

## What is Chiropractic?

### **Alleviates interference in the nervous system allowing the body to self heal.**

Chiropractic, is the world's largest non surgical, non drug prescribing primary contact health care profession. It seeks to prevent and treat health problems by using gentle adjustments to the spine in order to correct misalignments. Chiropractors use a wide variety of modalities including Kinesiology, Neuro-Emotional Technique, Craniopathy, Neural Organisation Technique, Neurolink and Network.

#### **How Does it Work?**

The spine houses and protects the spinal cord, the "switchboard" of the nervous system through which 120 trillion nerve fibres pass from the brain to different parts of the body. When injury, posture problems or emotional stresses occur, your vertebrae become misaligned. This may interfere with the normal function of nerves. This is called Vertebral Subluxations. Gentle adjustments are given to remove and unlock these subluxation complexes thus removing the cause of pain and malfunction.

#### **The Treatment**

After obtaining your medical history (medications, surgery, genetic influences etc) an examination of your spine and posture is conducted. Once fully assessed, your practitioner will apply the appropriate therapy to areas of your body to correct the spinal misalignments. Some patients experience varying amounts of symptoms (reactions), particularly after their first one or two adjustments, depending on their level of fitness. If there is a rapid change in muscle tension and you have not been very physically active, there is often a stiffening of muscles similar to that experienced after strenuous exercise. These symptoms, while they may cause a degree of discomfort, are a sign that a lot of change has taken place. This is seen as a good sign, in spite of the discomfort. Generally these symptoms last 1 to 2 days and usually fade leaving a great feeling of wellbeing and more importantly, an efficiently functioning nervous system.

#### **The Benefits**

Relief from pain, improved posture and performance, improved flexibility, greater resistance to injury, improved ability to sleep and relax, fewer aches and pains, improved tolerance to stress and general enhancement to health. Chiropractic adjustments allow the body to heal itself without drugs or surgery.

#### **Do you Suffer From?**

Allergies  
Asthma  
Back ache  
Carpal Tunnel  
Elbow pain  
Fibromyalgia  
Headaches  
Hip pain  
Joint pain / problems  
Knee pain  
Lower back pain  
Muscle tightness and stiffness  
Neck pain  
Sciatica  
Shoulder pain  
Sports injuries  
Stress  
TMJ

#### **Results You Can Expect?**

You may feel warmth flowing to various parts of your body after your initial adjustment or a surge of vitality as nerve function is restored. You may feel complete relief after only one adjustment, or it may take a few adjustments to relieve your symptoms.

#### **A healthy nervous system is vital to an active and healthy body.**

Restoring normal nerve function can bring relief from pain and may also benefit you in other ways. Such as allowing for a better night's sleep, reducing tension and stress, and in general allowing your body to function at it's full capacity. It is important to note maintaining your health is as crucial as attaining it.

### **Chiropractic is a total and preventive approach to health, focusing on wellness.**

**DOUBLE BAY: (02) 9302 2888**

8 Patterson Street, Double Bay, NSW 2028

Website: [www.universalhealth.com.au](http://www.universalhealth.com.au)

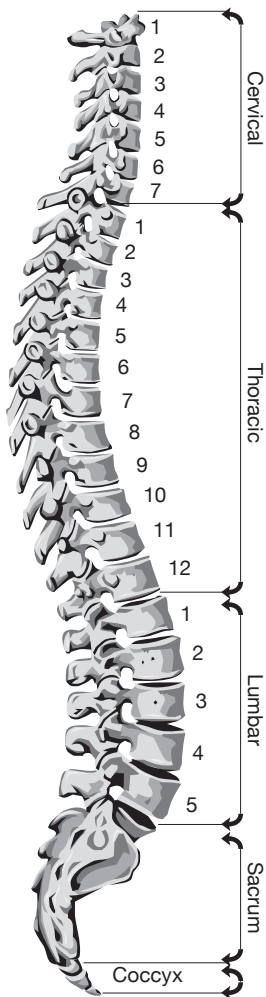
**CITY: (02) 9232 8840**

Suite 1, Level 5 'Park House'

187 Macquarie Street, Sydney, NSW 2000

# Chiropractic Misalignment Chart

This chart shows the origin of most spinal and sympathetic nerves, and the possible effects of nerve impingement at a particular level. By adjusting the spine at certain levels, your Chiropractor works to remove nerve impingement, thereby allowing optimum nerve supply to all areas of the body. Various other therapies strive to cover up, relieve or deaden symptoms. Chiropractic finds and removes the cause. Once this has been accomplished, the recuperative powers of your body will build health.



