excitotoxin. It allows too much calcium into brain cells, killing neurons. Aspartame users can suffer from a range of symptoms ranging from headaches, numbness & seizures to joint pain & chronic fatigue syndrome, multiple sclerosis & epilepsy. Interestingly both the American Air Force's magazine 'Flying Safety' & 'Navy Physiology', the Navy's publication, warn pilots that they are more susceptible to seizures after consuming aspartame. 600 pilots have reported acute reactions to aspartame including grand mal seizures in the cockpit.

ARTIFICIAL COLOURS, FLAVOURS & ADDITIVES

Artificial colours & flavours are primarily used in the food industry to cover up for inferior food quality & taste. They are useless, toxic to everyone in various degrees, add burden to the liver & are best eliminated from everyone's kitchen cupboards. Synthetic food colourings & preservatives are in most cases made from petroleum products, e.g. preservatives BHA, BHT & TBHQ are derived from petroleum. Some people especially children are extremely sensitive to these substances. This is often because artificial ingredients require that the sulfation pathway & PST in the liver are working efficiently. When this is not the case, these substances are unable to be metabolized & they become toxic to the nervous system. Many children with learning & behavioural disorders have impaired detoxification systems & are extremely sensitive to artificial ingredients. In addition many artificial colours & flavours deplete various nutrients from the body. For example yellow food colourings deplete zinc levels. Zinc is an extremely important mineral involved in a great many biochemical processes in the body.

To identify what ingredients are artificial & which are safe, I suggest you buy a book called "The Chemical Maze" available in many book stores or from Frances at the clinic.

**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.