

◆ Healthy Life ◆

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Good Food

Wholegrain bread. This food deserves one of the high priority in the diet, especially if it is made with stone-ground wholemeal flour and is made by the traditional method of allowing bread time to rise naturally and slowly. The starch in such 'real' bread has a low glycaemic effect, which means it is converted to glucose slowly. Some of the starch also passes to the large intestine where it helps the good bacteria multiply by the million.

Water. Water is even more important than food. It makes up 65% of our body weight, transports wanted and waste products, is the best cleanser to be found and the only thing that quenches a raging thirst. Resist the marketing efforts that declare you must have something added to water. If the water is pure, it needs nothing added.

NORTON CHIROPRACTIC CENTRE

Cnr Norton & Macauley st, Leichhardt

Office Hours:

Chiropractic

Mon 8am - 7:30pm
Tues 7am - 12pm
Wed 7am - 6pm
Thurs 7am - 7pm
Fri 7am - 4pm
Sat 7am - 12pm

Massage

By appointment



Appointments essential
(02) 9518 0096

Your referrals are appreciated

Cry Baby

The emotionally stressful condition, infantile colic, affects approximately one in four Australian babies, chiropractic care has proven to be a drug-free alternative recording success and bringing peace to crying babies. Recent clinical trials conducted in Denmark show chiropractic care is significantly more effective than the usual prescription drugs in treating colic.

According to the Chiropractors' Association of Australia, the results from these Danish studies published in the Journal of Manipulative and Physiological Therapies add scientific weight to the phenomenon chiropractors have observed for years. The results from the study show chiropractic care reduced infants crying from an average of 3.9 hours to just over one hour per day. Colic is often defined as uncontrollable crying in babies from 0-3 months old, more than three hours a day, more than three days a week for three weeks or more, usually in the afternoon or evening.

Chiropractic care for colicky infants works by loosening the joints in the spine that have reduced range of movement. This is just like adjusting spinal subluxations in adults and adolescent. no negative side effects have been reported.

In the Danish study, during a two week interval, 94% of babies with colic responded to chiropractic care.

When adjusting infants, chiropractors generally use one finger to move individual joints through their normal range overcoming restrictions of movement with great care.

Chiropractors study paediatrics during their five year university degree and learn specific techniques related to the care of infants. Take advantage of our free check-up for kids.

Practice update

X-Mas Open Hours

We will be open on restricted hours during the Christmas break between 24th December to 7th January. However for emergency attention call 0408 419 885 during these times.

Check out our web site

We have a new web site www.nortonchiro.com.au which will be revised regularly with current news and interesting photo's and links.

Free Spinal Examination for Children

Existing patients of our practice are able to bring their children in for a free spinal examination. These examinations must be booked specifically as they require a longer appointment time. We provide this free service as our contribution to better family health, as a child's spine is the most neglected part of the health and quite often, spinal problems are inherited.

Chiropractic is preventative health care and if any problems do exist in children, they are usually easily and quickly corrected thus allowing the child to reach their optimal health potential.

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Regular care makes a difference

After a full working life most of us look to retirement as a golden age- a precious time for ourselves. To spend those later years dogged by ill health is certainly not part of the plan.

Governments also plan for the future. One of their biggest concerns is the cost of caring for an aging population- as a group older people consume the most health dollars.

Rising medical costs

Over recent years medical costs of

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hospitals, technology and medication have outstripped most governments ability to pay. And every scientific breakthrough seems to come with unexpected side effects and further expenses.

a recent American study appears to offer some solutions. Researchers from two chiropractic colleges studied whether older people who received regular chiropractic care over five-years were healthier than their peers.

The people were 65 years or over. For at least five years they had regularly visited their chiropractors, often monthly. They weren't necessarily coming in because they had a specific spinal problem. Instead they went to stay healthy and "keep in tune"- the same reason we regularly service aircraft.

Does regular care save dollars?

The results were remarkable. While the patients concerned did not solely rely on chiropractic care- they used both medical and chiropractic services- their overall health was quite different from other people of similar age. Those receiving chiropractic spent far less on hospital care- saving almost 70%. They also required less medical consultations. As a group they were more physically and socially active, reported more energy and less depression, and in general felt their health was much better than their peers.

Less illness and hospital time

As a result total health costs were slashed. Those receiving regular chiropractic care spent \$3106. This included all health care costs paid by the patient, insurance, Medicare, and all other sources.

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The savings came from less hospital care (less \$3,398) and physician services (less \$3,547). In fact the average health care cost of these older chiropractic patients were found to be \$404 less than the average health care cost for US citizens of all ages (\$3,106 versus \$3,510).

How does regular care work?

The researchers believed that there were many benefits with the chiropractic package".

There is a sense of well-being with better movement, balance and coordination so people can stay active. The chiropractic philosophy is positive and focuses on a healthy lifestyle, staying alert and doing what you can with what you have. And the trusting relationship that develops between the chiropractor was also considered of vital importance.

(Maintenance Care: Health Promotion Services Administered to US Chiropractic Patients Aged 65 and Older R.L. Rupert, D. Mandello & R. Sandefur, J.Manipulative Physiology Ther 2000: 23:10-19).

Safe Holiday Driving

To lessen the risk of tiredness on your next trip:

- Plan your trip to include a good night's sleep beforehand
- Don't drive for more than 8-10 hours
- Plan on driving only during the hours you would normally be awake
- Take a break every two hours and if possible share the driving

- Avoid alcohol and eat well-balanced meals during your trip
- Keep alert for warning signs of tiredness: yawning, heavy eyes, blurred vision or irritability

*Who do you see?
Your chiropractor.
Naturally!*

News in Brief...

Faster than a speeding thought!

Scientists have recently clocked the speed of thought. Some poor soul had electrodes placed in their brain and was then shown a picture of an everyday object. Measurements of brain activity suggested that it took ~250-300 milliseconds (one quarter of a second) to begin to understand the object and a further 250-450 milliseconds to fully identify the object.

From this information scientists conclude that information gradually acclimates within the brain rather than arrives in an all-or-nothing fashion.

Broken back

Most spinal problems will respond well to chiropractic care, but unfortunately it is rare for anyone to recover from spinal cord injuries. The spinal cord carries nerve messages back and forth from the brain to the body. The spinal cord is relatively protected by the bony spinal column. However, with enough force vertebrae can be crushed to produce permanent spinal cord injury.

Prevention is the only real solution. Wearing seat belts and bike helmets, and always checking the depth of water before diving will reduce the risks of severe spinal injury.

**From everyone at NCC
We wish you a great, safe
and healthy Christmas
break.**