Vertebrae	Areas Supplied	Possible Effects
C1	Blood supply to the head, the pituitary gland, the scalp, bones of the face, the brain itself, inner and middle ear, the sympathetic nervous system.	Headache, nervousness, insomnia, head colds, high blood pressure, migraine headaches, mental conditions, nervous breakdowns, amnesia, sleeping sickness, chronic tiredness, dizziness or vertigo, St. Vitus dance.
C2	Eyes, optic nerve, auditory nerve, sinuses, mastoid bones, tongue, forehead.	Sinus trouble, allergies, crossed eyes, deafness, erysipelas, eye troubles, earache, fainting spells, certain causes of blindness.
C3	Cheeks, outer ear, face bones, teeth, trifacial nerve.	Neuralgia, neuritis, acne or pimples, eczema.
C4	Nose, lips, mouth, Eustachian tube.	Hay fever, catarrh, hard of hearing, adenoids.
C5	Vocal cords, neck glands, pharynx.	Laryngitis, hoarseness, throat conditions like a sore throat or quinsy.
C6	Neck muscles, shoulders, tonsils.	Stiff neck, pain in upper arm, tonsillitis, whooping cough, croup.
C7	Thyroid gland, bursae in the shoulders, the elbows.	Bursitis, colds, thyroid conditions.
T1	Arms from the elbows down, including the hands, wrists and fingers, also the esophagus and trachea.	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands.
T2	Heart including its valves and covering, also coronary arteries.	Functional heart conditions and certain chest pains.
T3	Lungs, bronchial tubes, pleura, chest, breast, nipples.	Bronchitis, pleurisy, pneumonia, congestion, influenza.
T4	Gall bladder and common duct.	Gall bladder conditions jaundice and shingles.
T5	Liver, solar plexus, blood.	Liver conditions, fevers, low blood pressure, anaemia poor circulation, arthritis.
T6	Stomach.	Stomach troubles including nervous stomach, indigestion, heartburn, dyspepsia.
T7	Pancreas, islands of Langerhans, duodenum	Diabetes, ulcers, gastritis.
T8	Spleen diaphragm.	Hiccoughs, lowered resistance.
T9	Adrenals or supra-renals.	Allergies, hives.
T10	Kidneys.	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis.
T11	Kidneys, ureters.	Skin conditions like acne, pimples, eczema or boils.
T12	Small intestines, Fallopian tubes, lymph circulation.	Rheumatism, gas pains, certain types of sterility.
L1	Large intestines or colon, inguinal rings.	Constipation, colitis, dysentery, diarrhoea, ruptures or hernias.
L2	Appendix, abdomen, upper leg, caecum.	Appendicitis, cramps, difficult breathing, acidosis, varicose veins.
L3	Sex organs, ovaries or testicles, uterus, bladder, knee.	Bladder troubles, menstrual troubles like painful or irregular periods, miscarriages, bed wetting impotency, change of life symptoms, many knee pains.
L4	Prostate gland, muscles of the lower back, sciatic nerve.	Sciatica, lumbago, difficult, painful or too frequent urination, backaches.
L5	Lower legs, ankles, feet, toes, arches.	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps.
Sacrum	Hip bones, buttocks.	Sacroiliac conditions, spinal curvatures.
Coccyx	Rectum, anus.	Haemorrhoids or piles, pruritis or itching, pain on sitting.

# WHO NEEDS CHIROPRACTIC?

The following is a small collection of people, from different walks of life, who take advantage of Chiropractic for a variety of reasons.

**Children-** Children's active lifestyle produces many physical stresses to their spines. Just watch a child fall out of bed, bounce down stairs on their bottom, dive into the couch, fall off the bike and swing, and these are but a few common causes of Subluxations. The earlier Subluxations are detected, the easier they can be corrected.

**Parents-** The constant bending, lifting and reaching to care for young children forces carers to repeatedly stress their spines awkwardly on a daily basis.

**Students-** Carrying heavy school bags to and from school, and then all the sedentary hours sitting studying, often causes the spine to compensate, creating unnatural habit patterns and stresses in their spines.

**Seniors-** After years of work, family and other activities, your body accumulates a lot of stress which it has not been able to fully adapt to. The earlier Subluxations are detected, the easier they can be corrected. It's never too late to discover the benefits of Chiropractic.

**Athletes-** To achieve fitness, we keep pushing our bodies to new limits. Unfortunately this process is frequently carried out incorrectly. Even when the activity is performed carefully, pre-existing Subluxations can mean that even a proper workout can unknowingly create serious spinal problems.

**Office Workers-** Lack of activity and poor postural habits sitting all day can lead to spinal stress.

**Factory Workers-** Repeated similar movements, can place unnatural stress on specific areas of the spine, causing premature wear and tear, as well as forcing compensations in other areas, creating secondary problems.

**Drivers-** Long hours of sitting is not healthy for the spine, especially aggravated by the frequent climbing in and out of the vehicle, often in a hurry.

**Pregnant Women-** Chiropractic can be helpful during all stages of pregnancy. This period of rapid development hormonal changes, the laxity of connective ligaments and shifting weight bearing structures, may cause many pregnant

women to experience low back pain. As the centre of gravity changes, so does the stress to the spine. Besides helping to relieve the discomfort, many expectant mothers experience that Chiropractic helps normalise nerve system function. This is an important component of overall good health. Your Chiropractor will take special precautions with you during your pregnancy. Modifications to the table or adjusting techniques are made during each stage of your pregnancy.

***The benefits of Chiropractic care may also be noticed during delivery.***

Many Chiropractic clients report that their deliveries were faster and more comfortable than deliveries previous to Chiropractic care. The birth process, even under natural and controlled conditions, is potentially traumatic and can stress a still developing spine. During the pushing stages of labour, the spine, particularly the neck, may be injured as the baby is compressed and pushed down the birth canal. As the baby is compressed, the small bones in the neck may be pushed out of natural alignment and cause nerve interference. This neurological disturbance is called a Vertebral Subluxation. Chiropractors are the only health care providers trained to locate and correct Vertebral Subluxation.

Also, Chiropractors find that infantile colic may be associated with poor spinal function (Subluxations), arising from physical stresses to the infant's spine during birth, or inappropriate handling during the early weeks of life. Modern obstetric practices, such as birthing the babies with the mother lying on her back, the use of forceps, suction, induction and epidurals may subject the infant to significant trauma. Such stresses may lead to Subluxations in the infant causing nerve interference. This nerve interference may upset the function of the gastrointestinal system resulting in pain and colic. Correction of spinal stress and the relief of nerve interference may explain the positive effect Chiropractors have on infantile colic. A study in Denmark in 1989 carried out by a Chiropractor and a medical practitioner reported that in 94% of cases of colic, a successful result was obtained following a two week period of care. This research confirms the results of other studies and observations of the effectiveness of Chiropractic.

***Chiropractic is a vital fundamental of your children's health and welfare***

## Activator

Spinal misalignments may cause pain and nerve interference throughout your body. Activator Method Chiropractic Technique (AMCT) can address such problems and provide a program for total health.

The wear and tear of life, old injuries and everyday stress can cause your vertebrae to lose their proper position and be a cause of numerous complaints including back, knee, leg and neck discomfort. AMCT combines the latest advances in orthopaedic, neurological and chiropractic examination to seek out joint dysfunction and subluxation in the spinal column and extremities. It is based on a dynamic approach in which biomechanical lesions are isolated through patient movements designed to identify the exact areas of dysfunction.

### How Does It Work

After examination identifies the location of your lesion your practitioner may recommend treatment that includes the use of a mechanical instrument. The Activator Adjusting Instrument (AAI) is a hand-held spring-loaded mallet that is designed to deliver safely a preset amount of force precisely to correct the lesion. The AAI was developed in the US to assist chiropractors in cases where more force is needed to effect an adjustment than can be delivered manually by thumb thrust. It was approved in 1984 in the US by the FDA for use in adjusting procedures.

