



# Asquith Family Chiropractors

*For Lifetime Family Wellness*

## NEWSLETTER

> October 2009

### Practice News

*October already, school holidays again and daylight saving is starting!*

**Saturdays we are open are:**

- Saturday 24th October 2009
- Saturday 21st November 2009
- Saturday 21st December 2009

The HSC is also looming and Year 12 coming to an end. We wish all those involved all the very best. Remember to keep good study habits and particularly concentrate on your posture. Don't sit for too long – get up and have a walk around. Also remember to do your neck exercises – they can work wonders when you are at a desk for a long period.

## A few facts about NECK PAIN

Neck problems may give rise to a variety of other symptoms in the arms, head, jaw and chest. Chiropractors are trained to determine the cause, assist in the management and advise on prevention.

Your neck (cervical spine) is made up of seven bones, called vertebrae, separated by joints allowing movement. Muscles move the neck whilst ligaments provide stability. Being highly mobile, the neck is very susceptible to injury.

The healthy neck is free from pain, strong, with complete movement in all directions. A forward curve is normal, allowing shock absorption. This curve maybe lost with neck trauma, upsetting the normal posture balance of the area, often leading to pain and abnormal function of the neck, arms, head, chest and jaw.

Joints, nerves, muscles, tendons and ligaments of the neck maybe damaged as a result of neck trauma from a car accident or sporting injury. Years of stress from poor posture, incorrect work habits or faulty body mechanics contribute to neck injury.

Neck injury may lead to nerve irritation, muscle, tendon, ligament and joint damage. Loss of mobility is a major cause of nerve irritation (i.e. subluxation) and loss of joint nutrition. If left untreated this may give rise to premature degeneration (osteoarthritis). Irritation of the

nerves passing from the neck may give rise to headache, neck and shoulder pain, numbness or pins and needles of the arm chest or face, jaw pain and dysfunction, sinus, eye, ear throat and respiratory problems or loss of balance.

### *What your neck SHOULD NOT do:*

Many neck problems are caused by bad habits but people often don't know that what they are doing is causing the problem

### **DON'T:**

- Cradle a telephone hand set between your head and shoulder – your neck is not designed to do this job!
- Prop up you head with pillows to read in bed. Bending your neck at an angle encourages degenerative changes in your neck and vertebrae. It is better to sit up straight with a pillow under your knees to relieve pressure on the lower back.
- Don't curl up on the lounge to watch television – remember to sit correctly!
- Take time to do your neck stretches – they really help relieve the pressure.



## BRAIN DISEASE OR BRILLIANCE?

### We are in the midst of an epidemic.

10 to 15% of our children have this 'condition' and it's doubling every 3-4 years. The label, once given, signals the end of normal childhood. From then on they are considered 'diseased' for their lifetime.

I guess that we must consider ourselves lucky that we have a drug to treat this 'disease'!

Such a serious 'disease' which demands such a huge outlay of funds from the public purse must obviously have a lot of research behind it and be very specifically diagnosable and measurable.

Despite regular announcements that it's "biological roots" have been discovered, no proof exists of a definite abnormality. It remains an illusion of a 'disease' - a powerful, dangerous illusion.

Here are some of the 'diagnosis checklist' items that a child must display: *inattentive, careless, disorganised, forgetful, distracted, daydreamy, drowsy, inconsiderate, a climber, fidgety, talkative, unable to be quiet, or impatient.*

Please show me one 9 year old boy who is not, at some time exhibiting many or most of the above!

What results then is protocol inadequacies combined with practitioner, parental and school official frustration with a child's behaviour. In many jurisdictions a note from the grade 3 teacher is enough to seal a child's fate.

The label is attached and the 'treatment' begins. This leads to the extensive administration of a wide array of psychotropic drugs we see in our society today. The child takes these powerful drugs and their life will never be the same.

So, where did this 'disease' come from? Well, it was 'invented'. Yes, that's correct. It was invented in 1980 in committee, by the American Psychiatric Association? 'ADD and ADHD' are considered to be "brain diseases", chemical imbalance of the brain. Not that the chemical pathways have ever been identified or explained.

The challenge for the doctor, therefore is to "balance" the "chemical imbalance" of the brain, and, as luck would have it, the pharmaceutical giant, Ciba-Geigy has just the thing - Ritalin and other amphetamines!

Now the real kicker! This subjective checklist that is being used as the criteria for diagnosis is very similar in content to the checklists used to determine Gifted and Talented Children!

These two checklists are almost identical! How could this be? How can a behavioural checklist or any paper-pencil test prove the presence of a brain disease or brilliance?

The answer is that none can. So, is that child with the ADHD label brain diseased or brilliant? Maybe it's the parent, teacher or doctor who are in need of help!

