



ASQUITH FAMILY CHIROPRACTORS

Practice News

We hope the HSC is progressing well for patients who are involved. We have seen quite a few in for adjustments as all that sitting and study takes its toll - the end is in sight!

It is with regret that we have to advise that due to personal family circumstances Stephanie will no longer be massaging at the Practice.

Frances (our Naturopath) will be massaging in the Practice on Mondays. Please make appointments direct with Frances via her mobile 0413 397 521.

As we mentioned last newsletter we intend to do our food drive for the Salvation Army once again and we will start this month. 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 be collecting from November 1 and will continue through to Friday December 15 when we will hand over the goods for distribution.

Thank you in advance for your participation in this worthy cause.

Did you know that a good detox is good for you? Here are 5 ways to help..

1. **Drink at least 2 litres of water each day.** Filtered water will be most beneficial at flushing your kidneys and liver of toxic build ups.
2. **Clean up your diet.** Give your body a head start by replacing processed and packaged foods with fresh foods. You will be ingesting less toxins and benefit from the extra nourishment,
3. **Sweat it out.** Sweating is a effective method in removing toxins and heavy metals. Exercise!
4. **Exhale the impure.** Traditional Chinese Medicine considers deep breathing essential to detoxification. It is proven that 15 minutes of daily deep breathing is beneficial to health.
5. **Say goodbye to the toxic mind.** Excessive anger, stress and other negative emotional states have a health-destroying effect. Relaxation and meditation can reduce negativity and restore balance.

Have a great month! We hope the above will help with the run up to Christmas!

Thank you to all those who have referred patients into the Practice—we really appreciate your confidence in Chiropractic and help in taking chiropractic care into the community.

November, 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:

Page 2
"Honour the Individual's Own Time"

Honour the Individual's Own Time

Gestation time, blood pressure, pulse rate, food assimilation time and all other numbers measuring bodily functions - are based on a national average. Take gestation time, for example. To arrive at the figure simply add up the days from conception (if that can be established) to birth of thousands of pregnancies and divide by the number of people in the study. The magic number is then assumed to be the number of days your baby should take to emerge.

In an article published in the Journal of Obstetrics and Gynecology, December 2001, the author, Dr. Vern Katz of the Centre for Genetics and Maternal Fetal Medicine in Oregon, says that 95 percent of women deliver outside of their due date! In his article Dr. Katz maintains that the concept of a due date is erroneous. He says it only leads expecting parents to feel frustration and anxiety about the health of their baby if the mother doesn't deliver "on time." He further says that the calculations used by practitioners to set the date are flawed. "Predicting a due date based on the woman's last menstrual period is simply not accurate", he says. "How often does conception occur exactly 14 days to the minute after the last menstrual period?"

You would think that with only a 5% accuracy the practice of giving 'due dates' would be considered unscientific and therefore discarded.

In addition to the frustration and anxiety on the parent's behalf, the most dangerous aspect for the baby of offering a due date is the fact that it is used to determine whether interventions in the form of inductions and even caesareans are performed. The incidence of these interventions have skyrocketed because of the due date issue.

Dr. Benjamin Sachs, a Harvard professor and chairman of the Department of Obstetrics and Gynaecology at

Beth Israel Deaconess Medical Centre in Boston, prefers a different approach to predicting deliveries: "An assigned week of delivery may allow women to be calmer." Going to a "week of delivery" may even do more good than just calming nerves, says Sachs. "It may allow biology to take its course a bit more."

What a novel concept! The innate intelligence of your body is placed in there at the moment of conception and works in your best interests at all times of your life...so long as there is no interference. This is the seventh principle of chiropractic, written in 1927.