### The Treatment

Your practitioner will first take biomechanical measures of your gait and postural sway (the way you walk). Marching or walking in place may reveal inconsistencies between the pelvis and the spine. Poor posture is one of the leading causes of joint and muscle pain, spinal misalignment and subluxation. You will then be asked to lie face down, fully clothed, on the examining table. Your practitioner will check for apparent difference in leg length and by holding your feet in various prescribed ways will be able to note any slight variations of hip position and spinal muscle tension. If any inequality or imbalance is found your

practitioner will tap various points along your spine, either manually using the Specific Diversified Technique (SDT) or manually-assisted using also the AAI, depending on the degree of force required, or in cases where rotation (twisting motion) is contraindicated.

### The Benefits

Each patient presents different symptoms. In most cases of chronic pain, treatment by SDT or AMCT will provide much-needed immediate relief. Slight residual sensitivity will dissipate within one hour of treatment. Your practitioner will advise if further visits are necessary to monitor and stabilize your condition. Monitoring will also reveal rapid improvement in other conditions especially if accompanied by auxiliary treatment such as Homeopathic Therapy. Your practitioner will advise what auxiliary treatments, if any, are appropriate to your individual requirements.

### Do you suffer from

Lower back pain, Sacroiliac joint syndrome, Adhesive capsulitis (shoulder pain), Torn medial meniscus (knee injury), Neck pain, Chest pain, Sciatica, Whiplash, Disc herniation, Carpal Tunnel, Bell's Palsy, Hypertension, Blood pressure, Anxiety, Spinal stiffness, Leg length inequality, Headache, Sports or other injury.

### Results You Can Expect?

You will experience immediate relief from a debilitating pain or other chronic condition which has been adversely affecting your health and quality of life. In addition to the marked improvement in your health and wellbeing which will result, you will also experience a glow of confidence, a growth of positive outlook and an enhanced ability to participate in your work and social life.

## Contact Reflex Analysis - CRA

Spinal misalignments may cause pain and nerve interference throughout your body. Activator Method Chiropractic Technique (AMCT) can address such problems and provide a program for total health.

CRA quickly and accurately uncovers the root of a health problem and provides your practitioner with the means to correct it. CRA does not merely treat symptoms. By analyzing the response at your own body's reflex points it can be determined if a structural deficiency is inhibiting the necessary flow of energy and nutrition to specific organs, muscles and glands. It can also be determined if agents such as chemicals, parasites, viruses or bacteria are attacking the body and undermining your health. CRA can even uncover deficiencies at a sub-clinical level; that is when the problem is not detectable by many modern testing methods, and is so small that even you are not yet aware of it.

### How Does It Work

Knowledge of the body's reflex points is, in fact, over 4,000 years old, and is derived from the ancient Chinese system of acupuncture. This holds that different points on the surface of the body relate to the state of health and the flow of energy in each and every function and part of the body. Today there are 75 known reflex areas on the skin which represent various organs, glands and bone structures. CRA does not require needles to test these points. The aim of testing is to detect if there is an interruption of nerve energy to any reflexes. If there is a problem the reflex will act in a similar way to a "circuit breaker" under an overload.

### The Treatment

Your practitioner will use your arm, or other muscle as a "circuit" indicator. When your practitioner's fingertip comes near or touches a healthy reflex, the arm muscle will remain very strong. This indicates that nerve energy is flowing freely and it will not be possible to push your arm down without exerting considerable force. However, if your arm muscle is suddenly weak and your arm can be easily pushed down, this indicates that a "hot circuit breaker" has been located and that nerve

energy has been interrupted. Your practitioner will now know if the problem is structural, physical or nutritional. Exact structural and/or nutritional support can now be given.

### The Benefits

The range of problems and diseases which have been treated successfully by CRA is extensive and extends from known maladies such as Multiple Sclerosis to more nebulous conditions which have defied conventional diagnosis such as intolerable and persistent pain throughout the body, loss of muscle tone, sleep disorder, chronic diarrhoea and acute sensory sensitivity. CRA is also recommended if you simply feel out of sorts and as a preventive measure to determine how best to maintain your own health, in terms of your known personal history and present circumstances.

### Do you suffer from

A health problem that has not responded to ordinary orthodox medical care, lassitude, lack of energy, inability to concentrate, headaches, frequent colds and coughs, chronic diarrhoea, sleep disorder, acute sensory sensitivity, scoliosis, persistent pain, loss of muscle tone, Multiple Sclerosis.

### Results You Can Expect?

By means of appropriate chiropractic attention and by following your practitioner's recommendations in diet and life style you can expect to experience a welcome improvement in your condition. The speed of recovery, or return to full health if you have been simply "out of sorts" will, of course, vary according to your own unique circumstances. Several return visits will be recommended in order to monitor your progress by further use of CRA. CRA success stories vary from the heartening to the seemingly miraculous.

## Electro-Therapy 1)

It complements manual therapy and involves the use of electrical and physical properties applied by advanced equipment to enhance your body's repair process.

The human body functions through electrical conductivity, with different currents flowing through connective channels, such as muscle, bone, and neural tissue. Physicians have long been able to measure these electrical impulses at acupuncture pressure points. Injury results in the lowering of this normal electro-chemical activity. This deprives your body of the adequate supply of proteins needed to affect an exchange of nutrients and waste products. When an electric current is applied to a damaged and painful area in your body, blood flow to those regions is increased. The improved circulation removes toxins and delivers white blood cells to the affected areas and accelerates healing.

### How Does it Work?

Following injury, muscles that move joints rapidly waste and weaken due to non-use. An important aspect of rehabilitation is to strengthen these weakened muscles by electrical stimulations. These promote precisely controlled muscle contractions that strengthen and improve muscle tone and compliment the healing process. The strengthening comes from slowly increasing the workload on the muscles over a series of cellular micro current therapy treatments during both the main treatment phase and throughout the rehabilitation. Electro muscle stimulation often provides the best initial phase of treatment for many injuries, especially those that are too painful for traditional physical therapy. The equipment used ranges from muscle stimulators to ultrasound units, and from larger expensive clinical models to smaller, more compact mobile ones. All devices are equipped with an electrode wand which can deliver a mild electric current to acupuncture points on the body. Your practitioner will also have conductive gel and other electro-therapy accessories.

