



# ASQUITH FAMILY CHIROPRACTORS

## PRACTICE NEWS

February 2006

February sees us getting back into routine so remember your Chiropractic routine it is so important to your well being.

February also means back to school (much to the relief of many parents.) Heavy backpacks, new sporting activities, poor postural habits, emotional stress and long periods of sitting lead to spinal misalignment (subluxation). Signs that your child may be suffering from subluxation may include poor concentration, headaches, sleeping difficulties, irritability and back pain. The solution is to have them checked by a chiropractor. Adjustments for children are gentle, safe and effective and most importantly prevent bigger problems in later years. We can also check the weight and fit of your child's backpack to help prevent injuries and discomfort.

If your child has never been checked or it has been a while since your child has been adjusted take advantage of our offer. There is no obligation but an appointment is necessary so call Mavis or Kim for an appointment.

This month on Friday 17th we welcome Frances Dalton (no relation to Mark) to the practice. Frances is a Naturo-

path, Herbalist, Nutritionist and Iridologist and can be contacted directly on 0413 397 521 for an appointment. Frances will be in the practice on Fridays

8.00am to 12 noon and  
3.00pm to 6.30pm.

Brochures are available from reception. If you have been considering consulting a Naturopath now could be the time!

We have one last chiropractic chair for sale. \$50 or nearest offer. Please speak to Kim or Mavis if you are interested.

Remember to let Mark know if you have any "special " concerns such as aches and pains, sore knees, elbows and the like. Mark knows the regular adjustments he needs to give you to correct your alignment, however, from time to time we all have other "issues" which need to be addressed. Mark can't help you if you don't tell him .... So.....tell him even if you feel you are complaining too much!!

It's Seminar time again and the practice will be closed on Friday 3rd March and Saturday 4th March for Chiropractic care so we will need to schedule some appointments around these days.

337 Pacific Highway  
Asquith NSW 2077  
Phone: 9477 1905

### Practice Hours:

*Monday to 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.
- ☺ Help us help you by going for a short walk following your adjustment!
- ☺ For a relaxing remedial massage conveniently located in our practice contact Toni on 0416 134 507
- ☺ Consult a Naturopath about your health issues— Frances Dalton on 0413 397 521
- ☺ Remember to have a drink of water after your adjustment to help flush away the toxins

# Look At Your Posture - Others Do

## Straight Back To Disaster

A straight back is often considered to be the ideal spinal structure. From front to back, even hips, even ribs and even shoulders are certainly good signs at any postural check. However, this is only one dimension and we live in a three dimensional body.

When the thoracic spine losses its gentle backwards curve and moves forward in a 'pitch' distortion, we can develop some very serious dysfunctions. This anterior dishing produces a reduced space between the spine and the front of the chest wall. This, in turn puts pressure on the vital organs housed inside the chest, especially the heart.

The researchers, Davies MK., Mackintosh P., Cayton RM., Page AJ., Shiu MF., Littler WA., published a study which is listed in PMID: 7267961 in which they described the straight back syndrome. The syndrome consists of loss of normal upper thoracic spinal curve. This has been attributed to squashing of the heart as it reduces the front to back dimensions of the chest.

Straight Back Syndrome has palpitations and chest pain as it's most common symptoms. It is associated with cardiac murmurs and radiographic cardiomegaly (heart enlargement) and has been considered as a form of 'pseudo heart disease'.

These particular authors did not explore the mechanical viewpoint on the Straight Back Syndrome. They sought to explain it from a genetic viewpoint because they had found some similar

conditions in the subject's families.

Chiropractors know that, in most circumstances the body will correct itself if it has muscles pulling in the direction needed for correction. As the thoracic spine has no muscles pulling from the front to the back, it is not unusual for the thoracic spine to fall forward and chest symptoms are commonly the result of this type of subluxation complex.

Think of those people you know who may have Straight Back Syndrome and make sure that they get chiropractic care.