



ASQUITH FAMILY CHIROPRACTORS

Practice News

Remember: *The power that made the body heals the body andADIO—the body heals from Above, Down, Inside, Out.*

The first weekend in March saw us all at a very informative seminar. We will let you know some of the information we learnt at this seminar over the coming months—there is so much for us ALL to learn!

After reading the latest newsletter from the AVN . We thought that we would pass on what we have learnt to you, our patients.

Warning: Teflon can cause Birth defects & Infertility.

PFOA, a chemical found in products ranging from clothes to stain repellents to food packaging and cosmetics, and a component of Teflon production, poses developmental and reproductive risks to humans, according to a risk assessment from the U.S Environmental Protection Agency (EPA).

Current PFOA exposures in children may be well above safe levels, and some children have high enough blood levels of PFOA to cause serious toxicity in laboratory levels.

Additionally PFOA has been associated with tumours in at least four different organs in animal tests, and has been associated with increases in prostate cancer in PFOA factory workers.

Teflon coats not only non-stick cookware, but also the paper plates you use to eat meals and paper bags of microwave popcorn you thought were safe to eat for a snack!!!!

What is in your Flu Vaccine?

Reaction has been swift to a decision this month by the Illinois department of Public Health to delay state lawmakers' attempts to reduce mercury exposure for those receiving flu shots.

The vaccine preservative thimerosal is comprised of 49.6 percent mercury by weight and is a known neurotoxin.

In May 2003 a congressional investigation led by U.S Rep. Dan Burton, R-Ind, concluded that mercury was the likely cause of the meteoric rise in neurodevelopment disorders, according to Dr. David Ayoub of the Prairie Collaborative for Immunization Safety in Springfield, Ill.

Adults receiving the flu shot today are exposed to 25 micrograms of mercury , or 3.5 times greater than what the Environmental Protection Agency considers safe.

Flu shots for infants will surpass EPA limits by 11 to 16 times and when an expectant mother is immunized the second trimester fetus will be overdosed by a factor of 250, Ayoub said.

What a lot of food for thought!

Mark is taking a short break and will be away Friday 31 March, Saturday 1st Monday 3rd and Wednesday 5th April. He will be back in the Practice of Friday 7 April.

March 2006

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.
- ☺ Ladies, after your adjustment, hold your handbag in your hand. Give your shoulder a rest!
- ☺ Need a Massage? call Toni on 0416134507
- ☺ Need a Naturpoath ? Call Frances on 0413397521

Inside this issue:

Don't be a drip 2

Don't Be A Drip

Water is our home. Approximately 70% of our planet is covered with water. Approximately 70% of our body is water. Our brain and nerve system is a water-based computer system that needs hydration in order to function at its optimum. Our cells, organs and glands need a specific fluid environment in order to operate. Our joints and cartilage will rapidly degenerate causing arthritic conditions when there is a lack of water. Water in the right proportions is absolutely necessary for life to flourish. Nothing other than lack of oxygen can kill us quicker than lack of water.

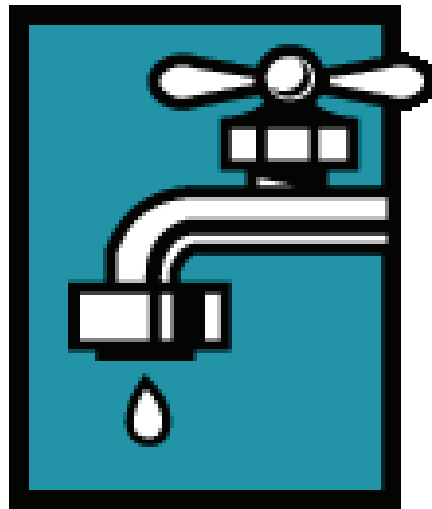
How much water is right for you? This depends on many factors. Your water requirements will vary along with your lifestyle, your environment and your stress levels. For example, caffeinated or alcoholic drinks are diuretics. They will dehydrate you and it is suggested that for every 170ml of caffeine or alcohol consumed we require an additional 340ml of water to rehydrate.

To give a prescriptive amount of water that a person should consume every day is folly. Every person, every day can need varying amounts of water depending on internal and external conditions, however, as a guide it is suggested that we drink half of our body weight of water in ounces, daily. Example: 80 kg = 2.6 litres of water daily. Divide that into 250-300ml glasses and that's how many glasses you will need to drink under average conditions. When drinking water, commit to drinking a reasonable amount rather than sipping from the bottle or glass. It is also useful to have a trace of glucose in the water as can be obtained from a half strawberry or a slice of

orange or lemon. This assists in the assimilation of the water.

As a side note, the mineral that gets used up along with water and needs to be replaced along with water is salt. Use 1/4 tsp. of salt for every 2.2 litres of water you drink. Use salt liberally with food. As long as you drink sufficient water, you can use the salt.

So, make a commitment to increasing your water in take. Don't be a drip....drink up.



Remember: *The power that made the body heals the body andADIO—the body heals from Above, Down, Inside, Out.*