

## COWIN CHIROPRACTIC CLINIC

3/306 Crown Street WOLLONGONG 2500

Phone: (02) 4228 8922 Fax: (02) 4229 1529

# NEWSLETTER

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In attendance: Robert Cowin DC

Receptionist & Chiropractic Assistant: Julie Ivanovska

Editor: Kathleen Bras DC

### SANDRA'S STORY

I began chiropractic care in June 1998 at the age of 24, because of many symptoms that I was experiencing, mainly on the left side of my body.

I suffered from constant neck and shoulder pain, constant headaches at the base of my skull and a twitching in my left eye. Also, I regularly used an inhaler for asthma symptoms.



I work two jobs, both part-time with children in a pre-school and at Coles in the service department.

Before I began chiropractic care, my resistance to colds and 'flu was very low. I was constantly picking up all the illnesses from the children. The year before I began care, I had had eight courses of antibiotics because I was always sick.

It has now been five years since my first adjustment and each winter since, I have not had antibiotics and am the only staff member at the pre-school who has not needed time off work during winter.

I believe that my immune system has improved greatly as a result of chiropractic care.

My other job involves standing for four to five hours at a time. I always felt great discomfort down the left side of my body at the end of a shift. Nowadays, I can stand for a full shift with only slight and occasional discomfort.

### ALLISON'S STORY

When was 18 years old, my mother brought me to Dr. Cowin. I had bad posture and irregular periods. After two adjustments in my cycle became normal. Eight years later, when pregnant with my first child Annalyse, regular visits assisted with back pain and control of my high blood pressure.

I decided that "Maintenance" care was the better course for me, kept regular appointments and suspect that the labour and delivery of my two daughters was much easier as a result.



### ANNALYSE

We had Annalyse, our first daughter, checked by the chiropractor when she was in kindergarten because of her learning difficulties in reading and maths.

[Allison's background is in pre-school teaching. When Annalyse's teacher became concerned about her progress, Allison was committed to helping her daughter and spent many hours tutoring her. When she realized that all the extra work was not paying off, in spite of Annalyse's willingness, she wondered if there could be a neurological reason. If the

chiropractic approach did not help, Allison and her husband were prepared to transfer Annalyse to a less-demanding school. Ed.]



I no longer use an inhaler as I don't suffer any asthma symptoms and I no longer experience twitching in my left eye.

I believe the adjustments have helped me as I no longer experience symptoms I had five years ago, and my overall health has improved.

When I lose my adjustment I do experience a return of some of my main symptoms but they are relieved once I have an adjustment.

I have regular adjustments and don't know how I coped with all the pain before I began treatment. I thank all the staff for relieving my pain.

Sandra, West Wollongong, October, 2003

### **ABC News item, 15 September 2003**

*The World Health Organisation's Influenza Centre says many parts of Australia are experiencing the worst outbreak of 'flu for five years.*

The centre's deputy director Allan Hampson says "Soldiering on is a bad thing and you are not doing yourself any favours or your work-mates."

"It really is a serious illness and if you go to the chemist and buy non-prescription items that will make you feel better, that's fine, **providing you go home and just rest until you've overcome the illness.**"

After regular visits we found Annalyse to be a much happier, co-operative little girl. Her concentration span seems to be longer after an adjustment and she seems to be able to think more clearly. Her reading has improved immensely.

### **COURTNEY**

Our second daughter Courtney spent the first three years of her life battling with constant outbreaks of tonsillitis.



I was about to agree to the removal of her tonsils when Annalyse started to improve. My husband was not convinced that chiropractic care could improve the health of a person's tonsils but we agreed to give it a go.

Courtney has not had tonsillitis since her first adjustment 23 months ago. Her appetite has improved, she has put on weight and generally seems much healthier. Snoring at night is one of her symptoms and ceases after an adjustment. Three generations of our family have chiropractic care and we have found it to be very successful in maintaining our health.

The girls seem to catch fewer colds, 'flu and bugs from school and when they do they recover much faster than prior to having chiropractic adjustments.

Allison, Unanderra, October 2003

## **DIRECTORY OF SYMPTOMS**

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**"SYMPTOMS,**

**NOT THE REAL PROBLEM"**

*"Symptoms are only signs of an underlying problem—rooted quite often in the nervous system. "*

"Problems in the spine can trigger problems in the nervous system. And when the nervous system is not working properly, the body's tissues and organs can begin to dysfunction. We correct the spine in order to restore normal nerve activity throughout the body."

Virgil V. Strang "Essential Principles of Chiropractic", Palmer College of Chiropractic, Davenport, 1984, 100-101.