

Creating Wellness

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Creating Wellness Family Chiropractic Centre

Winter '06

A little humour...

Lion says, "when I roar, the jungle shakes in fear"

Bear says, "when I growl, the forest trembles"

Chicken says "when I cough, the whole world panics!"

Congratulations to Arnim Littek and Wendy Mays, our Practice Members of the Month for May and June. Thanks so much for your support and smiling faces, you increase the love at Creating Wellness.

I recently asked one of our practice members how he explains chiropractic to others, and this was the answer Neil came up with.

"Chiropractic ensures that your spine is not stuffing up your nervous system"

So simple, yet such an important point to make. Chiropractic has the potential to be life transforming, just read some of the testimonials we have on the notice board and in the "our practice members speak" books

Keep positive and stay healthy!

With love, the team from CWFCC

"No one ever hurt their eyes by looking at the bright side of life"

Anon

Sure fire ways to increase your immune system this winter

Information from www.mercola.com

Supplement your diet - Antioxidants (vitamins and minerals) and Echinacea have been proven to increase your immune function and keep you healthy throughout the winter months, and beyond.

Avoid sugar - Sugar decreases the function of your immune system almost immediately, and as you likely know, a strong immune system is key to fighting off viruses and other illness, including the flu.

Rest - Just like it becomes harder for you to get your daily tasks done if you're tired, if your body is overly fatigued it will be harder for it to fight the flu. Regular rest will keep you strong and ensure that your body has the strength to fight off any potential invaders.

Eat Garlic - Garlic is a triple-whammy: it's antibacterial, antiviral and anti-fungal. Garlic is one food that you should be eating every day. It is important to note that the garlic must be fresh to give you optimal health benefits.

Reduce stress - We all face some stress everyday, but if stress becomes overwhelming then your body will be less able to fight off the flu and other illness. It has been estimated that up to 90 percent of illness and disease is stress-related.

Exercise - When you exercise you increase your blood circulation throughout your body. The components of your immune system are also better circulated, which means your immune system has a better chance of finding an illness before it has a chance to spread. In a sense, exercising helps your immune system to be more efficient in weeding out and acting upon viruses and diseases.

Immune function, how can chiropractic help?

The body of evidence supporting the intimate, two-way communication system between the nervous system and the immune system is growing. Investigators have demonstrated that the sympathetic nervous system (which we are able to assess with our Insight™ Thermograph technology) conveys information from the central nervous system to the peripheral immune system.

"The optimal functioning of the immune defense is critically dependent on the homeostasis of the neuroendocrine and/or central nervous systems. Loss of this homeostasis can lead to immune defects, as has been shown for chronic stress or depressive disorders, or it can significantly contribute to the occurrence of pathogenic immune reactions, such as allergy and autoimmune disease." Haas HS, Schauenstein K: "Immunity, hormones, and the brain." Allergy 2001;56:470.

Chiropractic care optimises the function of your nervous system, thereby improving the function of your immune system, it's as simple as that.

New books in the library – Vaccine Roulette, Changing Habits Changing Lives (also a cookbook to complement the Changing Habits book), Informed Voice magazine (May edition)

Disease Control or Health Enhancement

We are regularly subjected to pressure to “protect” our and our children’s health by vaccinating against a whole raft of “dangerous” diseases that have been known to kill large numbers of people in the past.

The “evidence” given is that the incidence of many once common diseases has declined dramatically in modern times. This observation is attributed to the development of prescription drugs and vaccines. Not true!

The primary reason these diseases no longer pose a threat is because people are healthier due to healthier lifestyles and habits. Let’s look at a few examples.

When doctors learnt to wash their hands with soap and water before examining pregnant women and delivering babies in the 1850’s, disease rates among newborn babies plummeted.

The “Black Death” (Bubonic Plague), which killed nearly half the people of Western Europe during the Middle Ages, was eradicated not with drugs or vaccines but by meticulously getting rid of rats, which carried infected fleas.

In more recent times, good nutrition, regular bathing, and improved sewage disposal have proven more beneficial than vaccinating in warding off measles, rubella and diphtheria in children.

In the last 100 years, with the advent of Chiropractic we have witnessed another lifestyle process that enhances health rather than fighting disease.

After World War I, which killed some 7.5 million people in 4 years, came an outbreak of influenza which killed 20 million people in just 6 months.

Flu patients who were adjusted by chiropractors had an overall death rate of 0.5% nationwide, comparatively medically treated patients had an overall death rate of 6% (in some places this death rate exceeded 27%, Boston being one of them).

Disease control is not the issue. To be truly healthy we must consider health enhancement. Say “NO” to drugs, and embrace a healthy lifestyle – for yourself and your children.

Article from www.ozchiropractic.com

Not so long ago there was a comparative study between staff of the US postal service to see the benefit of having the flu shot to not having the shot, there was almost a 50/50 split between the 50,000 staff members, and there was no difference in incidence of the flu.

Enhance your immune system through your own healthy lifestyle and habits; don’t hope that Russian roulette of a vaccine will keep you healthy this winter. Trust in your bodies innate wisdom to heal itself.

Keeping your germs to yourself - the germ theory, fact of fiction?

At this time of the year we all too often hear someone saying “don’t come near me, I have a cold and you might catch it!”, we also get bombarded by different media sensationalizing fears of flu’s, flu pandemics and flu vaccination shortages, seemingly in the hope that more people will get the jab!

The fact of the matter is that these “germs” are with each and every one of every second of the day, they are in the air we breathe, on the foods we eat and on the objects we touch. If the germ “theory” of disease did happen to be true, there wouldn’t be anyone alive to believe it anyway....think about.

The germ theory states that if you become in contact with a germ you’ll get “sick”, but we aren’t all “sick”, and definitely not all “sick” all of the time, so how could this “theory” possibly be true? And therefore how can an industry and government base its entire marketing and management campaign on something as preposterous as this?



Our increase in hygiene, both personally and communally, since the industrial revolution, has greatly increased our level of health and well-being. For instance, washing your hands will decrease your likelihood of spreading a virus to your nose, mouth or other people. However, if your immune system is strong, it should be able to fight off the virus if it does enter your body, but washing your hands provides a bit of extra security. A healthy immune system is the key to fighting the invaders that are constantly entering our systems.

Let’s take the flu for example. The “experts” will use fear to motivate people to get a flu vaccine, but this is yet another health care illusion. Let’s be clear, flu can definitely be a killer disease and is not something that should be easily dismissed. But, remember that flu shots don’t prevent illness--never have, never will. In fact, the flu vaccine can actually weaken the immune system and make you more predisposed to the illness.

Be smart about your health, don’t expect a magic bullet to keep you healthy, and constantly work on increasing your ability live life in an optimal state of well-being.

Chiropractic, it’s my choice!