



ASQUITH FAMILY CHIROPRACTORS

Practice News

December is here again and Christmas is upon us!

Please remember our collections for the Salvation Army Christmas Hampers. If you prefer to leave some money with us, we would be pleased to purchase something on your behalf.

With the holiday period we will be taking a sort break. Our last day in the practice will be Friday 23rd December and we will be back in full swing on Monday 9th January, 2006. Mark will be on call over the holiday period so if you are in need of care just leave your name and contact telephone number on the answer machine and he will get back to you for an appointment.

Toni will be available for massages but you will need to call her mobile and make appointments direct with her as usual.

Remember pillows make wonderful gifts as do Gift Vouchers from Toni for a massage.

Remember ... care is available prepaid which will help to save you some money.

We need to clarify paying in a block of care which is usually for 12 or 16 visits. The visits are discounted but your receipt will show at \$47. The amount is placed into a holding account and is not taken out until services are rendered.

If at any time you decide to stop care for any reason any refund or charges will be calculated using retail fees (\$47) on a per visit basis and they will become payable immediately. If you are in a health fund, we will provide monthly statements reflecting services rendered. Your receipts will be at our normal retail fee.

The discount provided is offered once all of your credit has been used. You will then receive your adjustments and EMG free of charge.

We would like to congratulate Ben Stuart-Carberry on his acceptance into the Australian Ballet School in Melbourne. Whilst we don't like to see patients leave us we wish Ben and his family all the best for the future and look forward to seeing Ben's name up in lights!

We would like to share some thoughts we received from Delores and Hedley Somerville which accompanied their Christmas card. We hope you find them thought provoking and will pass them on to someone.

"On a positive note:

I've learned that no matter what happens or how bad it seems today, life does go on and it will be better tomorrow.

I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage and tangled Christmas lights.

I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.

I've learned that making a "living" is not the same thing as making a life.

I've learned that you shouldn't pursue happiness, it will elude you. But if you focus on your family, your friends, the needs of others, your work and doing the very best you can, happiness will find you.

I've learned that whenever I decide something with an open heart, I usually make the right decision.

I've learned that even when I have pains, I don't have to be one.

I've learned that everyday you should reach out and touch someone. People love that human touch—holding hands, warm hug or just a friendly pat on the back.

I've learned that I still have a lot to learn.

I've learned that you should pass this on to someone you care about—I just did. Sometimes they just need a little something to make them smile.

I've learned that people will forget what you said, people will forget what you did but they will never forget how you made them feel."

We hope you have a wonderful Christmas and a safe, happy and prosperous New Year.

January 2006

337 Pacific Highway
Asquith NSW 2077
Phone: 9477 1905

Practice Hours:

Monday, Wednesday,
Friday
8am-11.30am & 3pm-
6.30pm
Saturday 8.00am—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!
- ☺ For a relaxing remedial massage conveniently located in the practice contact Toni on 0416 134 507
- ☺ Mark is available to give outside talks on Chiropractic Care to your Social, School or Church Group.

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What is a subluxation and what does it do to me?

Phase Three Subluxation Degeneration

Phase Three Subluxation Degeneration is caused by subluxations that have been continuing on for between 40 and 65 years. This phase has all of the attributes of the previous phases, only worse. The curvatures are abnormal, the disc spaces are vastly decreased and changed. Calcium changes on the spine are abundant in this phase. Normally, people in phase three have a restricted range of motion and probably exhibit symptoms of some kind. In phase three the vertebrae show obvious changes and mutations in shape. Projections made of calcium, sometimes referred to as "spurs or lipping", can be readily seen on x-ray. Chiropractic reconstructive care for patients in phase three ranges from 2.5 years to 3.5 years. This does not mean that at the end of this time that any or all of the calcium changes will be gone. In many instances the body adapts to the presence of the calcium and positive changes can only be measured from a functional standpoint. As before, if Phase Three Subluxation Degeneration is left unchecked it slowly advances onward into the next phase.



Phase Four Subluxation Degeneration

Phase four subluxation degeneration is seen with subluxations that have been raging on uncorrected or altered for over sixty five years. Phase four is a grave condition that will negatively affect the patients longevity and quality of life. The massive amount of neurological damage caused by years of subluxation that have lead to phase four are probably taking a serious toll on this person's health status. X-rays in phase four show serious severe structural changes. Vertebrae exhibit massive calcium changes, disc spaces appear blurred, and the bones themselves appear fused. In this scenario the patient will have a severe restriction of range of motion in addition to probably a number of other health issues. Reconstruction may not be possible in phase four, but care can be directed to some reduction in subluxation with the goal of improvement in the quality of life remaining. Patients in Phase Four Subluxation Degeneration have a serious situation both structurally and neurologically, but they are certainly not beyond hope. Many patients in phase four report significant improvements in symptoms, conditions, mobility and quality of life.

