

Creating Wellness

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Creating Wellness Family Chiropractic Centre

Autumn '06

Mother's Day is just round the corner!

And we have a great gift idea for her

Mothers deserve the best from their family,

**They've slaved in the kitchen for us,
They've washed endless piles of our clothes,
They've always been there when the rest of
the family was feeling "sick"**

**Treat your mum to the gift of great health
and well-being**

Ask our staff about a voucher for your mum

Thanks to all of you who brought in cards and gifts for Saskia. We both felt so touched by the Creating Wellness family.

For those of you who haven't met Saskia yet, she was born on the 8th of April, right on the due date, had a completely natural birth at home, and weighed in at 7Lb 14Oz.

She had her first adjustment at 5 minutes old while still attached to her pulsing umbilical cord.



Congratulations to Samara Brown, Anita Chisolm, Simone Varney and Mal Jack, our Practice Members of the Month for the first months of 2006. Thanks so much for your support and smiling faces, you increase the love at Creating Wellness.

2006 is shaping up to be an exciting year, each and every day people are making a greater change towards living a healthy lifestyle, not just hoping someone will come along with a magic bullet to patch them up when the wheels fall off the cart.

We are seeing more and more where current pharmaceutical practices are leading to lower states of health than ever before, the new anti-inflammatory trial in the UK recently was a chilling reminder of that.

Keep positive and stay healthy!

With love, the team from CWFCC

***"Expect a
Miracle"***

Dr John Hinwood, DC

If we are feeling well are we healthy?

....But I "feel" ok, I'm not "sick"! This is something we hear all too often, people judging their level of health by what they feel rather than how they are actually functioning.

The most significant subluxations that have the most detrimental effects on a person's health occur by the age of three.

Dorland's Medical Dictionary states that, "Health is a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity."

There is more to being healthy than just feeling good. We can feel well along the path of dis-ease (lack of harmony) before we begin to experience symptoms. Remember, if you have been experiencing life at a compromised level since birth, you have no standard of good health against which to measure up how you feel.

How you feel, therefore, is not a good indicator of how healthy you are.

So how can regular chiropractic care help you? Chiropractic is that clinical science that is based upon a law of biology that states that inborn into all living things is the ability to be well. Chiropractic draws on the fact of physiology that the nervous system (consisting of the brain, spinal cord, peripheral nerves and special sensory organs) controls and coordinates all other organs and structures in the body and relates it to its environment.

Removing interference to this master control system allows the body to heal itself and gives the optimum conditions for life and health.

What else is on offer for you at Creating Wellness?

See over page for details...

How do we get “Sick”?

Disease doesn't just happen...it develops for a reason

When we encounter a stress that our body can't adapt to, our body responds by “short circuiting” some areas of nerve system function, in much the same way that an electrical circuit is broken by a surge. When this occurs, the internal control mechanisms of our body break down, interfering with the communication between mind and body. This creates confusion or disharmony within your body.

Disease is not an entity, even though it is often classified in that way. In this way diseases can be compared to darkness – it is a lack of something, in this case a lack of health.

This is the true cause of lacking health:

We live in a time where we are bombarded by many stresses, far more than our forefathers and mothers as little as 100 years ago. These stresses come in one of three forms.

1. Mental/Emotional

- Negative thoughts and images, feelings, environmental influences, deadlines, loss, technology.

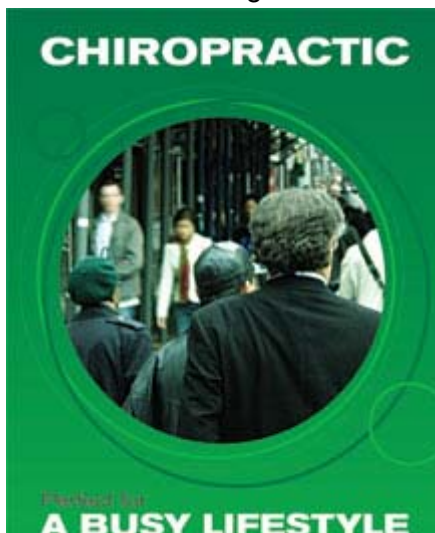
2. Chemical

- Nutritional deficiencies, processed/fast foods, pollution, drugs and habits.

3. Physical

- Child birth, slips and falls, accidents and injuries, poor seating, sedentary lifestyles, gravity.

So where to from here? Increase the resistance to the stresses of life, after all they will always be with us and may not be able to be avoided. Change your habits, improve your diet, become more active, be positive in life and have a healthy nerve system to coordinate your new and improved healthy body to reach new levels of well-being.



Also available through Creating Wellness

- **Nutritional supplements** – We stock a range of Practitioner only supplements from Metagenics. We regularly have Multi-vitamins and Omegas in stock and recommend these for enhancing optimal cellular function. Other products can be ordered on request.
- **Neuro-Emotional Technique (NET)** – Neuro-Emotional Technique is based on a proven combination of the latest scientific research and centuries-old techniques used in Eastern healing. Emotions can negatively affect us long after the original event that caused them. When our body fails to “let go” of these emotions we can find ourselves with unexplained aversions, self-sabotaging behaviours, destructive beliefs, phobias and many chronic physical problems. NET chiropractic adjustments helps to identify, and help you to let go of “stuck” emotional patterns, releasing nerve system interference and further enhancing ones health expression.
- **Regular practice newsletters** – our free newsletters are filled with the latest news from Creating Wellness, recent research into the health care and tips for you to live a healthier lifestyle. We have a folder of back issues in the magazine rack.
- **Chiropractic pillows** – There are two styles of pillows available. The Complete Sleeprrr™ is able to be changed to suit the individual, and the Pillows Made to Measure™ pillow is individually made to your size. You spend a large proportion of your life sleeping, support your neck while you do.
- **Essential water** – We are largely made up of water, but are you getting the greatest benefit from the water you drink? Essential Water™ is Silica enriched which assists in maintaining cellular health and is an integral part of collagen formation. Experience the difference.
- **Lending library** – We have a wide variety of books, dvd's and videos in our library that can enhance your understanding of healthy living and broaden your life experience.
- **Pre-care appointments for family and friends** – Every Tuesday evening and Thursday lunchtime we hold appointments that your family and friends are welcome to attend to find out more about how chiropractic care may improve their health and well-being. Please call to confirm your seat as spaces are limited.
- **Public presentations** – The chiropractors at Creating Wellness have spoken at public and professional events locally, nationally and internationally. If you have a group you would like to have presented to please ask your chiropractor.