

# NEWSLETTER

## Happy Holidays!

Hello everyone and welcome to the Festive Season! It seems like only yesterday we were wishing everyone a Happy Easter, and now the Christmas Season is here!

We hope that this year has been a healthy and happy one for you and your family.

Now is a good time to step out of the "busy-ness" of our lives, and reflect on the year gone by. In particular, our Health, and what directions we want for the future.

Several changes have taken place at the practice, with a few exciting ones planned for the New Year.

As many of you know, Chris and Trudy are expecting their 3rd child in mid-January. (What were they thinking!!)

Trudy has been busy training our new Team member, Anita (yes, another Anita!), who will be taking over Trudy's responsibilities as Office Manager.

Thankyou everyone for making Anita feel welcome here, as it takes some time to get to know everyone.

Some of the goals planned for the coming year include regular newsletters, a web site, new front signage, and possibly a second chiropractor.

For those of you who have lost loved ones during the year, our hearts are with you during this difficult time. Also, congratulations to those who need an extra Christmas stocking over the mantle this year!

A big "Well Done!" to those of you who have set out to make some big health improvements over the year. Some of you have been able to toss out your cholesterol and blood pressure medication, just because of a few simple changes you've made. Well done!

Thank you to everyone for your wonderful support throughout the year, and your well-wishes for Trudy.

We do appreciate you allowing us to be a part of your lives and health decisions. A responsibility we do not treat lightly.

All of us here wish you a Happy and Healthy Merry Christmas and a great New Year!

## New Arrival!

As most of you already know, the Hume-Phillips family will be growing by one! Yes only one this time!

Chris & Trudy's new baby will be due in mid-January, 2008. Chris will be doing a few half-days shortly after the baby arrives, and will

be taking a longer break over February to enjoy some time with his family.

During some of this time the Clinic will be closed. Dr. Felicity Maitland will be back again in February to allow Chris time with his new family.



### *A Few Special Requests...*

Missing an appointment is something we are all guilty of at some time, however we ask that you PLEASE let us know if you cannot make your appointment. We usually have a waiting list for our more popular shifts, and it would be great if we could pass that time slot to someone else.

Any new health complaints or injuries? Let Dr. Chris know *before* you get on the adjusting table and not on the way back out! Some problems can be linked to others, so be sure to let him know when first you get into your appointment.

Moved house? Changed jobs? New mobile number? If so, please let our staff know of any changes in your contact details.

Ultimately we want to provide you with the highest level of Chiropractic care that you deserve, and we would not be able to do this without your cooperation.

*Thank you all for your help!*

### Clinic Holiday Times

Please note that the Clinic will be closed at 12 noon on December 24th and re-open on Monday January 7th, 2008 for the Christmas / New Year holiday period. If you know someone who is considering coming in as a New Patient, then we strongly suggest they do so earlier than later. Due to the busy Christmas period, we often need to limit availability of New Patient consultations. Thankyou!

## Enlightenment...

by Dr. Bill Noonan (Chiropractor)



- ◆ The journey of a thousand miles begins With a broken fan belt and a flat tyre.
- ◆ Never forget you are unique, just like everyone else.
- ◆ Never test the depth of the water with both feet.
- ◆ If you think nobody cares whether you are dead or alive, try missing a few mortgage payments.
- ◆ If a first you don't succeed, don't try sky-diving.
- ◆ Give a man a fish and he will eat for a day. Teach him to fish and he will sit in a boat and drink beer all day.
- ◆ Have you ever leant someone a twenty and never seen that person again? It was probably worth it.
- ◆ A closed mouth gathers no feet.
- ◆ Good judgment comes from experience..... experience comes from bad judgment.

## Chiropractic PLUS!

Chiropractic PLUS is a Life-style Wellness approach, and involves enhancing health awareness, identifying risk factors, and helping to alter perceptions and behaviours. This in turn allows patients to achieve far better health outcomes, by developing a truly Holistic approach to their wellbeing.

Many of us know that we need to improve our health, but often don't know where to start. This program provides an individualized program for doing just that.

There is considerable training involved for us to implement this program, and should be available here at the Clinic early in 2008.

## Technique Blog – “Advanced Biostructural Correction”

Chris is one of a very small number of Australian chiropractors who have been trained in this exciting new technique protocol (only 3 chiropractors in Adelaide!).

It involves the assessment and treatment of an additional spinal structure, the “meninges”, that normal adjusting doesn't correct.

It is based on research done by neurosurgeon, Dr. Alf

Brieg. He found that adhesions between the meninges (a thick protective layer around the spinal cord) and the canal formed by the bones of the spine, resulted in considerable postural and neurological problems.

Using the ABC technique, allows these meningeal adhesions to be “released”, resulting in dramatic postural improvements, and often significant neurological improve-

## Exercise Tips

**Well, it's that time again when the weather improves and the days are long enough for us to get out and burn off that winter insulation, no more excuses!**

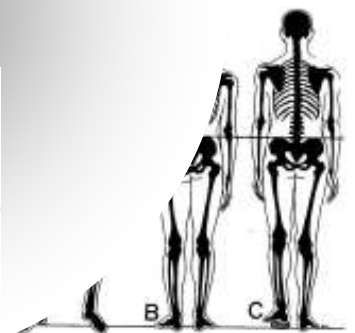
**Before you get going** there are some important things you must know...

- ◆ Start your activity at about 60% of your maximal ability, and start out slowly.
- ◆ Allow 6 weeks from when you began exercise, before your tissues are fully in shape.
- ◆ Stretching should be done after you're warmed up and before you cool down.
- ◆ Expect to be sore initially, your body will complain a little before it gets used to it's regime.
- ◆ You need to exercise at least 3 times per week for it to have significant health benefits— otherwise it simply is what I would call 'exertion'!
- ◆ Muscle stiffness in those early weeks can be a real problem. Below are some extremely effective supplements to help your body along:

**Metagenics Myoplex—helps neutralize lactic acid produced by muscle activity.**

**Hivita Stress—has very high levels of Vitamin B3 to dramatically improve circulation through tight tissue and muscles.**

**Hemagenics—very important for providing iron. This particular product does not cause constipation like many other iron supplements. ... ask Dr. Chris for more information on this.**



ments, as in the case of patients suffering from Multiple Sclerosis, and other similar disorders of the nervous system.

Like various techniques, ABC isn't suitable for everyone, however Chris will let you know if could be right for you. Please check with Chris for more information on the ABC technique.