### The Treatment

On your first visit our practitioner will assess the nature and degree of your injury, or your condition, which might be a recent injury, a previous injury scarring, acne scarring, or one of a number of skin disorders. Pain relief therapy through cellular electro stimulation is usually achieved with little or no discomfort. Indeed the reverse may be the case, since electro-physical therapy is sometimes described as "an electronic narcotic" due to its ability to release endorphins, your body's own natural painkillers. Your practitioner will place you comfortably on the examining table. You will be clothed or wearing a light gown for ease of movement in providing access to affected areas of your body. The over-riding principle of these interventions, is that the application of a low power/energy modality can enhance the natural ability of the body to stimulate, direct and control the healing and reparative processes. Instead of 'hitting the cells' with high energy levels, and thereby forcing them to respond, the low energy applications are aiming to tickle the cells, to stimulate them into some higher activity level and thus use the natural resources of the body to do the work.

### The Benefits

Thanks to advanced electro muscle stimulator technology you can achieve freedom from pain and rapid improvements in your appearance. Electro muscle stimulation and micro current therapy will greatly assist you with your pain relief management needs. As a result of the treatment you will feel more youthful, more mobile, and more comfortable.

## Electro-Therapy 2)

It complements manual therapy and involves the use of electrical and physical properties applied by advanced equipment to enhance your body's repair process.

### Do You Suffer From?

Carpal tunnel syndrome, Decubitus ulcer, Circulatory conditions, Back pain, Diabetic foot conditions, Muscle spasm, Sports injury, TMJ, Lower leg injury, Cellulite, Ageing skin, Facelift scar, Acne scarring, Facial scars, Stretchmarks, Psoriasis, Mature scar tissue, Burn scarring, Muscle atrophy, Edema, Darriers skin disorder.

### Results You Can Expect

Though the rate of recovery is unique for each patient, a noticeable reduction in pain is usually felt within 3 to 5 sessions, at 45 to 60 minutes each. Pain relief management could not be more convenient or more effective. Healing of various forms of scarring, skin disorders and dermal improvement for conditions such as cellulite and stretchmarks can be accomplished in from 6 to 25 sessions of varying duration depending on the severity or otherwise of the problem. After only one or two 10-minute instructional sessions with your practitioner, you can, if desired, acquire your own recommended mobile electro-therapy model for home use. This has proved to be of particular use for cancer patients.



## Diversified & Gonstead

Restores normal biomechanical function to the spine where misalignment of vertebrae has created chronic nerve pain.

Named after revered chiropractic pioneer Clarence S. Gonstead, the Gonstead System with its later refined application Diversified Technique is used to verify the precise location in the spine of misalignment, which results in nerve pressure. This painful condition interferes with the innate ability of the body to maintain health. Diversified Technique allows the same approach to be applied also to the adjustment of extremity joints, enabling the treatment of sports and other injuries.

### How Does It Work

Gonstead uses visual examination, motion and static palpation, instrumentation and full-spine X-rays to determine, with precision, where, when and how to adjust manually in order to obtain specific and consistent results. Diversified adjusting of the spine uses specific lines of drive for all manual thrusts, thus allowing for a high degree of accuracy in correcting mechanical distortions of the spine and in the extremities.

### The Treatment

After attaining your medical history including full-spine X-rays an examination of your spine, posture and extremities is conducted. Once fully assessed your practitioner will apply the appropriate therapy to areas of your body to correct the spinal misalignments. You will be lying face down, fully clothed, on the chiropractic table, or seated according to your symptoms. Some patients may experience varying reactions, particularly after initial adjustments, depending on their level of fitness. There may be a stiffening of muscles similar to that experienced after strenuous exercise, especially if you have not recently been physically active. Despite the slight discomfort they may cause, these symptoms are regarded as a

sign that beneficial changes have taken place. After, at most, 1 or 2 days, the discomfort fades leaving instead a sense of well being and, more importantly, an efficiently functioning nervous system.

### The Benefits

Freedom from nagging pain and restriction of movement, improved posture and performance, increased strength and agility, greater resistance to injury, improved ability to sleep and relax, greater capacity to tolerate stress and an overall improvement of your health.

### Do you suffer from

Sciatica, Nerve pinch pain, Neck pain, Shoulder pain, Elbow pain, Hip pain, Joint pain/problems, Knee pain, Lower back pain, Muscle tightness and stiffness, Stress, Anxiety, Headaches, Sports injuries.

### Results You Can Expect?

In addition to the very welcome freedom from nagging pain, you may also feel warmth flowing back to various parts of your body after your initial adjustment or a surge of vitality as nerve function is restored. You may experience complete relief after only one adjustment, or it may take several adjustments to relieve all your symptoms. Restoring normal nerve function will not only bring relief from pain but can also bring you other benefits. It can allow you to achieve a better night's sleep, reduce tension and stress and allow your body to function at full capacity.

Having restored health to your body it is important to maintain it. A healthy and properly functioning nervous system is vital to leading an active and rewarding life.

## Body Ecology Diet or BED 1)

A world-renowned system of healing which establishes and nourishes the growth of beneficial microorganisms in the digestive tract.

Health is not just the absence of symptoms. We have been brought up to believe that if we are symptom free we are healthy. This is not correct. The first symptom of heart attack in many cases is death. Obviously this supposedly healthy person was not healthy. Similarly cancer may take up to 30 years to develop indicating that the person with cancer has not been healthy, and yet they were most likely symptom free for this period. Symptoms, or the absence of symptoms, cannot be used as a guide to whether you are healthy or sick. The aim of BED is to balance digestion, food utilization, and the hormonal system, all of which are strongly interrelated. An imbalance in one area must affect all other areas.

### How Does it Work?

Proper digestion is one of the key elements to feeling good, maintaining a youthful look and preventing disease. The negative side of improper digestion includes a build up of toxins that cause disease. It is important to note, that even though your eating habits may be healthy, the nutrients and minerals will not be properly absorbed in your body without proper digestion.

