

## HOW QUICKLY WILL I GET BETTER?

All health care professions know that healing comes from within. That is why treatment from your chiropractor should work together with you so you can get the result you seek in the quickest possible time.

Follow the recommendations given by your Doctor of Chiropractic– they are there to help you.



### Treatment and rehabilitation for:

Head and Neck  
Shoulders and Arms  
Back and Pelvis  
Hips and Knees  
Ankles and Feet  
People of All Ages

Wellness and Maintenance Care  
Lifestyle Advice

*"My shoulder pain developed slowly over several years, but it was only when two of my fingers were permanently numb, accompanied by pain and tingling in my arm that I sought treatment. TheClinic was*

*recommended to me but it was my first visit to a chiropractor.*

*After a few treatments, the numbness and tingling diminished. I also had treatment for hip and knee stiffness that I had accepted, in my 60's as part of the ageing process, but after three months all my symptoms have cleared.*

*My hips and back are more flexible, I can bend my knees easily, and the tingling and numbness and pain in my shoulder has completely gone. I would thoroughly recommend TheClinic"*

*Anita*

**best practice**  
**chiropractic**

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# 4 PILLARS OF HEALTH



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## 1. HEALTHY NERVES

Your body's cells and organs communicate with your brain via the nervous system. Nerves travel up and down your arms and legs and send messages through your spinal cord to and from the brain. If there is any disruption or interference to the nerves this communication will be compromised. It does not take a science degree to understand that your body will then function less well, and your health suffers.

Spinal bones can become restricted or misaligned - this is what is called a **subluxation**. Subluxated joints can be responsible for applying pressure or irritation to nerves leading to **tingling, numbness or pain** but could be so subtle that it causes no noticeable symptoms at all. Chiropractors are specifically trained to identify the presence of subluxations.



The treatment carried out by your chiropractor will help to reduce the pressure and irritation on your nerves, taking away the interference so your body can do what it needs to do. Heal and repair! It's as simple as that.

## 2. ENOUGH REST

The body requires a certain amount of rest in order to function in the normal way. During rest some aspects of your body slow down whereas others are more active for example to help digest, grow and heal. Some people function well with 5 or 6 hours per day, and others may need 8-9 hours. Similarly a baby needs different amounts of rest to an adult and not getting sufficient rest is a barrier to normal health and natural healing.

If you want to recover in the quickest possible time make a decision to get sufficient rest every night - starting tonight.

## 3. VARIED DIET

You are what you eat. It is no secret that dietary habits are closely linked either staying healthy or to developing many common diseases such as diabetes, heart disease or cancer. Your body has evolved to extract energy and 'building blocks' for growth and repair from just about anything you eat and your body was designed to consume both meat and vegetables.



Although we regularly hear of exotic foods that have 'super' qualities, the truth of the matter is that you can be **100% healthy** with quite ordinary foods.

Your body converts food into the essentials of life very well all by itself – all it needs is a good variety of foodstuffs. You can ensure this by eating a new type of fruit, vegetable, nuts or seeds, fish/meat every week. You just might find a new favourite food in the process!

## 4. REGULAR EXERCISE

Many studies have identify that regular exercise has dramatic positive effects on a person's health. Whether you cycle, run, play tennis, bowls, do pilates, yoga or are a regular gardener – these are all **good** choices.

Exercise should help you rely less on treatment and more on your own efforts. It's not only better but may also save you money in the long run.



Exercise helps **regulate** your digestion, **strengthen** muscles, **increase** your energy levels, **improves** your self-confidence and helps you get a **better** and more restful night's sleep.

With exercise, consistency is the key. A great rule of thumb if you start a new exercise/sport is to begin slowly and gradually increase the duration and difficulty of your workout over time. Every bit of exercise helps.

To get started you could do 20-30 minutes of brisk walking each day either in one or two sessions. Go on – Take the first step towards a fitter you today!