

MARY ANNE LOWERY CHIROPRACTIC

Newsletter

“Why wait? – Feel better NOW!”

Quote by B. J. Palmer:

“The power that made the body heals the body.”

Our Clinic Hours Are:

Mon/Tues/Thurs: 8.00am- 12.00pm
2.30pm- 6.00pm
Wed: 2.30pm- 7.00pm
Fri/Sat: 8.00am- 12.00pm

Ph: 47 21 21 43

No referral necessary
On the Spot Healthcare Rebate
EFTPOS available
Parking at Rear
Free Blood Pressure Checks

Remedial Massage Payments are Cash or Chq ONLY!

Patient Testimonial

“When I first came to Mary Anne Lowery Chiropractor I had numerous symptoms. Pain in my lower back, bad pinching in top of leg/groin, muscle spasms down both legs which made it very difficult to walk and move around. I previously tried physio for 3-4 mths but that didn't work, I actually felt worse. I wish my doctor had suggested Chiropractic instead. Before seeing Mary Anne I was quite sceptical but I even amazed myself that I improved gradually in a few treatments. Now, 1 mth later I am walking straight and feeling much better, confident that I will return to normal. Now I am looking forward to a pain-free future!”

www.malchiro.com.au

BLOOD PRESSURE CHECKS!

**Come in and see Kellee for
an assessment.**

Mother's Day

One of our **MOST** stressed out categories of our population is our own **MOTHER'S!**

Young mothers working hard, studying, dealing with mental and financial worries, working mother's and don't forget Gran who is busy spoiling the grandkids!!!

Typically mother's are the caregivers to others and put themselves **LAST!**

Don't buy flowers – this Mother's Day give your mum the gift of good health with a **Remedial Massage Gift Voucher!**



HEALTH ALERT

Mobile Phone = Brain Tumour?

Mobile phones have only become the 'it' thing in recent years, but only of late have various health warnings come out. Doctors have found that radiation of the phone when holding it close to your head can develop brain tumours. How can we stop it? Most phones have a speaker phone function which you should use wherever possible. Try and keep conversations short when holding it close to your ear. This will decrease your risk of brain tumours dramatically!

Give Your Immune System A Boost!!!

The medical community is in unanimous agreement that the secret to fighting the Flu is a healthy immune system. Unfortunately you can't buy a healthy immune system, nor pop a pill. A healthy immune system comes about as a result of having a fully functioning nervous system and body!

A vertebral subluxation can cause interference of the nervous system and correcting this with Chiropractic releases pressure on the nerves and allows more efficient interaction between your body's nervous system and immune system. When your immune system is healthy it is better prepared to combat Cold's and Flu.

Regular Chiropractic care, combined with exercise and a healthy lifestyle is beneficial to the body and preventing the flu is just one of the many positive side effects.

Tips For A Good Nights SLEEP!

- Tip #1. *Don't try too hard; don't force yourself to sleep as this keeps you awake. If you can't get to sleep within 15-20 mins try a calming exercise, such as reading and when you feel tired reattempt to sleep again.*
- Tip #2. *Don't have a heavy meal close to bedtime and avoid caffeine,*
- Tip #3. *Think of a relaxing place, clear your mind and relax your body.*
- Tip #4. *Use sleeping pills only as directed and only when absolutely necessary. Excessive use results in insomnia and more side effects.*
- Tip #5. *Establish a routine, going to bed at the same time each night.*
- Tip #6. *Relax before you go to sleep. Many people have a lot of problems on their minds at night. Write down all your worries on a piece of paper, and their priority and solution for the next day.*
- Tip #7. *Get a good nights sleep with a therapeutic Chiropractic Pillow to sleep well and wake up refreshed and rejuvenated!*

The Importance Of Taking Time Out.....

Many of us have so many responsibilities in life that we forget to take care of ourselves. A massage, a soak in the tub and even a holiday can revitalize you inside and out!

Taking time out is very important as it gives your mind, body and soul a rest - and a well-cared-for body can make you feel good about yourself and your life! This can contribute to long-term feelings of wellbeing. Taking time out to relax, clear your mind, try new things, get back to nature, have some quality family time can all trigger the 'relaxation response', which can prevent chronic stress from damaging your health!!