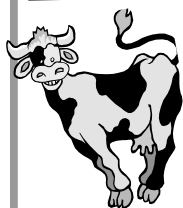




# Vertebrally Speaking

Autumn 2011



## COW DAY, it's moovelous!

Two times a year we have NEW PATIENT DAYS! These days are meant to help you as a valued practice member send in your friends and love ones to check us out! Our mission is to support families in their quest for vitality, and the only way we can succeed at our mission is with your help...send anyone who you think could benefit from chiropractic care to our New Patient Day. They will receive a new patient history and physi-

cal exam, and if therapeutically necessary an adjustment. The best part about COW day is that your friends and loved ones will receive all of this at no financial cost to them. We will wave the initial fee, or their gap payment... wow!!

The afternoon of Friday May 27 is COW Day, our first new patient Day in 2011. The "COW" in COW Day stands for Chiropractic Opportunity for Wellness. Start thinking now of people who you think might need an

opportunity for wellness and chiropractic care, (how about your children - have they had their spines checked?) Encourage them to book early because space is limited. It is a fun day, the office will be in its usual fine form...decorated and costumed!! We will have good eats, and prizes to be won.

So help us raise chiropractic awareness in the community and send in your friends and family!

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### Special points of interest:

- ◆ *Dr Hill went back to Perth to visit her family over Easter!*
- ◆ *Josie is going to Tasmania for a holiday!*
- ◆ *Sue enjoys books by Jane Taylor!*
- ◆ *Dr Thomson had a baby girl!*
- ◆ *Korina is starting to learn sign language!*
- ◆ *Erin's sister is getting married and Erin is in the wedding party!*
- ◆ *Brenda bought a house!*
- ◆ *Heather enjoys hiking, reading, traveling, and being with her family!*
- ◆ *Franca is going to compete in body building this year!*

*"One way to get the most out of life is to look upon it as an adventure."  
- William Feather*

**Please note: We are in the process of updating our files. If you have had a change of name, address or phone number, please let the front desk know. In addition we are adding email address' to our database. Don't miss out on special offers... have yours added today!**

## Upcoming Events

### APRIL

- 1 - April Fools Day and we are wigg'in' out!
- 17 - Quest Chiropractic turns four!
- 18-24 - Easter egg hunt!
- 22-26 - Easter long weekend and Anzac day - Office Closed.

### MAY

- 2-6 - Calling all mother's... come in for an adjustment and enter to win a 60 minute massage!
- 8 - Mother's Day
- 23-29 - National Chiropractic Care Week.
- 27 - COW DAY!!!

### JUNE

- 11-13 - The Queen's birthday long weekend - Office closed.



## Childhood Ear Infections

"My pediatrician prescribes antibiotics for ear infections, but my child still has recurrences." This frequently heard remark is stated by many parents each day. Commonly, parents accept acute otitis media (ear infections) as a normal part of a young child's life. The truth, however, is that although common there is nothing normal about it.

Research shows that children may get ear infections as a result of improper drainage of the deep neck lymphatics. This causes fluid buildup, an inflamed and bulging ear drum, and a welcome habitat for bacteria.

The preferred medical treatment today is a prescription of oral antibiotics, most commonly, Amoxicillin. However, a Journal of the American Medical Association study concluded that children who took Amoxicillin for chronic ear infections were two to six times more likely to have a recurrence of their ear problem than those who received a sugar pill. Lead author Erdem Cantekin Ph.D. said "Children are being abused by the antibiotic treatment in this country."

Drug-resistant strains of childhood ear infections are rapidly increasing. Health officials say the trend is closely linked to doctors' misuse of broad spectrum antibiotics, and patients' mistaken belief that antibiotics are a "magic bullet" for all that ails them. Up to

half of the 100 million antibiotic prescriptions written annually by private practitioners may be inappropriate for the illness being treated, reported the US Center for Disease Control and Prevention. Alexander Tomasz, a Rockefeller University microbiology professor, reported "There's vast over use of antibiotics. It's completely crazy." (4/94 New England Journal of Medicine).

