



Asquith Family Chiropractors

For Lifetime Family Wellness

NEWSLETTER

> December 2009

Practice News

Here we are in December and another year has almost passed us by!

SOME DATES FOR YOUR DIARY:

The next few Saturdays we will be open are:

- December 19, 2009
- January 19, 2010
- February 13, 2010
- March 13, 2010

Christmas Hours:

We will be working all day Tuesday 22nd December. We will then be closed until Wednesday 13th January 2010 when we will re-open at 8.00 am.

Frances will be taking a break from Friday 20th November, returning Wednesday 9th December and will work normal days up to and including Tuesday 22nd December (not Wednesday 23rd) and will be off over Christmas and New Year, returning Wednesday 8th January, 2010.

Remember for those people who are hard to buy for, Frances has some lovely organic face and body products, blended teas and gift vouchers for a massage.

Chiropractic pillows also make a wonderful gift and are in stock.

We hope you have a wonderful Christmas and New Year and thank you for being such dedicated chiropractic patients. Thank you also for your referrals during they year - they are very much appreciated and show your understanding of chiropractic care.

Enjoy your break!

Things to remember to keep you in better shape over the holiday period

- Remember to do your stretches.....gently!
By doing this your spine and neck will be in better condition.
- Remember that sitting for long periods of time puts stress on the spine and can cause pressure on the spinal nerves leading to pain and discomfort.
- When travelling by car, stop for a break every two hours. Make sure you get out of the car and give the body a stretch. When planning your holiday, schedule in these breaks to avoid the stress of running late.
- If travelling by bus or train and you are not in control of when you stop, make the most of meal and other breaks in travel to get up and walk around.
 - Be conscious of your posture.
Avoid slouching or sitting on your legs.
Gently circling your ankles will stop them bloating.
- Support your head and neck especially when sleeping, a cervical pillow or a rolled towel will do the trick.
- Remember to drink plenty of water!
- Be careful when working around the house and remember your posture. Good posture allows the use of the body without strain on muscles, joints, ligaments and internal organs.
Bend at the hips and knees when lifting not at the waist. Carry heavy objects close to your body. If in doubt about any activity, please ask Mark who will advise you.



Healing Takes Time

Many patients wonder how long it will take them to get results. Briefly the answer is:

All spines are different! No two people are alike. For example, although anatomists tell us that there are five lower-back (lumbar) vertebrae, some people have four while others have six. Similar variations occur throughout the spinal column. There are also many variations in the spine's shape, curves, muscles, ligaments, nerve and blood supply.

Our spines are uniquely ours!

Some conditions of the spine we maybe born with and some we acquire through long standing spinal nerve stress or vertebral subluxations, biological age and spinal trauma, even surgery.

How long will it take before you are better?

Your chiropractor will generally base the answer on three broad considerations:

1. Objective findings from your x-rays and other physical examinations.
2. Experience in treating patients with similar conditions.
3. Individual characteristics that make you uniquely you: your age, duration of the problem, general health, genetic predispositions, emotional stress, diet and the strength of your desire to get better.

Your chiropractor's goals are to reduce your pain and discomfort and then ultimately keep you free of spinal nerve stress so that healing may proceed without interference.

Your schedule of care has been specifically tailored for you. Those who follow their schedule get results!

How Should I Feel After An Adjustment?

The chiropractic adjustment is a very powerful procedure. It may only take a few minutes but the moment that a subluxation is corrected, hundreds of body functions and activities are affected from muscular tension to glandular function. As the flow of nerve energy over the spinal cord and nerves is normalised, the body begins to renew and rebuild itself. Because adjustments interfere with health by upsetting nerve supply, people often have different feelings after the adjustment.

Some people experience a feeling of peace and relaxation which can last all day and lead to a deep, refreshing sleep. Others may feel a warm soothing feeling. Some feel light, happy or very energetic. In fact some people may find their symptoms have begun to lessen and disappear, even after the first visit.

There are those people who feel no different after an adjustment but that does not mean they are not benefiting from the adjustment – it just means they are not feeling any reactions. These people are often amazed when they compare their progressive x-rays and they actually see what the adjustment has achieved.

A small number of people may feel discomfort or even some other aches and pains not felt before. Some may develop headaches or other uncomfortable feelings. Fortunately, these reactions to an adjustment do not usually last long as the body rapidly adapts to the effects.

If you have any concerns Please ask.

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)



HOW TO SURVIVE CHRISTMAS *(and not gain weight)*

Extract by Annette Sym of
"Simply Too Good To Be True" fame.

"Christmas is only once a year and it wouldn't be the same without the special treats that we associate with this time of the year but remember a little of anything is fine, just don't indulge to excess.

Control is the word here and no going back for that second helping!

STAY IN CONTROL.

Make the decision right now to make wise, healthy choices.

EAT IN MODERATION.

You don't have to deprive yourself of any food if eaten in moderate amounts.

KEEP ACTIVE.

Now is the time to be committed to your workouts as this will increase your activity levels and help compensate for eating and drinking more than normal.

GO FOR LOW FAT OPTIONS with your recipes.

AVOID DEEP FRIED, CREAM BASED SAUCES

and go for fresh bread as opposed to Garlic bread and try to restrict how much alcohol you have.

PROVIDE FRUIT PLATTERS as well as nuts and chocolate.

PREPARE A SPECIAL PLATE FOR YOURSELF.

It's a great way to keep in control and avoid dipping your hands in the many bowls of Christmas treats lying around the house.

There is one gift you should give yourself at Christmas time and that is the gift of good health and well being."

Check out the website
www.simplytoogood.com.au.

Try this Festive Christmas Pudding:

2 cups dried mixed fruit

60ml brandy

3/4 cup (100g) toasted almonds chopped

1 1/2 teaspoons mixed spice

2 litres low-fat ice-cream

Place fruit in large mixing bowl, pour brandy over fruit, leave for a few hours. Add almonds and mixed spice. Fold together with softened ice-cream. Line a 6 - 8 cup pudding basin with plastic wrap, spoon in mixture. Cover with plastic wrap and freeze overnight.

**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.