



# 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. These gases are fat soluble and tend to accumulate in our tissues and are then incorporated into the fatty tissues such as the brain and endocrine organs.

Next newsletter we will have some tips for keeping these chemicals out of our homes.

Remember ...Fees for adjustments will rise by \$1 as from 1 July.

JUNE 2006

337 Pacific Highway  
Asquith NSW 2077  
Phone: 9477 1905

**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.
- ☺ Do your exercises
- ☺ Need a Naturopath ? Call Frances on 0413397521

### Inside this issue:

"Nerve Pressure 2  
Related to Blood  
Pressure"

# What Better Reason

When considering the function of the human body, chiropractic has always stated that structure affects function. The form and alignment of an infant's frame including their cranium and spine will have a major bearing on the way their body works. For the most part, our body is self-correcting, however when it is traumatised and unable to correct itself we set ourselves up for difficulties either immediately or at least at some stage in the future.

It is interesting to note the recent findings that women who have problems during pregnancy and labour are more likely to have children who develop autism. The research was conducted by Dr Emma Glasson from the University of Western Australia and published in the Archives of General Psychiatry. The study is the largest of its type to compare children with and without autism as well as the siblings of children with autism.

Study participants included 465 Western Australian children diagnosed with autism in 1999, 481 of their brothers and sisters and a randomly selected control group of 1313 children without autism.

The researchers found that autistic children were more likely to have older mothers, be first-born, and have a mother who experienced complications before, during and after birth.

The complications included threatened abortion, induced labour, epidural caudal anaesthesia, and emergency or elective caesarean. The women who had children that developed autism were also more likely to have had labour that lasted less than an hour.

Babies who went on to develop autism were also more likely to have a lower Apgar score, (an assessment of the physical condition of a newborn and an indication of foetal distress). Previous study's have indicated that an enlarged brain may also be an early warning of autism.

Traumatic Birth Syndrome is known by chiropractors to be a major cause of subluxation in infants. Do you think that the link with autism is more than coincidental? Do you think that when a baby's spine and cranium are balanced and functioning well the child has a greater opportunity to grow and develop as it was designed? What better reason would any parents of a newborn need in order to get their baby checked by a chiropractor?