New Federal Government guidelines recommend giving nature a chance with ear infections. Dr. Alfred Berg, co-chair of the Federal Panel of Experts, said that in most cases chronic conditions disappear within 3-6 months without medical treatment. Dr. Berg said antibiotics frequently used in the past are of very limited value in treating the condition. Dr. Berg also said that antibiotics can cause side effects and lead to the development of drug-resistant bacteria that can cause a more serious disease. Antibiotics are not the preferred option in the early stages of the condition.

Dr. Michael Poole, a professor of otolaryngology and pediatrics at the University of Texas Medical Branch in Houston, emphasized that most infants and young children with acute otitis media don't need antibiotics at all. "Ongoing studies at the University of Pittsburgh suggest that only about one out of seven children with otitis media should receive a

prescription for an antibiotic. The disease usually gets well on its own."

Your pediatrician may be lacking knowledge on current health trends and research. Because he/she prescribes an antibiotic, doesn't mean you have to fill the prescription. Your child's health needs to come first. There are numerous reasons for red ears other than bacteria manifestation. Your family chiropractor can share these reasons with you.

Instead of treatment designed to kill the bacteria or virus, a more natural approach is to restore nervous system function which results in normal drainage of the ears and lymphatics.

Progressive parents are turning to their family chiropractor for this solution. The Doctor of Chiropractic specializes in restoring normal function to the spine and nervous system which may reduce or eliminate the tense neck musculature which is responsible for preventing normal fluid drainage. Once this interference is removed, the excess fluid in the ear drains, the appealing environment that causes bacteria and viruses to thrive is removed, and the infection can heal. After normal drainage has been properly restored, the recurrence of ear infection is greatly reduced or nonexistent.

## Announcing the arrival of Amelia Rose Thomson

I've always loved children and babies, and I have been blessed to have spent quite a bit of time with them throughout my life.

I began babysitting when I was 11 years old, coached tiny tot gymnastics from the age of 14, and I was a nanny while I went through university. During chiropractic college, I gravitated toward pediatric chiropractic clubs and seminars, and since my graduation I have focused my practice on pregnancy and pediatric care.

Then the best thing happened to me; on February 5th at 6:34am, I became a parent!

During my pregnancy I thought I was prepared for my new role. I knew "the miracle of life" was impressive, that somehow two haploid cells unite and 40 weeks later a baby is born. I knew I was going

to love being a mother, like I have loved all my other life experiences involving kids. I also knew I was a little nervous, and very excited.

What I wasn't prepared for however, was how becoming a parent has made me feel. I am elated... awe struck...ecstatic... Actually I find it difficult to put into words how astonished I am every time I look into the perfection of my baby girl's face. Peter and I feel like the luckiest people alive that Amelia has come into our lives, and can not imagine how we ever got along without her!

We would like to thank all of you for your support, kind words and well wishes over the past year. Not only do I have an amazing daughter, I also have amazing staff and patients!



*Before you were conceived I wanted you  
Before you were born I loved you  
Before you were here an hour I would die for you  
This is the miracle of life.* -

Maureen Hawkins



### Nutrition Notes

## Bite-size Fruit: a nibblers delight

Did you ever have a snack attack? You know, one of those moments when you absolutely MUST have something to nibble on? You want something sweet, something to boost your energy level so you can make it through the next hour or two. You really don't feel like peeling an orange and you know how much fat there is in that doughnut. Well, we have some good news from the country's corporate kitchens, those same faceless, tasteless people who brought you such favorites as "Spray" Cheese and "Yoo-Hoo" chocolate-like beverage. They have actually created a snack food that is both healthy and great tasting, that has all the nutrients of fresh fruit and the convenience of potato chips. The nations nibblers now have a snack they can enjoy without guilt; dried fruit, the health food you can eat like junk food!

Dried fruits, such as apples, apricots, bananas, dates, figs, grape (raisins), peaches, pineapples and plums (prunes) are concentrated packages of nutrients. The drying process substantially increases the proportion of fiber, minerals and vitamins—especially iron, copper,

potassium and beta-carotene. And since the water content is reduced by as much as 80%, you can eat a lot more without feeling stuffed.

