



ASQUITH FAMILY CHIROPRACTORS

Practice News

Remember: *The power that made the body heals the body andADIO—the body heals from Above, Down, Inside, Out.*

April sees us with a few short weeks and we hope you especially enjoy the Easter break and have a safe and relaxing few days.

School holidays also commence this month and it is a great opportunity to have the children checked and adjusted after a long school term. We have noticed a few tired young people in the practice and germs see this as a perfect opportunity to take hold!

The practice has been rather busy of late and as much as we don't like to keep our patients waiting, this has happened. We would like to apologise for any inconvenience and are really grateful for your understanding. We try to accommodate everyone and are well aware that this does inconvenience others at times. If you are running late we still try to fit you in as we all know how important adjustments are, especially to those in their intensive adjustment period. If you are early, we try to fit you in and know you will understand that sometimes you will have to wait to be fitted in. Then there are emergencies which happen from time to time and we know you will appreciate this as it could be any one of us being fitted in.

Congratulations to all those who have finished their intensive phase. It is so rewarding, not only for you but also for us, to see such wonderful results on your x-rays. Keep up the good work as you enter the next phase. Remember, it now becomes harder to stick to

your schedule because you are not required to come in as frequently but we urge you to stick with it as you are heading for being adjusted less and less frequently until you get to that maintenance phase. Think of all the good work that has gone into getting you this far- not to mention the time you have invested, so keep up the good work!

Remember to do your exercises. These aid your healing process and speed it up. Think of that wonderful Arc of Life and how it can help your body function so much more efficiently which in turn helps you feel better.

Remember to ask questions. We need you to learn more about Chiropractic and to understand how it works. Come to a work shop—these are very informative and provides you with an excellent opportunity to learn more and also gives Mark the opportunity to answer any questions in depth.

Thank you to all those patients who have referred people into the practice. We greatly appreciate the confidence you have placed, not only in Chiropractic but also in Asquith Family Chiropractors.

Have a wonderful month!

April 2006

337 Pacific Highway
Asquith NSW 2077
Phone: 9477 1905

Practice Hours:
Monday to Friday
8am-11.30am & 3pm-6.30pm
Saturday
8am-11.30am

Front Desk Reminders

- ☺ Empty your pockets as this will aid your adjustment. Use the silver bowls located at the front desk.
- ☺ Ladies, after your adjustment, hold your handbag in your hand. Give your shoulder a rest!
- ☺ Need a Massage? call Toni on 0416134507
- ☺ Need a Naturpoath ? Call Frances on 0413397521

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The Movement of 2
Life ..

The Movement Of Life

It is estimated that we take up a to a billion breaths in a lifetime. The process of breathing is recognised as the gathering of oxygen from the air for the cells of our body to function and the removal of carbon dioxide waste from our system. However, the movement of breathing achieves so much more. The breathing process is a highly under appreciated miracle.

Consider what occurs with just a breath. When we breathe in, our ribs expand, moving our spine into an extended position. Our diaphragm moves downwards and compresses our abdominal contents.

The pressure generated in the abdomen stimulates our lymphatic drainage and assists in blood circulation. The pressure from the abdomen tilts our tail bone at the bottom of the spine. The resulting rocking movement of the tail bone with every breath in and its relaxation on exhalation creates a pump.

The pump activates a chain of movement through a plastic bag like substance called the spinal meninges, which attaches at the base of the spine and attaches again at the top of our spine and inside our head. This pump circulates the fluid that bathes our brain and spinal cord, the cerebrospinal fluid.

The cerebrospinal fluid provides nutrients and removes waste from the brain and spinal cord, ensuring the healthful state of the nervous system. The cerebrospinal fluid is incredibly important to our life, it is vital that our bodies keep it sterile and very secure, it is even isolated from our blood and it is replaced 6 times a day to ensure quality.

So, 'just a breath' affects a whole chain of events from the chemical (oxygen exchange) through the structural (movement of the spine, pelvis, organs and circulation to the mental and emotional (the nervous system and brain function itself).

Next time you take a breath, take it with great gusto and celebrate the movement of life as it surges through your being.