### The Treatment

At your first visit your practitioner will ask you questions about your current eating habits, and will then give you advise on how to improve your dietary habits to achieve health by properly structured steps. In the process you will learn what are the best foods to eat, how best to prepare them, and what precisely are the correct sources of and the health-giving properties of the 4 main food groups, these being Fibre, Flora, Fluids, and Fats. High fiber diets protect the colon, nourish the intestinal flora and reduce the incidence of colon disorders, including cancer. Flora exists as

bacteria in a healthy, productive state when fermentation in the body follows a normal pattern. Fluids are important to help your body cleanse and detoxify, keep you hydrated, and aid in digestion. BED recommends the use of fats that are mostly raw and from plant sources such as unrefined coconut, extra virgin olive, pine nut, flaxseed, pumpkin seed, evening primrose, borage and black currant seed oils. You will be encouraged to choose organic and fresh foods whenever possible and to eat dark green leafy vegetables and ocean vegetables on a regular basis.

### The Benefits

By following BED's step-by-step cleansing process and diet you will eliminate the impurities and toxins that have built up in your system over the years. You will achieve correct Digestion to increase colonies of friendly bacteria in your intestines. You will create energy to cleanse, heal and rebuild by strengthening your adrenals and thyroid, and as a result you will conquer any infections. By combining age-old principles with the latest findings in the holistic health field, the BED has helped countless people to restore their internal harmony, regain their vitality, and feel younger and stronger.

### Do You Suffer From?

Immune disorders, candida-related imbalances, general lack of well-being, thyroid deficiency, allergies, accelerated aging, Acid-Reflux, Irritable Bowl Syndrome (IBS), itchy skin, digestive disorders, leg cramps, chronic fatigue, cancer, Acid Reflux, Crohn's, autism, swollen glands, sore throats, a tender abdomen, depression, bloating, constipation, "jock itch", athlete's foot, skin rashes.



## Body Ecology Diet or BED 2)

A world-renowned system of healing which establishes and nourishes the growth of beneficial microorganisms in the digestive tract.

### Results You Can Expect

Patients following BED routinely report quick recovery from ailments common to all ages and will experience restored vitality, and improved immunity by using BED's low-cost natural remedies and following its natural foods recommendations. In the long term babies whose mothers eat healthy foods during pregnancy and while the child is very young will prefer the taste of whole, natural foods as they get older. Children who have been eating junk food and are threatened by obesity, attention deficit disorder, eating disorders, and hormonal imbalances and will benefit greatly by being directed away from foods polluted by chemicals, hormones and preservatives. Wonderful-tasting foods are your best medicine and are the secret to staying young and looking great!

## Hole In One Technique

A Chiropractic method whereby a perfect adjustment in the upper cervical region of the neck (the atlas) causes everything else to "fall into place."

Your spine houses and protects the spinal cord, the "switchboard" of the nervous system through which 120 trillion nerve fibres pass from the brain to different parts of the body. When injury, posture problems or emotional stresses occur, the result is Vertebral Subluxations, where your vertebrae become misaligned. This may interfere with the normal function of nerves. Gentle adjustments are given to remove and unlock these subluxation complexes thus removing the cause of pain and malfunction.

### How Does it Work?

H.O.I. focuses on the atlas (the first vertebra at the top of the spine) as being the area where primary superior causative subluxation occurs. This can and often does produce misalignments of vertebrae inferior to that area. While adjustment to other vertebrae will afford temporary correction, the atlas itself needs correction to restore permanent health to the lower and inferior pathologies and facilitate correction of subluxations elsewhere in the spine.

### The Treatment

After attaining your medical history (medications, surgery, X-rays, genetic influences etc) an examination of your spine and posture is conducted. This requires you to take your place up on the examination table, fully clothed and assume various positions and postures as directed, either sitting up or lying down. Your practitioner may decide to employ H.O.I technique as the appropriate therapy to correct spinal misalignments. As the atlas is partially protected from outside pressure by bony portions of the skull, special techniques have been developed for its adjustment. Your practitioner positions you on your side with your head supported on an elevated headpiece and then places the heel of one hand immediately beneath your ear on one side. Gripping the wrist of that hand with the other hand, a

thrust is applied against the side of your neck. Other methods of "adjusting the atlas," involve rotating the skull on the atlas, or rotating the atlas by rotating the neck. Some patients experience varying symptoms (reactions), particularly after their first one or two adjustments, depending on their level of fitness. If there is a rapid change in muscle tension and you have not been very physically active, there is often a stiffening of muscles similar to that experienced after strenuous exercise. These symptoms, while they may cause a degree of discomfort, are a sign that beneficial change has taken place and may last 1 to 2 days.

### The Benefits

Improved posture and performance, increased strength, improved flexibility, greater resistance to injury, improved ability to sleep and relax, fewer aches and pains, improved tolerance to stress and general enhancement to health. Chiropractic adjustments allow the body to heal itself without drugs or surgery.

### Do You Suffer From?

Allergies, Asthma, Back ache, Carpal Tunnel, Elbow pain, Fibromyalgia, Headaches, Hip pain, Joint pain / problems, Knee pain, Lower back pain, Muscle tightness and stiffness, Neck pain, Sciatica, Shoulder pain, Sports injuries, Stress, TMJ.

### Results You Can Expect?

You may feel complete relief after only one adjustment, or it may take a few adjustments to relieve your symptoms. A healthy nervous system is vital to an active and healthy body. Restoring normal nerve function can bring relief from pain and may also benefit you in other ways, such as allowing for a better night's sleep, reducing tension and stress, and in general allow your body to function at it's full capacity.

## Integrated BioDynamics - IBD

IBD offers an integration of established principles and techniques to create a remarkable health modality, based on the concept that, with appropriate help, the body can repair and regenerate itself

Within your brain there appears to be a 'virtual' template that is used as a model to regulate both your physical and your 'emotional' bodies. Your brain uses several pathways for communication some of which are neurological or chemical and some of which are purely energetic. Commands to your nervous system sent along these pathways control both the voluntary and the involuntary functions of your body, working in cooperation with many chemical systems that operate mainly through the blood stream. Good health depends upon the smooth functioning of this communication system.

