



ASQUITH FAMILY CHIROPRACTORS

Practice News

June and winter is upon us!

Please read the Message Board for some interesting articles to help beat the winter blues and cope with the cold and flu season.

Thank you to all those who referred people to the practice in May and for Chiropractic care week.

We have copies available of the exercises put out by the Chiropractors Association in conjunction with Chiropractic Care Week. These are available from the reception desk but please CHECK with Mark before undertaking any of these exercises. There are brochures for both children and adults.

Thank you to all those who have attended Half Hour to Health over the past month—especially to those who braved the weather on Monday 5th—it was very rewarding to see so many people in attendance. If you haven't been to a Half Hour to Health or it has been a while since you have been, please consider attending. It is a very informative night and really helps in understanding your chiropractic care. It also is an opportunity to ask those questions you have been meaning to ask. You will need to book, so please talk to Kim or Mavis.

An interesting article came through the mail recently and we thought we would share some of this with you. The article is by Dr Sandra Cabot and is on "Toxic Homes: Is your house making you sick?"

Did you know that the air in our own homes can be more toxic than that of the city? "Indoor air can be between five to seven times more polluted than outdoor air. This is because air indoors is stale and it accumulates. There are many causes of indoor air pollution; some of it will come from the air outside but the majority is generated in the home through synthetic building materials, furnishings and finishes that out-gas pollutants; for example furniture, paint, solvents and carpets. So many of these are made from petroleum derivatives which turn into gas and evaporate into the air we breathe. Symptoms such as headaches, loss of concentration, sore throat and eyes, nausea and breathing problems can occur

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Practice Hours:
Monday, Wednesday, 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!
- ☺ Water and a walk after each adjustment.
- ☺ Need a Naturopath ? Call Frances on 0413397521

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It's Easy

We live in a busy world. Even when we plunk ourselves down in front of TV in the evening for a little 'down time' we encounter images, themes and activities that put our brain into a defensive mode. We can't watch a dysfunctional family, a crime scene enactment or a political debate without our brain taking on the images as though we are actually there and involved. Try reading a scary book or watching a macabre movie and remaining in a neutral emotional state.

In short, our brain doesn't always make the distinction between an event that is real and one that is imagined. The brain holds the image, the nerve system conveys the message and the body responds. This may be so, you may say, but it wouldn't have a significant effect on my health - wrong!

In many respects, stress could be nominated as the western world's number one health problem. Estimates have placed stress-related problems as the cause of 75 to 90 percent of all primary care physician visits.

It was recently discovered that people under chronic stress (read, the average lifestyle), had above-normal levels of interleukin-6 (IL-6), an immune-system protein that promotes inflammation and has been linked with heart disease, diabetes, osteoporosis, rheumatoid arthritis, severe infections and certain cancers.

It appears that stress increases levels of IL-6, which in turn accelerates a variety of age-related diseases. Further, stress can weaken a person's immune response making their body vulnerable to invasion by opportunistic germs such as fungi, viruses and bacteria. This condition often leads to

unhealthy lifestyle habits. For instance, stress often leads people to overeat, over drink, lose sleep, and neglect exercise, all of which can create health problems on their own.

Whether stress gets to have a major impact on our life depends on two factors. Firstly, our diet of stress inducing concepts, ideas and actions. To a large extent, we get to choose what we put into our brain and as the old computer programmer's phrase goes, 'garbage in, garbage out'. The second influence upon our state of stress is the integrity of our spine and nerve system. When our body is in structural balance it functions with more ease. More ease means less dis-ease and less stress. It's easy.

