

Creating Wellness

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Creating Wellness Family Chiropractic Centre

Summer '05 – '06

BAKED BEANS FOR CHRISTMAS?

Christmas, more than any other time of the year, serves to highlight what thousands in our community don't have. This year we ask for your help to make Christmas special for those Aucklanders who would otherwise miss out.

Throughout December, in the lead up to Christmas, Creating Wellness is running a food drive for the Auckland City Mission, to help families in need. Your contribution of non-perishable food items would be greatly appreciated. We are also offering the opportunity for your families and friends to begin care by having an initial consultation, thermal and EMG scans, and results session, **normally \$95**, in exchange for a donation of food items. *(We have opened up appointments during the weeks of Nov. 28th to Dec. 8th)*

Tell your friends and please bring any food you can to help support other less fortunate Aucklanders this Christmas.



Christmas & January hours

Closed

Friday 23rd – Tuesday 27th Dec.
Thursday 29th Dec. – Wednesday 4th Jan.

Open

Wednesday 28th December 4pm-6:30pm
Thursday 5th January 9 - 11, 4 - 6:30

January 9th – 19th

Monday 11 - 12:30, 4 - 6:30
Tuesday 9 - 11, 4 - 6:30
Wednesday CLOSED
Thursday 9 - 11, 4 - 6:30
Friday CLOSED

Congratulations to Judy West and Lalit Anand, our November and December practice members of the month. Thanks so much for your support and smiling faces, you increase the love at Creating Wellness.

We'd like to take this time to thank each and every one of you for participating in your own health and well-being, for making active choices towards being healthier and better members of society, and for supporting Creating Wellness. We look forward to serving you further into the future.

Finally, an extra special thank you to all of you who have been spreading the word and referring in family and friends for care. It means a lot to us to know that you trust us enough to take care of your loved ones. Creating Wellness will only continue to grow with your continued referrals. With love, thank you.

"What would you attempt to do if you knew you could not fail?"

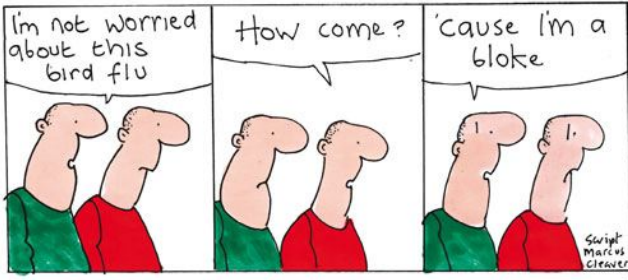
Robert Schuller

Stress relief for the holidays - Dealing with Family Stress.

We were recently asked by a practice member "how is it possible to stay stress free during the Christmas break when families get together to celebrate the festive season?" Here are a few suggestions we have thought of to help you through your Christmas break.

- Avoid talking about the same old things that cause an argument each year, and if someone else starts that same old tired argument simply change the subject politely.
- Keep the alcohol and sugar consumption to a lower level than normal.....we know that we all go a little over board in celebrating Christmas sometimes!
- Remember to say thank you for each and every gift that you get.....even if it is the same thing that you got from great aunty peg last year, and the year before that...
- Keep active, don't allow yourself to just flop in front of the TV to watch the re-runs of old shows and movies, and the long days of cricket matches...but
- Remember to have plenty of rest....not too many late party nights
- Keep up your hydration with plenty of water
- **Make sure that your nerve system is in tip-top shape; get adjusted between Christmas and New Years Eve.**

Chiropractic pillows now available from Creating Wellness. See over page for details...



Bird flu hysteria

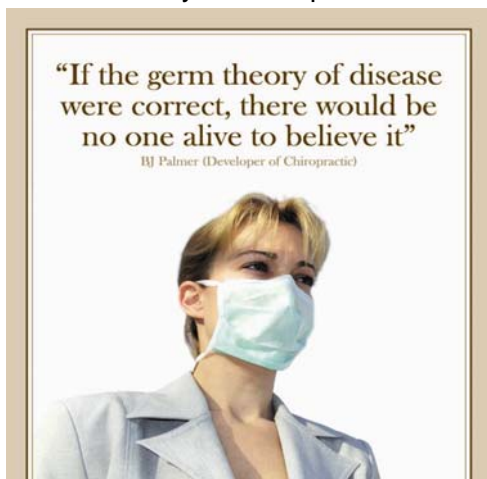
30 years ago there was the Swine Flu panic, governments rushed to immunize, and the safe vaccine programme was abruptly halted due to its serious side effects. By rights millions should have died after this, but they didn't, nor did millions of pigs die! And millions never had an immunization shot in the first place!

Now there is "grave concern" for a Bird Flu epidemic! Again governments are rushing to find the magic vaccine to protect the human world, not the birds, only the humans! Are we to believe that there will be no more Donald Duck? The kiwi extinct?

Let's look at the trends in "treating" flu over the past 11 years. Worldwide resistance to drugs used to treat influenza has increased from 0.4 percent in 1994 to 12.3 percent in 2004, a report in the *Lancet* concludes. This is an alarming increase! How can our level of health be worsening when government expenditure on "health" is at an all time high, and growing each year?

What happens further on down the track? Will we be convinced to jack ourselves up to some sort of pump to replace our blood with toxic waste just in the hope that we don't "catch it"...wouldn't it be better to take a stand for ourselves right now and as a collective strive to lead healthier lives, make healthier choices and not rely on some magic "just-in-case-and-under-tested" potion to save the day because we never worked at being healthy in the first place.

Increase your immune system naturally by increasing your vitamin C intake, having a healthy nerve system, and exposing yourself to your environment rather than fearing it...this will be your best protection!



"The power that made the body heals the body. It happens no other way." – BJ Palmer

Who's seen our web site?
www.creatingwellness.co.nz

Who is taking care of your spine while you sleep?



Two removable inserts allow you to change the shape and height to suit your comfort and postural needs. This takes the risk out of your pillow being too high, too low, too hard or too soft. It's all so simple. One size suits all!

Other features include:

- Channels in the core foam surface, combined with the open-weave inner cover, allow air to circulate, thus dispersing so called 'warm spots'. Sleep cooler, sleep healthier.
- Foam 'noodles' in core foam surface can be removed to make for an even softer surface.
- Superb quality full-density foams selected for their pressure-diffusing and longevity properties.
- High and low sides cater to all physiques, and the pillow's clever design encourages side sleeping which is beneficial in enhancing breathing (which may also be helpful in minimizing light snoring).
- Open weave cover allows pillow to 'breathe' for cooler, healthier sleep.



Encourages the natural curvature of the spine



Correct Alignment for side sleepers

What a great idea for Christmas!

Place your order at the front desk