### How Does It Work

IBD integrates knowledge of your biology with principles demonstrated by the techniques of Acupuncture and Kinesiology Acupuncture and the equally important system of meridian energy flows in your body. It is known that there are 75 reflex areas on the skin which represent various organs, glands and bone structures. These can be influenced by acupressure (instead of needles) and further testing of energy flow and nerve response can be made by applying techniques of Kinesiology. These involve "muscle monitoring" to detect blockages in your energy flow.

### The Treatment

Your practitioner will discuss your situation to determine if your symptoms are the result of injury, emotional trauma, nutritional or unresolved stress. You will be positioned on the examining table either fully clothed or in a gown. Your practitioner will recommend an appropriate combination of basic Chiropractic procedure to locate and correct misalignments in your spinal vertebrae, muscle testing to determine if your problem is structural, physical or

nutritional, and/or light acupressure massage to influence specific body parts. In addition your practitioner may recommend from a range of Homeopathic preparations, Nutritional supplements, Energetic medicines (Bach flowers, Essences) and Tissue salts.

### The Benefits

IBD can identify a nutritional lack or excess, a problem with the nervous system, the lymphatic drainage, the vascular supply to a muscle or organ, or a nutritional excess or deficiency. It can address a problem with a spinal subluxation (misalignment), the cranial-sacral-TMJ mechanism, an imbalance in the meridian system, or a host of other conditions. It can clear a negative emotional component, relieve pain, stimulate the integration of muscle groups, and improve mental and physical coordination. It can also discover the unrevealed element in a chronic illness.

### Do you suffer from?

Allergies, Asthma, Back ache, Carpal Tunnel, Elbow pain, Fibromyalgia, Headaches, Hip pain, Joint pain / problems, Knee pain, Lower back pain, Muscle tightness and stiffness, Neck pain, Sciatica, Shoulder pain, injuries, Stress.

### Results You Can Expect?

The number of treatments needed to break the stress/strain cycle is different for each person, because each person's medical history and physical makeup are necessarily different. Treatment determination will depend upon the patient's age, the nature of the disorder, the length of time it has been there, and most importantly, the individual's responsiveness to treatment.

## Logan Basic Technique

Treats the muscles that control spinal balance in order to release tension caused by stress and awaken the body's own self-healing mechanism

Stress may come from a traumatic blow such as an automobile accident, allergic reaction, surgical trauma, emotional upset, from severe exposure to heat or cold, or from more insidious causes such as malnutrition or sleep deprivation or sustained periods of overwork. Too much stress can produce a condition known as "strain" in which muscles are unable to fully relax after use and remain in a state of fatigue. Tense and tight muscles limit the bloodstream's capacity to carry away the waste products that have accumulated in the tissue as a result of metabolism. These "fatigue poisons" (as they are known) that are left behind are stored in the muscle tissue where they cause pain. Ultimately, tight muscles will pull the spine out of alignment which can result in neck, shoulder and low back pains.

### How Does It Work

Logan Basic Chiropractic Technique treats the muscles that control your spinal balance in order to release this tension. The proper leverage, applied ever so lightly at the right spot, will cause your entire spine to move towards balance. This method is similar in principle to that used to change a flat tire. The proper leverage of a car jack will allow a comparatively small person to elevate a heavy car right off the ground.

### The Treatment

Before treatment begins, your practitioner will analyze your spine while you stand in front of a plumb line. Further examination may also be made with you lying face up and/or face down on the table, fully clothed or in a light gown. Then, with you lying face down, your practitioner will place a very light pressure on a pre-determined "leverage spot" on the sacral bone in your low back, employing the same principle described in using a car jack. This spot is held for 10

to 15 minutes while your practitioner lightly rubs the back muscles with his other hand, coaxing them to release tension. Treatment, in this gentle but powerful manner, causes a release of deep muscle tension. Fatigue poisons are then immediately eliminated and the effects of strain are reduced in your body.

### The Benefits

A body in deep strain often cannot garner the forces to restore well-being on its own. It is then that an intervention such as Logan Basic Technique can be employed to reduce strain significantly and engage the body's own self-healing energies. As a result you will experience pain relief in affected areas, a more flexible and elastic tone will be restored to your total body, and you will feel more relaxed and capable of coping better in your work and social life.

### Do you suffer from?

Allergies, Asthma, Back ache, Carpal Tunnel, Elbow pain, Fibromyalgia, Headaches, Hip pain, Joint pain / problems, Knee pain, Lower back pain, Muscle tightness and stiffness, Neck pain, Sciatica, Shoulder pain, Sports injuries, Stress, TMJ

### Results You Can Expect?

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## Polarity Therapy 1)

Addresses the physical, emotional, and spiritual well-being of an individual, and aims to remove energy blockages.

Polarity Therapy is a method of healing based on the concept that life-giving energy permeates every part of the human body. This force is thought to be governed by opposite "poles" of positive and negative electromagnetic energy - hence the therapy's name. When your energy becomes misdirected or blocked due to stress, trauma, or other factors, disease is believed to result. Peak health can be achieved when opposite poles are balanced and the flow of vital energy can proceed unimpeded.

### How Does It Work ?

Polarity Therapy combines various therapeutic techniques from Western and Eastern medicine. These include bodywork, nutritional counseling, yoga-type stretching postures, psychological counseling, and energy medicine concepts such as acupressure and chakra balancing, borrowed from ancient Chinese and Ayurvedic healing traditions. Four therapeutic techniques are related: bodywork, diet, exercise and self-awareness.

Touch affects the flow of energy because the hands, like the rest of the body, have an electromagnetic charge: The right hand carries a positive charge and the left a negative one. Depending on how your practitioner's hands are placed on your body, energy flow can be stimulated or slowed. Your practitioner will work on soft body tissues and energy points, using one or more of three degrees of touch: neutral (very light), positive (stimulating), and/or negative (deep).

**Nutritional counseling:** As diet is also important your practitioner will often suggest modifications of your nutritional regimen to support the energy balancing done during bodywork. While Polarity diet is typically vegetarian, with no meat, fish, poultry, or eggs allowed your specific plan will depend on the nature of your health problems. If you have a chronic condition you may be advised to begin with a detoxifying diet to remove any

accumulated harmful substances from your body.

