



ASQUITH FAMILY CHIROPRACTORS

Practice News

Well, it is here ... December and the count down to Christmas! Many of us are asking "Where has the year gone?"

Please remember our food drive for the Salvation Army—a few suggestions are Christmas Puddings, tinned hams and tinned meats, any tinned food, pasta, pasta sauces etc. Lollies aren't on the list of suggestion as apparently these are donated in abundance from other sources. Let's all get behind this worthy cause and help to make someone else's Christmas dinner an enjoyable one. Thank you for your support.

Please remember to do your exercises over the Christmas break. These will help to keep your backs strong and the Arc of Life in your neck well curved which, as you all know, will keep your nervous system functioning to its optimum. Remember that by doing your exercises on a regular basis, your adjustments are enhanced and your Arc of Life is regained up to 30% faster. Many of the x-rays are still showing this to be a point of concern which is a sign of the times—many of us at computers and desks with our heads bent forward. Whilst Mark is changing your adjustment to help in this regard by doing your exercises you can help as well—remember they help to regain the Arc of Life up to 30% faster!

If you have concerns about any aspect of your health, please talk to Mark. Our bodies change and while Mark can tell from EMG scans and x-rays what adjustments he needs to be doing he needs to know of **anything** that maybe of concern to you and your health. He can't help you if he doesn't know—you would be surprised at how Chiropractic can help in so many areas—just look at a nerve chart!

If you have misplaced your Nerve Chart, please ask Kim or Mavis for a new one. If it has been a while since you have looked at the Chart, please take time to refresh your memory of what nerves con-

troll the various parts of your body - it could be very enlightening!

We are taking a short break over the Christmas/New Year period. Last day in the practice will be Saturday 23rd December and we will all return week commencing Monday 8th January to normal practice hours. Mark will be in the practice on the afternoons of Wednesday 3rd January and Friday 5th January. Should you be in need of care, please leave a message on the answer machine and we will get back to you as soon as possible to arrange an appointment.

Last day for Frances will be Friday 22nd December and first day back will be Friday 5th January.

If you have a topic you would like Mark to cover in one of the workshops next year, please let us know.

A special "thank-you" to those of you who were so accommodating with the change to your appointments and even a change in Chiropractor during Mark's "episode" with his own back. We really appreciated your understanding, care and concern which makes it so much easier on us at times like this. A special "thank-you" also to Gillian who took over adjusting for Mark—we have had a lot of positive feed back!

Remember..... Chiropractic pillows make excellent Christmas gifts as would a Gift Voucher from Frances for a massage or consultation!

Do your exercises! (For reasons as stated above) and **keep drinking water**—eight glasses a day!

We hope you have a lovely Christmas and a safe, happy, healthy and prosperous New Year!

Thank you for being such wonderful patients of Asquith Family Chiropractors!

December 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!
- ☺ Water and a walk after each adjustment.
- ☺ Do your exercises!
- ☺ Need a Naturopath ? Call Frances on 0413397521
- ☺ Mark is available to give outside talks on Chiropractic Care to your School, Social or Sports Club or Church Group.

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Phenomenal Phenomenon

Our world and our universe is an ecosystem. Within an ecosystem there is balance, a homeostatic state, that the system is driven to achieve. Our individual bodies are also ecosystems, driven by inborn forces that maintain homeostasis. We often see the universe reflecting ourselves and ourselves reflecting the universe. One could term it a phenomenon.

Phenomenon, literally means, the form of man with - on referring to the unit form or essence. In others words the essential form of human beings. Interestingly enough in the English language we use it to refer to both the observation of fact and in reference to something remarkable as if the two are separate. Often we loose sight of the remarkable nature of fact. Emerson suggested that, "seen in the light of thought the world is always phenomenal".

Consider the phenomenal balance involved in the maintenance of the ratios of males to females. In 1999 Finnish researchers analysed male to female birth ratios from 1751 to 1997. They noted that the male to female birth ratio peaked during both world wars. That is that during times of increased male mortality (17 million military deaths between both wars) more male offspring were produced. The United State statistics show increase in male births during World War II, and both the Netherlands and England showed increases during both world wars. More recently Ellis and Bonin (Minot University, North Dakota, 2004) took a 12,000 population sample from an American college and compared the male to female birth ratios for the Korean and Vietnam Wars and showed statistically significant increase in male births for both US and non-US populations.

Many have suggested environmental and social factors as contributors to this pattern, however, the spread over both space and time serve to limit these cause and effect relationships. Others suggest that this cannot be a move towards homeostasis by the planet as it takes 15 yrs to replace the males lost. 15 years

may seem like a long time for us humans with an average 78 year lifespan. Yet, 15 years is an incredibly short time in the planets lifespan.

Sometimes from our relatively limited perspective in terms of both time and space we loose track of the phenomenal occurrences of our world. We get bogged down in the details of everyday life and miss the grandeur and beauty of the system in which we live. We focus on the pus of a pimple, but, forget the pus is dead immune cells that are protecting our system.

Next time you observe a phenomenon notice the phenomenal within the phenomenon. Life is not just a series of isolated facts, it is a series of amazing and phenomenal events that weave to give the beautiful and warm tapestry of life.

