



ASQUITH FAMILY CHIROPRACTORS

Practice News

School holidays are here again—we hope you enjoy the break. Kim is away for the holidays and will return Monday 16th October.

Best wishes to all our HSC students. We hope the exams are how you would wish to find them! Remember with all the study that you need to do your exercises and get up and have a walk around every so often. Also remember to come in for an adjustment prior to the exams—it will benefit you greatly!

Please see our Notice Board for some very interesting articles. If you would like to have your own copy, please ask Kim or Mavis and they will photocopy the articles for you.

Dare we mention that Christmas is fast approaching!!! This year we intend to do our food drive for the Salvation Army once again but we will start in November. Items that are particularly appreciated are Christmas Puddings and tinned hams but any non perishable items would be greatly appreciated with the exception of lollies—they seem to get an abundant supply. Pasta, pasta sauces, juice and tinned goods are great. If you would prefer to donate money this is also acceptable and Kim and Mavis will buy goods on your behalf. We will start collecting November 1 and will continue through to Friday December 15 when we will hand over the goods for distribution.

While we are on the subject of Christmas, please remember that Stephanie has Gift Certificates available for massages and she can also make up gift packs for aromatherapy. This type of gift is particularly useful for the “hard to buy for” and is always well received. Labels can be personalized also. Please call Stephanie on 0408 614 772 to discuss any of the above or make an appointment.

If you haven't had a massage or don't have a lot of time to spare but feel you would benefit from one—consider an Indian Massage from Stephanie. This type of massage takes around 30 minutes and there is no undressing required as it is neck and shoulders and would be very beneficial prior to your adjustment or in between times.

Stephanie is registered with all the major Health Funds.

Thank you to all those patients who voted for us in the Advocate Small Business Awards. Unfortunately we were not finalists but there is always next year!

Thank you also to all our patients who have referred others into the practice. We really appreciate your confidence and help in taking chiropractic care into the community.

October, 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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Random Facts

This week we have included some interesting facts about our amazing body.

* Smiling is labour saving - it requires only 17 muscles. Frowning requires the movement of 43 muscles.

* The heaviest baby born by natural delivery was 10.2kg (or 22.4 pounds), 9 out of 10 babies are born between 2.4 and 4kg.

* The loudest snores on record may belong to a Swede, who while in hospital had snores that were recorded at 93 decibels. This is louder than a pneumatic drill operating in the middle of rush hour traffic.

* When an unborn baby is 16 weeks old it will respond to loud noises and turns away when a bright light is flashed on the mother's abdomen.

* There are more than one million tubes in the human kidney.

* A sulphur compound called 'allicin', is formed when you crush a clove of garlic. This is an antibiotic said to attack two dozen kinds of bacteria, plus numerous fungi.

* People who love to eat capsicums in abundance also suffer fewer heart attacks, strokes, blood clots and circulation problems. It is believed that the chemical in capsicums responsible for this is 'capsaicin'.

* The human brain accounts for only two percent of your body weight, but 20 percent of the blood that flows from the heart is sent to nourish it.

Courtesy of Dr. Stephen Juan, Author of The Odd Body, The Odd Brain and The Odd Body 2.