**Stretching postures:** Polarity Therapy also incorporates a series of yoga-type postures designed to release stagnant energy, improve energy flow, and restore balance. The exercises need only be done for a few minutes each day to be effective.

**Psychological counseling:** As mental and emotional stress are just as damaging to energy flow as structural problems and poor diet your practitioner will listen and offer support as you go through emotional issues at your own pace. The counseling is intended to release hidden emotional traumas that may be blocking energy flow, to establish positive attitudes, and to enhance self-esteem.

### The Treatment

Your first session will probably be almost completely devoted to taking a detailed history, with equal attention paid to your biography and your health concerns. Your practitioner will ask you about any previous medical problems in addition to learning about your diet and exercise habits, your home and work life, and your general mental and emotional health. After a visual examination for any structural imbalances, your practitioner will perform a gentle hands-on evaluation of the energy flow in your body. Osteopathic or chiropractic manipulation may be performed in this or the next session. The hands-on evaluation and bodywork will be done on a massage table for which you should wear comfortable clothing (preferably made of light cotton). However, Polarity bodywork is not massage and no lotions or oils are used. The work involves primarily light touching. Only rarely is deep touching required. The purpose of polarity bodywork is to release any energy blockages and to complete the energy circuits. Therefore, no two sessions will be completely alike, since the work will depend on your current needs.

## Polarity Therapy 2)

Addresses the physical, emotional, and spiritual well-being of an individual, and aims to remove energy blockages.

### The Benefits

Many people use Polarity therapy as a preventive strategy, believing that blockages in energy flow can occur before actual medical conditions begin to surface. Polarity Therapy will relieve various forms of chronic pain, assist in relaxation and self-awareness, and promote an overall sense of wellbeing

### Do You Suffer From ?

Back pain, Chronic headaches, Chronic fatigue, Digestive complaints, Fibromyalgia, Osteoarthritic pain, Respiratory problems, Stress-related illnesses.

### Results You Can Expect

After your first session you may feel a lightness and sense of well-being. You will feel more in charge of your health as you begin to practice the individual recommendations your practitioner has made to improve your health.

Polarity Therapy is a holistic health technique that addresses the physical, emotional, and spiritual well-being of an individual. It is intended for use as an ongoing therapy, and it is strongly suggested that you continue with all cleansing dietary prescriptions and yoga-like exercises that your practitioner has specified for your particular situation. The result will be improved self-awareness and a more vibrant attitude in your work and social life.

## Total Body Modification - TBM

Restores balance to your nervous system by identifying and eliminating stress in specific organs and areas of your body, thus laying the basis for your return to optimum health.

TBM is a technique for evaluating and correcting stress-related imbalances in your musculoskeletal system and in the functioning of your internal organs. If untreated, these will cause imbalances in your body's energy systems and may eventually manifest in physiological malfunctions. It is vital to correct such patterns before serious problems arise. TBM combines traditional Chiropractic with modern technology to test and correct most of the known bodily functions.

### How Does It Work

Your brain controls your Central Nervous System which operates all your bodily functions both voluntary and involuntary (such as heart beat and digestion). Sensory and Motor Fibres provide a two-way message service between your brain and your body to maintain all these functions. This process is enabled by neurons in your brain. When you are under stress, neurons can be depolarized and will cease to transmit messages. Affected organs or body areas will malfunction resulting in a wide variety of physical and emotional symptoms. Essentially what TBM does is to remove such blocks in your brain, allowing it to regain control over the affected organ or body part.

### The Treatment

Your practitioner uses TBM to find the organ or area of your body that is stressed. In your first treatment your practitioner selects tried and tested reflex points on your body and tests your muscle responses to discover internal imbalances or blockages. By gentle manipulations or vertebral corrections your practitioner will also influence a specific area or areas of your spine so as to stimulate the affected neurones

in your brain, enabling it to regain control of your body. This process also restores normal functions in areas such as blood pressure, the immune system and hormonal cycles, and, in the case of allergies, enables the body to accept allergy treatments in later sessions.

### The Benefits

TBM addresses specific problems by treating the whole person. You will experience immediate results, decreased pain and increased function, better awareness about your health and quicker awareness in future when something is wrong. If you are also detoxing you will feel vibrant and discover how good your body is supposed to feel.

### Do You Suffer From?

Pain, Allergies, Chronic fatigue, Colds, Flu, Lupus, Infertility, Arthritis, Joint and back problems, Gallstones, Crohn's disease, Diabetes, Glaucoma.

### Results You Can Expect

If your symptoms were physical you may experience relief from pain and greater ease of movement. As physical and emotional symptoms are often related, you may also feel calmer, more optimistic, clear-headed and more vibrant about life.. TBM will re-activate your body's natural self-healing ability and will repair physiological malfunction. As a result your Health and Wellbeing will be restored and your Performance in all areas of your life will be improved.

## Thompson Technique

Developed originally by Dr. Clay. Thompson and fully patented in 1957, the Thompson Drop Table facilitates a full spine technique by the use of an adjusting table with a pneumatically driven, segmented drop system, which quickly lowers the section of the patient's body corresponding with the spinal region being adjusted, whether in the dorsal, lumbar or pelvic area. By means of this widely used device your practitioner thrusts at high speed, using minimal force, because while the thrust initiates movement, the fast drop carries the joint through the remainder of its range of motion.

Dr. Thompson developed his "Segmental Drop Table" following his discovery of pelvic displacement patterns and a correlation between pelvic displacements and difference of leg length. Thus Leg Length checks are important in preliminary testing along with Physical Examination, Palpation, Motion Findings and X-rays to assist your practitioner in determining where to make spinal adjustments. This analysis can be used to assess more accurately the location of a subluxation (misalignment) depending on the response in your body.

### How Does It Work?

The neurological basis for balance is found in the Reticular System of the brain where the Inhibitory and Facilitory systems maintain balance of the musculature of the body. A neurological imbalance will affect the musculature of the legs resulting in the appearance of one leg being short when observed with the patient in the prone (face down) position. This occurs when various muscles are over stimulated. This overstimulation results in a leg length differential that is visually evident and is measurable. (Contraindications would be an anatomical short leg, history of poorly healed fracture, or a joint implant.)

