

Diskin Life News

July 2008

6 Important News Items for YOU!

Welcome to July 2008!

The theme for the month is **celebrating creativity and resourcefulness**. With the new financial year underway, mid year holidays, and the middle of winter and the year, it's a good time to take stock, consider our actions or inactions to date, and take some inspired and informed actions.

We welcome with excitement our new Healthy Life Doctor, Dr. Frederick Swann and CA Anna, extend an **invitation** to you to **act and attend a speed networking** night in mid August. (The May event was so enjoyed, we are having another.) Be motivated by more **Wellness Education opportunities**, inspirational food for thought from TED, and consideration of the "other" silent drug problem we are experiencing.

1. Warm Welcome to Dr Frederick Swann and Anna

2. Invitation to Speed Networking @ Diskin Life 7:30pm August 12th

3. Education and Body Awareness for Creativity and Resourcefulness- A must have for today and beyond

4. Two years to 50 million Worldwide! A must know secret

5. Australia's "Other" Drug Problem

6. July Discover Healthier Living Presentations™

Creation: *Know your past to understand your future* Discover what you can do about it now

Stress of Life: *Manage it, or it will manage you* Discover the difference between Eustress and Distress

Spinal Awareness: *Your unique owner's manual* Discover **9 critical traps**, to improve how you use your body

Network Care (part one): *Tomorrow's healthcare today* Discover how to

Food for Thought: *What does "health food" really mean?* Discover your options, facts and myths

Be well, and embrace your resourcefulness and creativity while living your **life without limits**, naturally...

The Diskin Life Team

"Success is not to be pursued; it is to be attracted by the person we become." Jim Rohn

1. Warm Welcome to Dr Frederick Swann- Chiropractor and Anna- CA!

As of July 1, 2008, we welcome two new highly skilled members to the strong Diskin Life team.

Dr. Frederick Swann Chiropractor is an enthusiastic, experienced and committed Healthy Life Doctor™. Born and educated in Melbourne, he has assisted many clients in wellness centres throughout Australia and overseas over the last eight years, and has now returned to his home city and joined Diskin Life. Dr Swann has a special interest in, and has mastered the highest level of technical expertise in the gentle and profoundly powerful evidence based approach of Network Care (also known as NSA). He has undertaken more than 30 educational programs with Network's developer, and has also trained in, and has a passion for SRI (Somato Respiratory Integration), NLP and personal coaching. Dr. Frederick connects authentically with everyone, skilfully identifying individual's specific needs, and always gives 100%, with the objective of facilitating happier healthier living, vibrancy and wellness.

Anna is our newest CA (Chiropractic Assistant). Anna is friendly, enthusiastic and thrives on spending time with people and building relationships. She is relatively new to Chiropractic, but is thoroughly enjoying learning about the optimal health and wellness lifestyle, and how to apply it for the best results to her own life. Anna is also studying for a Journalism degree at RMIT University in Melbourne, and sees Chiropractic as a great way to enhance her formal studies by adding a specialised area to her education. Anna has a wonderful freshness and way of considering people's different experiences and situations, and making them feel most comfortable and welcome. She can't wait to meet you, and help you journey throughout your own Integrative Chiropractic and Wellness Education experience.

Dr Frederick is seeing his clients on Tuesdays, Fridays and Saturdays, assisted by Anna. With Dr. Frederick and Anna joining us, Diskin Life returns to being a wellness centre that is open 7 days a week.

"Sometimes in the winds of change, we find our true direction." Unknown

"Courage is being scared to death, but saddling up anyway." John Wayne

2. You're invited to Speed Networking @ Diskin Life 7:30 pm August 12th

Diskin Life is again (due to popular demand) hosting this evening at the centre, and it is an opportunity for you all to meet each other outside of your appointment times and busy schedules. The evening will be like speed dating, but a way to be in contact with lots of people in a short period of time. It was a complete success in May, so we know it will be fun, entertaining, and you never know who you may meet and what it might lead to!

You are welcome to bring your friends, colleagues or family members that are interested too, (even if they are not practice members).

The evening holds much promise, so don't miss out!

The evening event is **F.R.E.E**, but **please RSVP** (so that we can prepare).

"Don't judge each day by the harvest you reap, but by the seeds you plant." Robert Louis Stevenson

3. Education and Body Awareness for Creativity and Resourcefulness

A must have for today and beyond

We have long held the view that **Wellness Education** is an essential part of your health and health care at Diskin Life. We **integrate body awareness, flexibility, and optimising your nerve system** function with Network Care, and together with informational **self help tools** and strategies, enable you to fully **access and mine your creativity and resourcefulness**.