Although dried fruits are fat-free, they are certainly not calorie-free. The process that increases the concentration of fiber, vitamins and minerals also results in highly concentrated sugars...and calories. Twelve dried apricot halves contain nearly 250 calories, about as much as a regular chocolate bar. However, the refined sugar in the chocolate bar provides only "empty calories" and digests differently than the natural sugar (fructose) in fruit. Fructose is absorbed more slowly into the bloodstream and creates less shock and imbalance in blood sugar levels. And don't forget all that good stuff in fruit is nowhere to be found in the candy bar. You also need to read the label to make sure sugar wasn't added in the drying process.

Thanks to dried fruit, you can now fill up with nutrients while giving your taste buds a treat, all with the convenience of munching on potato chips. Just don't tell your kids those fruit snacks they love so much are actually good for them too!

## Food for Thought

Attitudes are self-created. You are free to choose to be victimized by circumstance or people, or you can choose to look at life with an open mind and be victorious. No one else can choose your attitude for you. Your perspective and choice of attitude gives you the power to be in control. That is the essence of true freedom.

~Irene Dunlap

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Supporting families in their  
quest for vitality

We are on Face-  
book. Look us up  
and "like us" to  
learn more about  
your health, and  
Quest's fun days!

**"When I stop speeding  
through life, I find the joy  
in each day's doings, in the  
life that cannot be bought,  
but only discovered, created,  
savored, and lived."**

**~Katrina Kenison**

# Caring for Kids 'Chiropractically' - Dr T.

Q - You weren't *really* treating that baby were you?

A - You may have noticed on one of your visits that there are a lot of pregnant women, babies and children getting adjusted at the clinic. Pregnancy and pediatric chiropractic care is something I have always been very passionate about. In fact I find it so important to have babies spines assessed and if needed adjusted, that if a mother has received regular chiropractic care throughout her pregnancy with us, we will see her baby as a new patient at no charge to her. In addition to the pediatric education I received while obtaining my Doctor of Chiropractic, I have done a substantial amount of post secondary education in pediatrics and pregnancy care. Most notably I have completed a 120 hour fellowship certification from the International Chiropractic Pediatric Association. This has trained me to evaluate pediatric spinal problems using gentle, specific skills, and to treat any involved spinal areas.

Occasionally after I have adjusted a baby my next patient will look at me with fear in their eyes and ask if I "really treated that baby", or if I "crunched that babies neck". They assume that I use the same techniques on them as I do on adults. Chiropractic treatment has to be 'tailored' to the individual and their particular spine, babies, infants, and children are no exception. Chiropractic care will only begin after a thorough history has been obtained regarding the child's health, and a complete physical examination of the child's spine has been performed.

Spinal adjustments for infants and young children involve very light fingertip pressure to correct spinal misalignments, or subluxations. This amount of force is usually sufficient to restore mobility to spinal joints which have become locked and are causing interference to the normal function of the nervous system. Other techniques that I use involve an instrument called an Activator that delivers a light consistent force to the spinal segment, as well as cranial procedures which gently mobilize the bones of the skull.

Psssst...  
Mother's Day  
It's just around the corner  
She would love  
a gift certificate for massage therapy!!!

## Kids Corner - Make Your Own Easter Egg Dye From Food Coloring.

To make your own dye gather together enough cups for each color you want to create and that are big enough to hold the liquid dye and a submerged egg.

Mix 2/3 cup of water and 2 tsp. distilled vinegar and food coloring in each cup.

Add food coloring one drop at a time until you obtain the desired color

Experiment with creating colors.

Here are some ideas to create different colors with the four colors (red, blue, green, yellow) that you usually get in food coloring packages.

Orange - mix about 10 drops of red with about 15 drops of yellow

Turquoise - mix about 5 drops green with about 20 drops of blue

Violet - mix about 12 drops red with about 12 drops blue

