

◆ Healthy Life ◆

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The meaning of Chiropractic

Chiropractic is a holistic approach which uses the bodies own healing process to heal itself from the inside out. The purpose of Chiropractic is to optimize health and wellbeing by eliminating subluxations. A subluxation is a misalignment in the spine causing nerve interference (pinched nerves) throughout the body.

Chiropractic removes vertebral subluxations that interfere with the very life force pulsing through your nervous system. A substantial number are pain free therefore you may be subluxated and not know it. Poor concentration, decreased energy and other ailments can be a result of this.

One of Chiropractic's consistently positive qualities is a patient-centered approach to care in which we assist our patients in moving toward optimal function, fitness and well being, rather than a negative focus directed merely at symptoms. From our perspective patients and their health related quality of life are the focus of care.

Regular chiropractic care helps restore and preserve function before problems can arise.

NORTON CHIROPRACTIC CENTRE

Cnr Norton & Macauley st, Leichhardt

Office Hours:

Mon to Fri 8:00am to 6:00pm
(Closed Thursday)

Appointments essential
(02) 9518 0096



Your referrals are appreciated

In the Beginning ...



D. D. Palmer

The science, art and philosophy of chiropractic evolved from D.D. Palmer's years of independent research and study of human health and disease. Following the successful application of his knowledge to initial patients in 1895, he shared his findings with others. The first classes of the Palmer School and Cure, later known as the Palmer Infirmary and Chiropractic Institute, were held in 1897.

One of D.D. Palmer's early students was his son, Bartlett Joshua Palmer, who joined his father in conducting classes. Upon completing the course of study, B.J. (as he came to be known throughout the world) headed the school from 1906 until his death in 1961. One of B.J.'s first acts was to incorporate the school and change the name to Palmer School of Chiropractic, which was chartered in 1907. B.J. accomplished many goals for the school and brought the curriculum to 4,320 hours in four academic years by 1950.

Today science and technology blend with rich tradition to form a society of skilled doctors who perform this holistic approach to health called Chiropractic.

From: <http://www.palmer.edu/PFCH/PCCHistory.htm>

PRACTICE UPDATE

Some of you may have noticed by now that we've had a working-bee. We've painted, changed lights and some furniture. Thanks for your comments and feedback on the colour choice of the walls. Hopefully the colour changes make your visits to our office a little more fun.

Thanks to Melissa, Michael, Siobhan and Brett who helped out with the painting, Emily and Maria for the furniture contribution and Gene for the carpentry work on the awning.

PATIENTS IN FOCUS

When you next come into our practice, take a look at some examples of our patient X-rays taken after first Initial Examination then after 24 visits after the Comparative Examination, they're great examples of chiropractic care and the importance of scheduled care.

We would like to congratulate some of our pregnant mums on the delivery of their healthy babies since the last newsletter 'Patients in Focus-our pregnant mums' Nov

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Performance Chiropractic

When you witness a crushing tackle during a game of Friday Night Football, you probably wonder how these guys can continue to get out and play again the following week. Besides simply being big and tough, one way players get back on their feet is through chiropractic care. Sports chiropractors focus on treating injuries of the muscles and bones and regular adjustments help to reduce the chance of serious injury.

John is a qualified sports chiropractor and offered his services as a part of the 2002 Sydney Olympics as a team chiropractor. The practice currently sees a number of sports athletes including dancers, rowers and divers.

BACK TO BASICS

Ask yourself these questions.

If the nerve traveling from your brain down the spinal cord coming out a hole between two vertebrae and ending at the liver was to be cut by a scalpel, do you think the liver would function at all?

If you answered NO, you're spot on!

What about if this same nerve was hit and bruised, do you think that the liver would work at all?

Well, it may work because the nerves are still present, but by no means will it work as properly. It will be sending messages in a jumbled up pattern, like a twisted hose pipe will have less water running out the end compared to an untwisted hose!

If this was the same situation occurring to the nerve, what would be happening to the parts of the body fed with this poor nerve supply?

That's Right, muscles not as strong, skin not as sensitive, organs

not as healthy, brain not as alert.

How about if there was a misaligned vertebrae (subluxation) between two vertebral bones putting slight pressure on a nerve over a six month period. These nerves would be ever so slightly compressed, over this time, they will progressively degenerate as their ability to send a pure message will become worse and worse. Just like the twisted hose pipe.

Every body part supplied by that dysfunctional nerve will not receive 100% health, then the body will never be 100% healthy until the pressure is taken off the nerves.

The only way to achieve this is to have a chiropractic adjustment on the misaligned and subluxated spinal vertebrae, so that nerve pressure does not occur and health is maintained.

Things that cause these subluxations are wide and varied. Some common areas are: sleeping on your front with a twisted neck, sitting at a computer for longer than 20 minutes without having a micro break, sitting in an unsupportive chair, poor footwear, falls and accidents. These are just a few examples, there are many more contributing factors.

Because the nerve pressure is created by misalignments or subluxated vertebra is slight, you won't know that you have one unless your spine is checked by a chiropractor.

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

Can Chiropractors change Scoliosis?

Some chiropractors claim to straighten spines, and we certainly do in our office, based on radiological findings. BUT some scolioses NEVER will straighten, so beware any guarantees that you may be given. In simple terms:

Some can be corrected, others not, but given the need for health maintenance through a healthy spine, all scoliosis patients should be kept free of subluxation and spinal problems. In this office protocols of monitoring and referral for orthopedic consultation are, of course, followed, and the point of chiropractic here is to remove vertebra subluxations and spinal misalignments which interfere with nerve function.

Check out our website

Have a look at our website at www.nortonchiro.com.au which features patient testimonials, recent newsletters and chiropractic information.

