



# Asquith Family Chiropractors

*For Lifetime Family Wellness*

## NEWSLETTER

> November 2009

### Practice News

#### ***November is here already!***

We hope the HSC is going or has gone well for those involved.

Being November we need to let you know what is happening over the Christmas break so you can arrange for your adjustments accordingly.

The practice will be open on Monday 21st December and all day Tuesday 22nd December (8.00am - 11.30am and 3.00 pm - 6.30pm). We will then be closed until Wednesday 13th January 2010, reopening at 8.00am. Emergency arrangements will be made for the period we are closed.

#### ***Saturdays for November and December are:***

- Saturday 21st November
- Saturday 19th December

We know we are always telling you to drink more water for all the benefits water provides – but did you know that if we are well hydrated we will actually feel better.

Water transports nutrients and hormones to vital organs to be made available to the rest of the body. Without water none of our organs function correctly. Remember that the brain is made up of 85% water so without sufficient water how can it function properly? With hydration the brain is able to recognise thirst as against hunger. For many people hunger is mistaken for thirst which in turn can lead to weight gain.

Water is particularly beneficial for the kidneys, which need plenty of water to function at their best. If the kidneys are

water deprived, the liver has to do their work too which in turn lowers productivity and it then can't metabolize fat as quickly or efficiently as it should.

Many people drink tea, coffee, fruit juices, soft drinks and alcohol to satisfy their thirst, and feel this is adding to their hydration but it is important to realise that caffeine and sugary drinks actually dehydrate the body and do not count towards our intake of water!

***How much water is enough water?*** One guide is to take your weight in kilograms and multiply it by 0.033! A good guide is 6 to 8 glasses a day.

#### ***To conclude – some thoughts on being a Chiropractor***

*“Chiropractic is the most amazing profession in the entire world; everyday we go into our office and adjust. Each adjustment just as precious as the last, we touch our client's spines to access the most amazing system in their body – their nervous system. This vital nerve system allows the body to express life to an optimal level. It enables our clients to heal, to love, to listen, to learn, to make a difference to the world.”*

*Being a Chiropractor is a gift. To touch on a daily basis through our words, our healing touch, our actions; we are making a difference not only to our chiropractic office but the community and beyond.”*

Time to start thinking about Christmas – remember we have pillows available and Frances has gift vouchers for massages and Chemical Free Skin Care Products (*testers at reception*).

**Have a great month!**



## **FLU PREVENTION PLAN** *should include Chiropractic*

*This article is an extract from a press release by a chiropractor, Dr McCoy, which appeared in a recent publication received in the practice which is an interesting read.*

“People of all ages are encouraged to add Chiropractic to their strategy for warding off and fighting the flu and its effects – swine flu or otherwise.

Spinal adjustments can have a positive effect on immune function, according to a growing number of researchers who are exploring the common denominators in disease processes and the role of the nervous, immune and hormonal systems in development of immune related illnesses.

“Contemporary research is beginning to shed light on the neurobiological mechanisms that may explain the outstanding clinical results

Chiropractors have experience when managing patients with viral and infectious diseases.” stated Dr Christopher Kent, co-founders of Chiropractic Leadership Alliance.

Dr Kent explained that “a comprehensive review of the research literature reveals the current understanding that the brain and the immune system are the two major adaptive systems in the body. During an immune response, the brain and the immune system ‘talk to each other’ and this process is essential for maintaining homeostasis or balance in the body”.

Since its inception, Chiropractic has asserted that viruses and microbes don’t threaten us all equally and that a healthy immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. Our immune system, like every other system in the body, is co-coordinated and controlled by the nervous system.

Chiropractors helping patients battle the flu is not a new occurrence either. During the 1917-18 influenza epidemic, which brought death and fear to many Americans, it has been estimated that 20 million people died throughout the world. It was Chiropractic’s success in caring for flu victims that led to the profession’s licensure in many states of America.

Researchers reported that in Devenport, Iowa, 93,590 patients treated by Medical Doctors, there were 6,116 deaths – a loss of 1 in 15. Chiropractors at the Palmer School of Chiropractic adjusted 1,635 cases, with only one death. Outside Devenport, Chiropractors in Iowa cared for 4,735 cases with only six deaths – 1 in 866. During the same epidemic, in Oklahoma, 3,490 flu patients under chiropractic care, there were only seven deaths. Furthermore, Chiropractors were called for 233 cases that were given up as lost after medical treatment and reportedly saved all but 25. In another report covering 4,193 cases by 213 Chiropractors, 4,104 showed complete recovery.

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### **PRACTICE HOURS**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
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)



## **FLU PREVENTION PLAN** *should include Chiropractic*

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“These results are not so surprising given what we know about the interaction between the nervous system and the immune system.”

“Through research we know that chiropractic has beneficial effects on immunoglobulins, B-lymphocytes (white blood cells), pulmonary function and other immune system processes” stated Matthew McCoy, DC MPH, editor of the Journal of Pediatric, Maternal and Family Health Chiropractic.

One such study, conducted by Patricia Brennan PhD and her team, found that when a chiropractic ‘manipulation’ was applied to the middle back, the response of polymorphnuclear neutrophils (white blood cells) taken from blood collected 15 minutes after the manipulation was significantly higher than blood collected 15 minutes before and 30 and 45 minutes after the chiropractic procedure. This research demonstrated an ‘enhanced respiratory burst’ following the chiropractic adjustment. The ‘burst’ is needed for our immune cells to destroy invading viruses and bacteria.

Another small study of HIV positive patients was conducted to study the effects of specific chiropractic adjustments to correct vertebral subluxations in the upper neck on the immune systems of HIV positive individuals. Over the six-month period of the study, the group that

did not receive chiropractic care experienced a 7.96% decrease in CD4 cell counts, while the adjusted group experienced a 48% increase in CD4 cell counts over the same period.

A large retrospective study, conducted by Robert Blanks Ph.D and colleagues, observed 2,818 individuals undergoing chiropractic care. These individuals reported an average overall improvement ranging from 7.28% in a battery of physical symptoms including stiffness/lack of flexibility in the spine, physical pain, fatigue, incidence of colds and flu, headaches, menstrual discomfort, gastrointestinal disorders, allergies, dizziness and falls (*Blanks et al., 1997 Journal of Vertebral Subluxation Research*).

More importantly, the incidence of colds and flu was reduced by an average of 15% in this large population who were undergoing regular chiropractic care.”

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**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.