

# NEWSLETTER

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## COWIN CHIROPRACTIC CLINIC

3/306 Crown Street WOLLONGONG 2500  
Phone: (02) 42288922, Fax.: (02) 42291529

In attendance: Robert Cowin, DC  
Receptionist and Chiropractic Assistant: Julie Ivanovska  
Editor: Kathleen Bras, DC

### PAT'S STORY

I have been receiving chiropractic treatment from Cowin Chiropractic Clinic for the past 3 months.

I first attended because of lack of balance, dizziness, a sense of blocked ears and "pins and needles" in my hands and arms. I have moderate hearing loss, diagnosed five years ago and wear hearing aids.

I noticed an improvement in my balance after the second adjustment and after the third adjustment my hearing suddenly improved. I was able to hear quite well without aids. This lasted about three days and then deteriorated.

Over the next two months my hearing has fluctuated, always improving after chiropractic adjustment. It appeared to me that while I held the adjustment, my hearing improved. The sense of fullness in the ears also appears to depend on whether I am holding the adjustment. Gradually over the past three months the "pins and needles" in my arms and hand have disappeared.

For the past two years I have also suffered from recurring bouts of cystitis. Strange as it may seem, the chiropractic adjustment seems to clear the cystitis.

My experience to date has been one of trying to pinpoint what I have done to make me lose my adjustment.



Pat, June 2003

I have been very motivated to use my Chinese pillow three times a day – this is a must!!!

Gradually I have progressed from holding the adjustment for three days, then seven days, until now after three months, I have held it for three weeks, and have no sign of needing treatment at the moment. I have not been wearing my hearing aids for the past three weeks, except occasionally to watch TV.

I must emphasize that the improvement in my hearing does not mean that my hearing is as sharp as a 30 year old. I am 73 years old and of course my hearing will have dimmed with age, but my hearing deteriorated when I began having attacks of dizziness and loss of balance two years ago. This is the part of my condition (*the recent deterioration in hearing*) which has improved. My ears no longer feel blocked. I have no dizziness or "pins and needles" and no cystitis.

I have been given the choice by my chiropractor of having treatment when I feel the need of an adjustment or of having regular maintenance checks. I have chosen to have maintenance and will change when I am proven to hold my adjustment for a month.

My treatment has required a commitment, changing the way that I do certain things and being aware of what is affecting my neck, but it has been worthwhile. I have had a good result.

Pat  
Albion Park, NSW

## **GENERAL NEWS**

### **Parkinson's Danger**

People who suffer head injury are four times more likely to develop Parkinson's disease. The study also found that this risk increases eightfold for people with a head trauma requiring hospitalization and 11-fold for those with a severe head injury, characterized by long loss of consciousness and brain bruising. Lead author Dr James Bower, a Mayo Clinic neurologist, says: "I was surprised by the strength of the association and was also surprised that the average head trauma was about 20 years before the start of the disease." Details of the study are published in *Neurology*.

Compiled by Kym Nicoll  
S.M.H. Thurs. 22 May '03 Health & Science  
P.1

### **Some Interesting Websites**

[www.caa.com.au](http://www.caa.com.au)

This site has links to What is Chiropractic; Education and Training; FAQ and Press Releases. Have a look at the article "Chiropractic – safe, effective, drug-free health care for everyone".

[www.chiropractors.asn.au](http://www.chiropractors.asn.au)

Has interesting links to Product Endorsements and the Chiropractic Journal of Australia.

[www.palmer.edu](http://www.palmer.edu)

Links include Chiropractic History, Research and if you click on Virtual Tour you will be able to read the Palmer Triangle of Care.

### **Editor's Note**

Chiropractic history began with a response to adjustment similar to Pat's.

In 1895, Dr DD Palmer delivered the first chiropractic adjustment and Mr Harvey Lillard, the first chiropractic patient, reported a dramatic improvement in his hearing.

Pat's story also continues a 108-year-old tradition of chiropractic patients telling their stories.

It illustrates the whole-body (holistic) nature of chiropractic adjustments in that, though her main symptom was in the ears, other symptoms also improved as a result of adjustments to the neck.

Pat's story is also historic on a smaller scale: after 34 years in practice it's our first story in our first newsletter. Hope you enjoyed it.

Please let Julie know if you would be happy to tell your story in a future newsletter. Good health. Kathleen Bras

**Cowin  
Chiropractic  
Clinic**

Ph.: +IDD 61-2-  
4228 8922