### 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)



## Chemical Free Skincare

Skin health begins on the inside with a diet of fresh unprocessed whole foods backed up with nutritional supplementation that contains plenty of antioxidants & minerals, adequate consumption of pure water, regular exercise, restful sleep & clean fresh air. Skin care products should ideally be natural & chemical free; they will protect you from the harsh environmental stresses whilst they nurture & support what is happening on the inside. Skin is a living, breathing organ. When we put something onto our skin, it's the same as putting it into our mouths & swallowing it, which can be quite alarming when we discover the high chemical content of most skin care products. It has been estimated that the average woman absorbs 2.2kg of chemicals through her skin every year just from daily use of cosmetic items.

Environmental toxicity is a very big issue in many health problems. To maintain health you need to minimize your exposure to toxins, including those in many skin care products. I have selected a couple of articles from Informed Choice on this issue "The Cost of Chemical Beauty"; "Cosmetic Safety" & "Organic Cosmetics". These articles are available for you to read or copy if you would like to know more on this issue.

### WILD NATURE SKIN CARE

In my personal search for chemical free skin care I have tried many products & the products I choose for myself & recommend to others are the Wild Nature Skin Care Range which, due to popular demand I now sell through the clinic. This is a truly pure, beautiful skin care range based on Aloe Vera. This range is suitable for all skin types including sensitive or agitated skin conditions like eczema, psoriasis & dermatitis.

Selected testers, brochures & price lists are located in the Naturopath consulting room. These make beautiful gifts for those thinking of Christmas shopping early. If I am not available for questions etc when you are at the clinic you can email me at [frances@wildnature.com.au](mailto:frances@wildnature.com.au)

### HISTORY OF ALOE VERA

Aloe Vera has always been known as a healing plant. It originated in tropical Africa where related species were used as an antidote to poison arrow wounds. The Greeks & Romans also applied it to wounds.

The thick gel that seeps out of a leaf when it is cut open is a simple & effective first aid for minor burns, wounds & sunburn. The gel can also be used to ease dry skin conditions including eczema, dermatitis, fungal skin infections & insect bites. Aloe vera is **Anti-inflammatory** - suppresses the inflammatory process; **Analgesic** - relieves pain deep beneath the surface; **Anti-pruritic** - relieves itching; **Humectant** - moisturizes, promoting retention of water in skin tissue; **Anti-bacterial & Antifungal**.

*Here is some information on a couple of the products from the Wild Nature Range.*

### PURE ORGANIC ALOE VERA

This is the core product in the range. The Organic Aloe is provided to the cancer council shops & to laser clinics throughout Australia because it addresses the damage, agitation & irritation on the surface of the skin, it then feeds the cells to work on the dry or damaged surface area. Pure Organic Aloe Vera penetrates the skin working at the cell level, providing all the antioxidants, vitamins, minerals, amino acids, enzymes, mono & poly saccharides required. Organic Aloe Vera encourages water retention in skin tissue & stimulates skin growth, addressing any damage on the surface of the skin. It allows regeneration whilst it's natural elastin acts as a gentle astringent to tone & firm the eye, mouth & neck region. Organic Aloe is also anti-inflammatory, antibacterial, antifungal. The spray is recommended as part of your daily skin care regime but is also very effective to soothe minor burns, sunburn, itchiness & insect bites. **\$20.00 for 100ml.**

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#### FACE & BODY MILK

This is a beautiful combination of Organic Aloe, Vitamin E, Sweet Almond Oil, B5 with Ylang Ylang & Geranium. This is a very light conditioning milk for your skin. It is made especially for your face & can be used on the entire body. Face & Body Milk is very nourishing but you'll find that it leaves no heavy, greasy residue. It's a beautiful combination. The ylang ylang is included because it balances the sebaceous glands for oily or combination skins, harmonising the skin type so that the oil glands are not overstimulated as it conditions & nourishes the drier parts of the body. **\$28.00 for 200ml**

#### FACE & BODY WASH

This is a combination of Organic Aloe & French Lavender. The lavender is included to a percentage which is actually antiseptic so it is very good at removing impurities, bacteria, foundation & makeup, without stripping your skin of its natural oils which is important for those with damaged skin from eczema, psoriasis & dermatitis but is also important as our skin matures. The combination of the organic aloe & lavender in particular are very gentle, very mild & calming for the skin, so for those with sensitive skin it is very soothing. Great for acne as it removes the bacteria which deters any infection from occurring & soothes the skin if it is agitated. This product can also be used by men for shaving. The Face & Body Wash is naturally concentrated so you need just a teardrop for each part of the body. **\$23.00 for 250ml**

#### FACE & BODY CREAM

This cream has been developed for very dry skin, to provide a deeply enriching & moisturizing experience that will not simply mask the dryness of your skin. It is ideal for skin that craves moisture. It gives your skin a very fine sheen of protection against further dehydration but without the greasiness of a heavy oil. It is non-staining & allows your skin to breathe. The Face & Body Cream contains Pure Organic Aloe Vera, Vitamin E & B5, Sweet Almond Oil & Bees Wax with French Lavender & Chamomile to calm & soothe your skin. **\$32.00 for 100g.**

*Beauty is not in the face;  
beauty is a light in the heart...*

Kahlil Gibran