

brisbane water chiropractic centre

AUTUMN NEWSLETTER 07

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WELCOME TO OUR 1ST EDITION!

We hope you enjoy reading the first edition of our new quarterly newsletter. It will contain news of Chiropractic research and developments, as well as case studies from our own clinic, tips for healthy living, and more. Many people in our community are unaware of the broad range of conditions which can be treated with Chiropractic care, so pass this newsletter on, and help those you care about!

HAPPY, HEALTHY CHIRO KIDS

Some of the reasons our patients have for bringing their children to see us include:

- Postural problems such as scoliosis and 'slouching'
- Joint and growing pains
- Learning and attention issues at school
- Headaches
- Colic (in babies)
- Recurrent ear/nose & throat infections



Chiropractic helps your child's spine and body develop with ideal alignment and posture. It also helps children to cope with all the slips, bumps, falls and upsets of childhood and to grow up flexible and strong. Helping kids' nervous systems to function at their best enables them to be as healthy as possible and to relax, think more clearly and learn more easily.

If you are thinking about improving your children's health, bring them in for a check up today.

Encouraging your children to be healthy is the best gift you can give them.

Jane Tweedie Chiropractor BSc MChir ART

Jane has a degree in Science majoring in Anatomy and Physiology, a Masters of Chiropractic and is a fully accredited A.R.T.(Active Release Techniques) Provider. She is also an accredited Activator Methods Technique provider. She provides general and sports chiropractic and has a special interest in overuse and repetitive injuries.

Administration Staff: Jill Tweedie

CAA Member

The **Brisbane Water Chiropractic Clinic** has undergone a complete refurbishment and provides two fully-equipped treatment rooms. The HICAPS facility at the front desk enables Health Fund claims and payment to be processed at time of consultation.



ABOUT DRINKING WATER

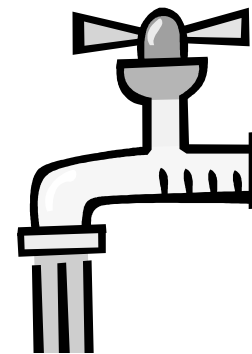
The following will probably amaze and startle you..

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University study.

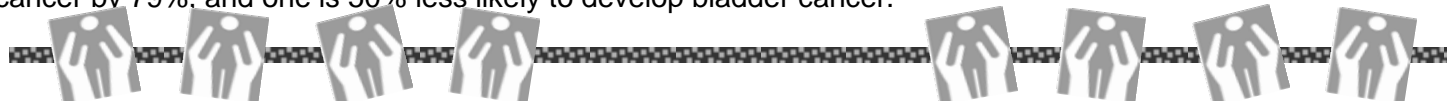
Lack of water is the #1 trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.



Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.



EXERCISE IS GOOD FOR YOUR HEALTH...

30 minutes a day is enough

The recommendation is for adults to be moderately active for 30 minutes every day. If the activity is more intense, you can do it for less than 30 minutes and still receive the health benefits. Some examples of moderate physical activity are:

- Washing and waxing a car for 45 to 60 minutes
- Gardening for 30 to 45 minutes
- Walking 3km in 40 minutes
- Bicycling 8km in 30 minutes
- Swimming laps for 20 minutes
- Running 2.5km in 15 minutes.

The death toll is high

Physical inactivity may be responsible for up to 9 per cent of the total years of life lost through premature death from heart disease, colon cancer, stroke and diabetes. This makes physical inactivity an important risk factor, similar to high blood pressure and obesity.

Things to remember

You can improve your health and wellbeing by enjoying 30 minutes of moderate activity on at least 5 days of the week.

Physical inactivity is an important risk factor in reduced life span. The 30 minutes can be made up of three 10 minute sessions if 30 minutes in one go is too much at first. Any activity is better than none.

A long list of excuses...

The most common reasons for not exercising are:

- Not enough time
- Not enough motivation
- Injury or illness
- Not being the sporty type
- Child care (young women)
- Cost and transport.

**TRANQUILLOW
PILLOWS NOW
AVAILABLE!!!**

Contour pillows for
optimal neck support

**MASSAGE THERAPIST
REQUIRED**

An excellent practitioner
is now needed.

*A natural way to boost your immune system and that of your family against winter bugs is to have a **spinal check up**. Treatment is gentle, safe and a great way to keep your body in top condition!*