



ASQUITH FAMILY CHIROPRACTORS

Practice News

Here we are in August already!

Frances, our Naturopath is on holiday at present and will be back in the practice mid month.

With the changeable weather at the end of July and beginning of this month has come a lot of sickness. It has been very interesting and encouraging to hear that many of our patients have had sick family members (who do not have chiropractic care) and not come down with the "bug" themselves. What is more interesting is to hear patients talk in the waiting room about how their children (who have been under chiropractic care for most of their lives) have not missed a day of school ever and keep getting attendance awards. In some cases it has become the child's ambition to go right through school without missing a day! We love to hear stories like this—chiropractic in action.

To those new patients who maybe feeling that perhaps chiropractic is not doing what it is supposed to be doing can we say, please give it a chance. As adults, we have had the condition for a long time, and so it takes more time to "retrain" our bodies into accepting the correction. If you have any questions no matter how trivial you may think them to be, please ask Mark. If you need any

information at all, please let us know and we will endeavor to get this for you. The more you know and learn about chiropractic, the more you will understand how powerful the adjustment is and how it works.

Please also remember to mention to Mark any aches and pains you may have because as you understand your adjustments better you will realize the connection this could have and sometimes the adjustment may need to be varied.

We have recently had a case where a patient hadn't mentioned to Mark his discomfort but he had mentioned it to Kim and Mavis who, in turn mentioned this to Mark. Since he has been having adjustment on the "Cox Couch" the change has been noticeable and he is feeling the benefits. So..... Speak up—it is to your benefit.

Congratulations to all those new patients who have completed their intensive care program—it has been great to hear all the positive comments.

Thank you to all those who have referred people into the practice — we appreciate the confidence you place in us.

August 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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G I G O

The next generation of human beings is upon us... "Generation multi-track". You have probably looked on in wonder as the 10 year old listens to his or her MP3 player as they watch TV, as they play their hand held 'Gameboy' and conduct a chat session with cyber friend in a web based chat room.

As we exit the age of information and start to embrace the age of knowledge we realize that there is no shortage of information, the challenge is, which information is useful and appropriate?

It would appear that we are a product of every experience we have ever had. Every instance of our life is encoded in our neural pathways and stored for future reference. While it is useful to develop the neuroplasticity required to process multiple 'tracks' of information the bigger question must be, how does this information serve us?

This question has been asked by wise people throughout history. Aristotle asked it this way:

"Shall we just carelessly allow children to hear any casual tales and receive into their minds ideas for the most part the very opposite of those we should wish them to have when they grow up?

We cannotand therefore it is most important that the tales which the young first hear should serve as models of virtuous thought.

Then will our youth dwell in a land of health, amid fair sights and sounds, and receive the good in everything; so that beauty and fine work shall flow into the eye and ear, like health-giving breeze from a pure region, and draw the soul into likeness and sympathy with the

harmony of reason."

The quality of the information that we 'consume' in our life determines the quality of our life. As it is so important to provide our children with good quality, nutritious food, it is likewise important to provide them with an environment of high quality 'mental food' to consume.

The bar has been raised in the 'mental food' department. Today's children are into the technological media like no other generation before. As parents and shapers of our children's future we need to be in the game. We must know and oversee the principle of G I G O.

