



ASQUITH FAMILY CHIROPRACTORS

Practice News

July the days are colder but slowly getting longer and school holidays are here again! Remember to bring the children in during the holidays for their adjustments while the after school activities have calmed down for a while.

Our cold and flu messages are still on the notice board to remind you of the importance of your adjustments for the cold and flu season and to help you beat the winter blues.

July sees a slight increase in our adjusting fee across the board. With the fee increase, may we remind you that there are conditions attached to the Family Rate of \$33 per person. The Family Rate applies to **three** or more members of the one family, coming in on a **regular basis** (i.e. monthly visits). If your rate has changed from family to concession and the family haven't been coming in on a regular basis, your rate has been changed in the computer for the reason as stated above. We thank you for your understanding.

Remember you need to book for Half Hour to Health. These are held on alternate Monday nights, are free of charge and are an excellent way of learning more about Chiropractic care which leads to a better understanding of your adjustments.

Following on from last month's newsletter on Sandra Cabot's article on "Toxic Homes: is your house making you sick?" here are some tips for keeping chemicals out of our homes :

- Take your shoes off as soon as you get home—dust and chemicals are brought in on our shoes and can stay in the carpet for a life time.
- Don't leave your car idle and warm up — exhaust fumes will drift into your home.
- Don't let excess moisture build up in your house. Open the bathroom window and use the fan each time you have a shower to help prevent the growth of mould.
- Try to avoid using chemicals that aren't absolutely essential—whilst they clean and freshen your home they also pollute.
- If you get your clothes dry cleaned make sure you air them out on the clothes line for a couple of hours.
- Open the windows of your house. Indoor air is more polluted than outdoor air because it is stagnant and doesn't move.

By implementing these easy steps into your own home you will be reducing your toxic load and aiding your health and that of your family.

July 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

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The Quality of the Impulse

Chiropractors are concerned with the relationship between the brain and all the cells, organs and glands of our body. Our brain sends an impulse to the body causing an action and the body responds to the brain relaying its actions. There is a certain quantity of impulse within every action as is required for that action.

Muscles move in response to impulses from nearby motor neurons. The firing of those neurons in turn depends on the strength of electrical impulses sent by the brain.

Given this information it would be reasonable to assume that the physical quantity of impulse is all we need to have optimal function – not so, say the researchers.

They say that we can increase our muscular strength just by thinking the muscles strong. Simply thinking about a larger signal going to a certain area (in this case a muscle) you can increase muscle strength just as you would with resistance exercise.

Investigators reported at the Annual Meeting of Society for Neuroscience conference in San Diego, California November 2001 that they have already found that a mental visualisation exercise was enough to increase strength in a muscle in the little finger, which it uses to move sideways. Now this team has turned its attention to a larger, more frequently used muscle, the biceps.

They asked 10 volunteers aged 20 to 35 to imagine flexing one of their biceps as hard as possible in training sessions five times a week. The researchers recorded the electrical brain activity during the sessions. To ensure the volunteers were not unintentionally tensing, they also monitored electrical impulses at the motor neurons of their arm muscles.

Every two weeks, they measured the strength of the volunteers' muscles. The volunteers who thought about exercise showed a 13.5 per cent increase in strength after a few weeks, and maintained that gain for three months after the training stopped. Controls who missed out on the mental workout showed no improvement in strength.

Chiropractors have long recognised that the quality of the nerve impulse is an essential ingredient for health. Whilst this study might be taken as an easy way to exercise, it says a lot more. The way we visualise our body has a profound effect upon its function. If we see strength and robustness throughout every cell, tissue and organ we are increasing our chances of enjoying corresponding function of those areas.

Consider the quality of the impulse because you are the driver of it.