World educationalist experts agree that since childhood most of us have been educated out of creativity, and that with changing times, our educational system should be turned on its head so to speak and address the current age and the roots of a post industrial revolution. Essentially, we have been increasingly educated from the waist up, with the focus on our heads, the intelligence of the brain, virtually disembodied and disconnected and consequently ignoring all else. This simply will not do anymore. We are beyond the industrial age, well into the information age, and on the cusp of times where more and more resourcefulness and creativity are again being valued for the possibilities of what can yet be.

There is much wisdom in listening to and being aware of the constant cues and feedback mechanisms of your body, and acting in its (your) best interest. Pain, breath, flexibility, tension, posture, and physical ease, are all nature's way of educating you and bringing awareness to what is going on; connecting you to your natural rhythms, informing you as to when you are not treating your body with the respect it deserves, and often holding the key to the expression of your inner gifts.

If you pay attention to these and act accordingly, you may just be surprised how much more open to and easy creativity and resourcefulness become for you, and what a profound effect this could have on your life!

"It's not that I'm so smart, it's just that I stay with problems longer." Albert Einstein

4. Two years to 50 million Worldwide! A must know secret.

Sometimes we stumble across things in life that are so good, they simply must be shared! **TED** is an organization committed to excellence and celebration of creativity, endeavour, resourcefulness and possibility, that has now been viewed by 50 million! It's free, and well worth exploring this forum, which gives you access to some of the world's best, brightest, most astonishing, creative, passionate and often humble. Here is a link to the best of TED. Enjoy!

<http://www.ted.com/index.php/talks/top10>

"The place where your greatest fears live, is also the place where your greatest growth lies." Robin Sharma

5. Australia's "Other" Drug Problem

There are two drug problems in this country: One involves the use of street drugs such as cocaine, heroin, amphetamines and barbiturates, whilst the other revolves around over-the-counter and prescription drug use, including pain killers, antibiotics, tranquillisers and sleeping pills.

In 2003-4, there were 8,335 hospitalizations with a principal diagnosis relating to illicit drugs: opiates (including heroin), amphetamine, or cannabis. (1)

MORE than 130,000 Australians a year are admitted to hospital after experiencing a severe reaction to their medication. (2) Another 800,000 people needed to take time off work or were forced to seek medical help, according to a study into the side effects of medications.

Graeme Miller, medical director of the Australian General Practice Statistics and Classification Centre, said the number of adverse reactions might be much higher.

"Many go unreported and authorities actually discourage reporting of less severe adverse drug reactions and those caused by known side effects of drugs," Professor Miller said.

"Therefore a lot of adverse drug events are classified as unimportant, and cases of patient morbidity remain hidden."

Professor Miller said that the study indicated about 1.6 million Australians a year suffered adverse reactions to medicine. About 50 per cent of cases were moderate to severe; 7.6 per cent resulted in admission to hospital.

Only 0.1 per cent of these adverse reactions were caused by a dispensing error.

Unlike illegal drug abuse which is a very obvious problem, the "other" drug problem is less noticeable, though every bit as devastating. It takes place in the privacy of our own homes and offices, and seldom involves violence or crime. Still, it can bring ill health, addiction and death. Some medications have value in the treatment of disease and injury and can mean the

difference between life and death. But, dependence on chemicals to relieve symptoms has created a multi-billion dollar drug industry- and led to a serious health crisis.

The resolution of this other drug problem is ultimately dependent on you and your family. By becoming aware of the hidden dangers in the misuse, over use and abuse of over-the-counter and prescription drugs, you can start down the path to a naturally healthier body and life.

If these drugs are legal, then what's the problem?

These drugs are supposed to enhance our health. Yet, when we take substances to control our body function for symptom suppression, we prevent our bodies from functioning naturally.

In time, the body can actually lose its ability to respond properly without these chemicals. When our health declines, we run the risk of becoming addicted to the drugs- psychologically or physically. We can become dependent on them, just to keep us going on a day to day basis.

Although we tend to think of prescription medications and over-the-counter medications as being "safe," many cause adverse side effects and reactions that can be deadly or result in hospitalization. There are secondary problems as well. We condemn a teenager who drives under the influence of alcohol, and yet we never question the school bus driver who just took cold capsules that cause drowsiness.

How did it get to this?

There are many factors that have contributed to this situation. From the quick fix mentality of consumers, to the economic giant that is the pharmaceutical industry, there is a problematic attitude towards health and wellbeing, where we seem to think that if we have a symptom, we can just take a medication to make it go away, rather than addressing the underlying cause. Has a headache ever been caused by the lack of a pain killer?

More than 160 million prescriptions are written each year in Australia, many of them are unnecessary or useless. The pharmaceutical industry turned over \$18 billion in 2006-7 (3) and the Pharmaceutical Benefit Scheme has doubled over the past seven years from \$3.2 billion in 1999-2000 to \$6.4 billion (excluding patient contributions) in 2006-7. The huge money involved in the pharmaceutical benefits is lavished on the medical practitioners as incentives for writing the prescriptions, with the government footing the bill. Every television channel has commercials from these companies who never once mention possible drug-less alternatives, or the side effects of these drugs.

