



ASQUITH FAMILY CHIROPRACTORS

Practice News

September and we welcome Spring! The days are getting longer and warmer.

This month we welcome our new massage therapist, Stephanie, to the Practice. Stephanie introduces her self as follows..

"Hello, my name is Stephanie Cahill and I am delighted to be a member of the team here at Asquith Family Chiropractors. I am a massage therapist and aromatherapist and have had extensive experience in aged care and mental health. Some of you may already know me through Hornsby Kuring-gai Community College where I taught for several years and still lecture to AIM graduates. I hope to be able to offer another facet of caring to Asquith Family Chiropractors. I also offer ear candling as part of my service which is a great thing for this time of year with the seasonal change and all the bugs and allergies that come with it. I look forward to meeting you. If you would like to make an appointment or for any further enquiries just give me a call on 0408 614 772. See you soon!"

Stephanie will be in the Practice on Mondays and Wednesdays and does a wonderful neck and shoulders massage which can be done in conjunction with your adjustment.

For those of you who suffer from sinus and allergies please consider ear candling—you will be amazed how this can help. So take an hour of your time to experience the benefits of this treatment.

Stephanie has gift certificates available.

Frances is back from her holiday—if you need an appointment with Frances please contact her on 0413 397 521.

We celebrate Chiropractic Birthday this month. Please see our Notice Board for some informative articles. To celebrate we will be offering free spinal screening for the month of September. Please refer friends, family and neighbours in for a free screening—this is a great opportunity to save on the initial consultation valued at \$214.00 and introduce others to Chiropractic care.

Also, because we are a Family based Practice, we would like to see more family members being adjusted and to this end we will be hold free spinal screening for children on Monday afternoons. Please talk to Kim or Mavis about booking in and remember that we have a family rate for three or more family members having adjustments on a regular basis.

Thank you to all those patients who have voted for us in the Small Business Awards—voting finishes on September 7. Thanks also to all those who referred patients into the practice this month—we appreciate your caring.

Have a good month!

September 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
- ☺ Pamper yourself with a massage or give a very much appreciated gift—Call Stephanie on 0408 614 772

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Which Is “Causal”?

The central premise of chiropractic is that our body and our life is dependant upon the proper functioning of our nerve system. Our nerve system in turn is reliant upon the integrity of its housing, the skull, spinal chord and pelvis.

People are often surprised to learn that chiropractic care can produce amazing results for many people with various organ problems. Dysfunction of people’s nerve system producing respiratory disturbances, digestive disorders and reproductive problems to name a few are observed on a daily basis by chiropractors.

This relationship has been observed and reported on many times in the literature. An example of this is a German study, which was published in *Manuelle Medizin* in 1987 which described ‘Blocked Atlantal Nerve Syndrome In Infants and Children’. In this study they reviewed cases to illustrate a syndrome of blocked nerve impulses at the Atlas, (the top vertebrae of the spine).

They found “Central motor impairment and impairments of vegetative regulatory systems”. In other words, they found pressure and resulting nerve dysfunction to the brain stem (base of the brain which extends down through the top 20mm or so of a person’s neck). This area of the brain is responsible for the co-ordination of respiration, digestion and reproduction amongst many other things. They found that this area also has a profound effect upon resistance to infections especially of the ear, nose and throat.

The significance of their findings is that they considered that the main factor in the causation concerns the neurophysiological connection between the area of the atlas and occiput and centres in the brainstem. They summarized their findings by saying “If the indicators are correctly observed chiropractic can often

bring about amazingly successful results because the therapy is causal”.

The question is then – how do you know if you or your children have disturbances in your nerve systems at any point in time? How often do you look at the ‘offending organ’ when it dysfunctions instead of paying attention to the spine and nerve system – Which is “causal”?

