

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: 8am - 12pm
 2.30pm - 6pm
Wed: 2.30pm - 7.00pm
Fri/Sat: 8am - 12pm

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!

Therapeutic Chiropractic Pillows

Wake up feeling rejuvenated after a great nights sleep, where your neck is fully supported to ensure a restful nights sleep.

Important Tips for the right pillow:-

- The design has to support the “C” shape curve in your neck
- The height of the pillow has to be correct
- Only sleep on your side or back

We specialise in fitting you with the correct pillow for your body shape.



Valentines Day!

Why not buy the one you love a Remedial Massage Gift Voucher – and give the gift of good health!!!

Thought Of The Day

“ If I accept you as you are, I will make you worse; however if I treat you as though you are what you are capable of becoming, I help you become that.”

**John Wolfgang von Goethe
1749-1832, Author and
Philosopher.**

UPCOMING NEWS

- Mary Anne & Susan will be attending a seminar in March to learn new, specific adjustment techniques for the child and pregnant mother. Lecturer Dr. Claudia Anrig is a published author of Pediatric Chiropractic and Pregnancy Chiropractic.
- Don't forget to check out our website for more information, great ideas and fact sheets to download.

www.malchiro.com.au



BACK TO SCHOOL

With our children on their way back to school we thought a few “healthy hints” might help:-

- *Unevenly weighted and incorrectly worn backpacks can cause postural changes, neck & shoulder problems, muscle spasms as well as low back pain*
- *The backpack should not hang more than 4 inches below the waistline, and wide, padded straps are best for even distribution*
- *When putting your backpack on, try placing it on a chair or table waist height to avoid twisting, turning and bending, as this places extra stress on the back*
- *In order to minimise the impact of long periods of homework ensure the chair fits your child and is supportive, avoid looking down for extended periods of time and take a break every 30 mins to stretch and move around.*
- *Make sure your children drink plenty of water, get lots of exercise, eat lots of fresh foods and have regular Chiropractic treatment to ensure they perform at their best!*

SPINAL CHECKUPS ARE VITAL

If your child is suffering from any of these common conditions, it is essential to get their spine checked for vertebral subluxations:

- fever, croup, poor posture, neck aches, poor co-ordination, hip, leg or foot pain, colic, bed wetting, ear infections, numbness, headaches, back problems, sinus problems, asthma and wheezing, poor concentration, painful joints and scoliosis.

WARNING SIGNS

You may have a subluxation in your spine and not know. There are, however, certain warning signs indicating that the spinal column may be out of alignment. These are:

- chronic fatigue, one hip/shoulder higher than the other, neck tilt, one leg shorter than the other, joint aches, “noisy bones”, a foot turned in or out, hyperactivity or nervousness.