Nevertheless, the major part of the blame must fall squarely on our own shoulders. Most of us want instant results and equate health with a lack of symptoms. We go to medical doctors expecting a magic pill for that "instant" cure and never ask questions about the prescriptions we receive, or request information on drug free alternatives. For less serious illness, we immediately head for the medicine chest, taking pills for every symptom, without thinking of the possible consequences.

What should I do?

The first thing you should do is re-evaluate your attitude towards drugs. Stop thinking that pills can help you achieve true, lasting health. Begin with exploring natural, drug-free approaches like Chiropractic and nutrition. Work towards allowing your body to function as it was meant to- without interference from drugs.

Should I throw all my medication away?

No. As previously stated, some medications are helpful or necessary. Only your healthcare professional will be able to decide which ones you can cut back on or eliminate altogether. Be sure to discuss your desire to do so with your doctor. If he or she appears reluctant to consider that possibility, you may be wise to consider a second opinion.

In addition, make an appointment with a Chiropractor who can help restore your body's ability to function properly, without drugs. Chiropractic is the largest natural health profession in the world, and assists thousands of people every day to achieve optimum health, naturally.

You can educate yourself about the side effects of drugs from the information included in the packaging, or searching a number of sites on the internet. You can look at the following sites for more information:

www.mercola.com www.caa.asn.au

References:

- 1: Roxburgh, A. & Degenhardt, L. (2006). Hospital stays related to illicit drugs in Australia, 1993-2004. Sydney: National Drug and Alcohol Research Centre
- 2: "Bad Drug Reactions Hidden", The Australian, April 3, 2006
- 3: Australian Government; Department of Industry, Science and Research, Pharmaceutical Industry Profile, June 13, 2008

"Truth exists. Only lies are invented." Georges Braque

6. Discover Healthier Living Presentations™ July 2008

Thursdays 6-7pm by appointment

Mark your diary, and bring or refer your friends, family and colleagues.
Fee of **\$47.00 per session waived** for clients and your guests.

July 3

Wellness

Optimising your health potential~ Process or Event

Discover 17 differences between the wellness & treatment models. Which is best for you?

You don't have to be "sick" to seek out help to improve yourself and "get better". Are you after a temporary patch-up, or a more lasting approach to your lifetime healthcare? Discover the many health care "choices" out there for you, from condition and sickness treatment of your parts, to wellness care of the entire person with or without anything "obviously wrong".
Understanding Wellness in context

July 10

Stress of Life

Respond or React

Discover 15 to-dos for you to make the distinction between **Eustress & Distress**

Develop strategies to better manage it, or it will control you. Discover why you need stress, and how to make it work for you, instead of suffering needlessly and living as a victim.

Helping to make it work for you

July 17

Spinal Awareness

Your unique how-to owner's manual

Discover 9 critical traps, to improve how you use your body

Unless you have received one-on-one coaching as an elite athlete, actor or been in the military, you would have missed out on being coached on how to *use your body*. Understand some principles on how to carry out those daily activities, and how to change your physical environment to suit you.

Take care of your body, so it can take care of you!

July 24

Network Care (Part one)

Tomorrow's healthcare today

Discover what 76% of 2818 researched said more than **doubled** their perception of wellness

Understand our contemporary integrative and interactive wellness approach to Chiropractic. Hear how it can help you retrain your nerve system, and develop new patterns and strategies, allowing you to transform your damaging energy of stress, into more efficient energy of ease. See how to better adapt to stress and your environment, and so much more...

What does it involve? How & why does it work?

July 31

Food for Thought

What does "health food" really mean?

Discover your options, facts and myths

With so many contradictory theories around; you need answers about this very confusing subject. You will be provided with more clarity, based upon what *really works*, from *practical experience*, rather than just theory. *Compare the pros and cons of different diets*- and discover where and how (through "marketing") toxic chemicals are in your food, and what you can do about it. You'll be surprised!

If you are what you eat, first find out what "health food" really means!

Reserve your seats

Telephone 9417 7222

Email ca@DiskinLife.com

"Remember that your very worst day in life for someone else, is their very best day." Kurek Ashley

Refer your family, friends and colleagues for a **complimentary get-to-know-you consultation NOW** to find out in-person without-obligation, if our approach is suitable for them.

Just call **9417 7222** and ask for a **complimentary consultation**, or **CA@DiskinLife.com**

Please **forward this** to any work colleagues, family or friends who you believe may benefit from the content.

They will be grateful to you for caring about them, and we for your expression of confidence in us.

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