### The Treatment

Your practitioner will place you, fully clothed, on the drop table lying face down. You will also be wearing shoes as the Leg Check is conducted. This is so that there is a common reference point of the seam where

the heel and shoe are joined on each foot. Your feet are now observed in the extended position. You will then be asked to flex them so that they can be compared one with the other so that your practitioner can note any difference between them in the appearance of length. On the basis of this and other tests your practitioner will then proceed with the adjustment, assisted by the action of the drop piece. The table drop piece will be set to your weight and cocked. Your practitioner will then place a contact hand on the drop segment. A thrust is then applied and this segment of the table will drop away gently thus assisting the removal of the subluxation by translating the force of the drop into the joint.

### Benefits

Improved posture and performance, increased strength, improved flexibility, greater resistance to injury, improved ability to sleep and relax, fewer aches and pains, improved tolerance to stress and general enhancement to health. Chiropractic adjustments allow the body to heal itself without drugs or surgery.

### Do You Suffer From?

Allergies, Asthma, Back ache, Carpal Tunnel, Elbow pain, Fibromyalgia, Headaches, Hip pain, Joint pain / problems, Knee pain, Lower back pain, Muscle tightness and stiffness, Neck pain, Sciatica, Shoulder pain, Sports injuries, Stress, TMJ.

### Results You Can Expect

You may feel warmth flowing to various parts of your body after your initial adjustment or a surge of vitality as nerve function is restored. You may feel complete relief after only one adjustment, or it may take a few adjustments to relieve your symptoms. A healthy nervous system is vital to an active and healthy body. Restoring normal nerve function can bring relief from pain and may also benefit you in other ways, such as allowing for a better night's sleep, reducing tension and stress, and in general allow your body to function at its full capacity

## Visceral Technique 1)

A holistic Osteopathic approach to patient care designed to ensure that body parts work together to create health and harmony.

Each visceral organ has its own characteristic movement. Your practitioner understands that you come to your first session with two agendas: a conscious and an unconscious one. Your emotions and traumas are stored in your organs, as contractions and restriction of movement. Thus whatever you wish to forget, you file in your body as a tension, a contraction, which you then ignore. Eventually those tensions will accumulate and develop into physical symptoms. Your practitioner aims to release those tensions so that the material filed becomes free-floating again. Problems buried in the past can now be resolved.

### How Does It Work

One of the principal tenets of Osteopathy is that no one body part or system is alone or independent of any other body part or system. Thus the functions of the viscera or internal organs are dependant on the correct alignment and motion of the supporting bony parts and vice versa. The organs all have a complicated system of nerves that take messages to and from them to the spinal cord and the brain. Visceral Technique ensures that every organ has the efficient blood supply, venous and lymphatic drainage it needs in order to survive.

### The Treatment

Your practitioner will request you lie on the examining table, fully clothed, in order to test your body's responses. In discussing your situation and asking you appropriate questions your practitioner will listen to the responses made by both you, the person, and by your body. Guided by your responses your practitioner will choose from several allied techniques to correct your condition. These include direct massage, cranial, structural and functional techniques

as well as manipulative techniques applied to the spine.

**Cranial Technique:** a manipulative therapy focusing on the bones of your skull which are movable, flexible and adjustable. Your spinal fluid moves in pulse-like waves in the skull and spinal column. These waves suffer interference if the bones of your skull are misaligned. The resulting restrictions, and immobility can cause disruption to your natural craniosacral rhythm and can effect the normal functioning of the brain. Gentle manipulation realigns these bones restoring normal craniosacral rhythm and enabling the body to function optimally.

**Structural Technique:** a system used within osteopathy that utilises the direct relationships between the bony articulations of your neuromuscular system to restore mobility and physiological harmony between the moving parts. It utilises a variety of techniques including soft tissue mobilization, ligamentous stretch techniques and higher velocity short amplitude manipulations.

**Functional Technique:** a dynamic technique that uses a series of palpatory clues to bring about a sense of tension release in the tissues under investigation and thus approach a better state of function. It is used when working primarily on muscles that move the joints and on the fascias supporting the viscera.

Manipulations will be gentle, not painful, non-torsional, and will use multiple components. High velocity low amplitude techniques can provide rapid local mechanical changes, as well as wider more far reaching effects throughout the circulatory, neuromuscular skeletal and other systems in the body.

## Visceral Technique 2)

A holistic Osteopathic approach to patient care designed to ensure that body parts work together to create health and harmony.

### The Benefits

The application of Visceral Technique equips you with maturing resources and understanding so that problems buried in the past can now be resolved. Its use in conjunction with other related techniques encompassed by Osteopathy will facilitate you in accomplishing self-healing at the levels of body, mind, and spirit.

### Do you suffer from?

Asthma and chronic obstructive airway disease, Irritable bowel syndrome, Pelvic congestion syndromes, Menstrual pain and dysfunction, Scoliosis, Infantile disorders, Chronic fatigue, Motor coordination impairments, Emotional difficulties, Chronic neck and back pain, Stress, Headaches, Learning disabilities, Dyslexia, Hyperactivity, Poor posture, Lack of muscle tone, Eyes, ears, nose and throat problems, Disequilibrium, Facial pain, Tempero-mandibular joint problems (TMJ), Bruxism (tooth grinding), Shoulder and neck pain.

### Results You Can Expect?

If your problems relate to chronic pain or muscle tension you may feel warmth flowing to various parts of your body after your initial adjustment or a surge of vitality as nerve function is restored and muscles are relaxed. You may feel complete relief after only one adjustment. A feeling of lightness, flexibility and a sense of peacefulness are also common. You will think more clearly with greater focus and have more vitality.

In the case of more complex conditions it may take several appointments to address your problems and relieve your symptoms. Healthy viscera (vital organs) and a healthy nervous system are vital to an active and healthy body. Restoring normal body functions can bring relief from pain and may also benefit you in other ways, such as allowing for a better nights sleep, reducing tension and stress, and in general allowing your body to function at its full capacity. It is important to note that maintaining your health is as crucial as attaining it.