



GROVE

CHIROPRACTIC

Make your body a better place to be.



2b/83 The Parade, Ocean Grove

grovechiro.com.au

Chiropractic is for people who believe
that their body is clever.

We focus on caring for people who want
a natural, holistic, body-friendly approach
to their health and wellbeing.

Our promise is that engaging in regular
Chiropractic care will result in a healthier,
happier, more fulfilling life.





WELCOME TO GROVE CHIROPRACTIC

We view health based on these core values, maybe you do too!

1. **VITALISM** – we acknowledge that our body has an in-built cleverness
2. **NATURALISM** – we acknowledge that our body is a part of nature, and functions according to the laws of nature
3. **HOLISM** – we see our body as an interconnected system, rather than a collection of separate parts
4. **HUMANISM** – we have a friendly relationship with our bodies, and with others.

Chiropractic has had a significant positive impact on my life and that of my family.

In my early years, my dad sought Chiropractic care for the back pain associated with his sedentary work role and the accumulation of years of sporting injuries.

My introduction to Chiropractic care was as a teenager after a tennis injury.

Coincidentally, my tennis coach was also a Chiropractor, who I visited shortly after for assessment of my injury. Soon after starting care, I was back on the tennis court, pain-free.

I continued to have regular chiropractic care to avoid missing any more tennis, but also because being under care made me feel generally healthier, happier and much less stressed in my high school years.

This holistic, natural and body-friendly approach to healthcare, sparked a curiosity in me to further explore what contributes to human health and wellbeing.

To this day, I continue to have regular Chiropractic care to help me perform at my best and be the best Dad for my kids.

I invite you to embrace Chiropractic care for a while and notice how life changes.

Thank you for choosing Grove Chiropractic and for trusting me to be a part of your journey to optimum health and wellbeing.

Mick





WHAT IS CHIROPRACTIC?

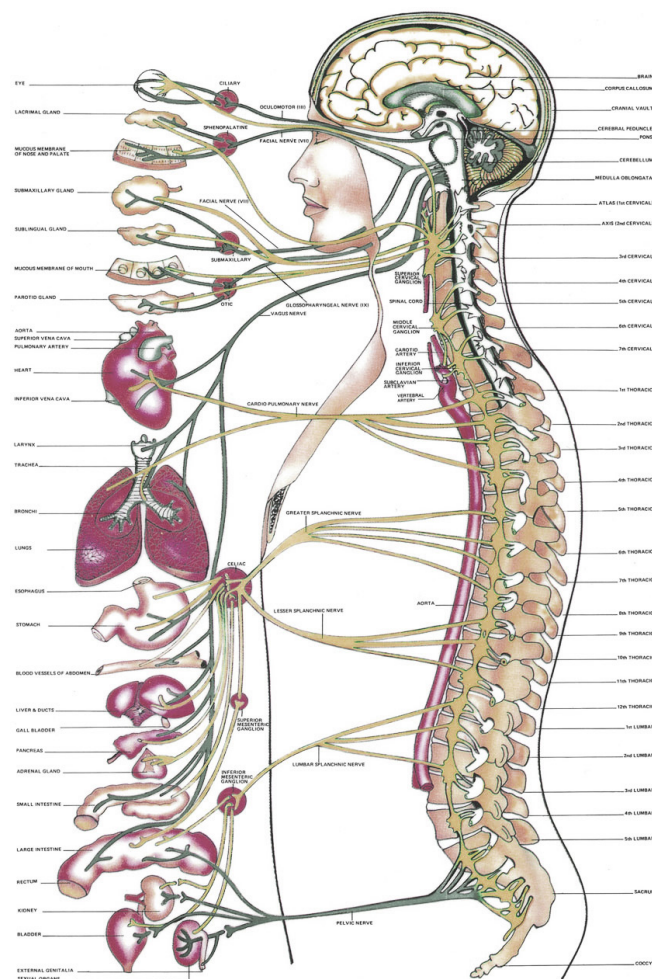
Chiropractic focusses on the relationship between spinal function and brain function, and the resulting impact on overall health and wellbeing.

We use gentle, hands-on care to improve the function of the spine and brain, without using medications or surgery.

We acknowledge that the brain and nervous system control and coordinate every single function of the human body.

We also understand that modern lifestyle stress disrupts our body's ability to heal itself, potentially contributing to many of the common chronic health concerns that our culture faces today.

Chiropractic is one of the most commonly utilized, natural health professions, with more than 20 million client visits to Chiropractors in Australia each year.



AUTONOMIC NERVOUS SYSTEM

Sympathetic — Yellow Parasympathetic — Green

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HOW DOES SPINAL STRESS OCCUR?

When a joint loses its normal movement and function, it interferes with the brain's ability to self-regulate, adapt, repair and heal.

There are generally thought to be 3 main types of stressors:

PHYSICAL STRESS – Sporting injuries, vehicle accidents, trauma, sedentary postures.

EMOTIONAL STRESS – Relationship and family stress, financial stress, work-related stress.

CHEMICAL STRESS – Alcohol and medication use, artificial preservatives and food additives, excess sugar intake, impurities in the air we breathe.

Symptoms and chronic disease may occur as a result of these stressors accumulating faster than our body can process them.

Regardless of whether these stressors are causing minor symptoms, major symptoms, or no symptoms at all yet, improving your nervous system function allows your body to work with greater ease. It may change the way your body expresses symptoms and might even prevent the onset of some diseases altogether.

It's a natural part of life to experience some stress, however you'll have a better ability to handle life's stresses when your brain and nervous system are functioning at their best.





DO YOU BELIEVE YOUR BODY IS CLEVER?

Today, your body:

Made your heart beat 100,000 times

Took 23,000 breaths, around 11,000 litres of air

Maintained your body temperature to 37 Degrees Celsius

Blinked 15,000 times

Had tens of thousands of thoughts

Changed the food you ate into fuel

Cleaned up old cells to improve organ function

Stimulated the immune system to deal with any pathogens

Maintained your blood sugar levels within a narrow range

Distinguished millions of colour surfaces and shapes through your eyes

Shed over 100,000 of skin cells and replaced them with new ones

All of this occurred without a single conscious thought from you.

Take good care of your body's natural cleverness.

What do we mean by 'natural cleverness'?

Chiropractic is based on the simple fact that our body is a self-healing, self-organising and self-repairing system.


This self-organising ability is evident in how your current body, made of trillions of cells, developed and grew itself from one single cell, made when your parents reproductive cells met.

This self-healing, self-repairing ability is obvious in how your body heals a small cut on your finger.

By the time you finish reading this booklet, your body will have formed an entire new gut lining to protect your stomach wall.

The quality of this gut lining is dependant on the communication between your brain and stomach.

Every Chiropractic visit aims to support this natural self-healing ability of your body, regardless of the symptoms that you might be experiencing.



WHAT ARE THE BENEFITS OF CHIROPRACTIC CARE?

Consider:

The busy mum. Maybe a better functioning body results in her being less stressed and having more patient interactions with her kids.

The anxious teenager. Maybe a more relaxed body leads to better resilience, better decision-making and greater ease managing their school workload and social circles.

The business owner or sedentary desk worker. Maybe a better functioning body leads to less headaches, a clearer mind, and better business decisions.

The expecting mother. Maybe a better functioning body results in a more balanced pelvis and a better labour and birth outcomes.

The infant. Maybe a proactive approach supports healthy motor development, creativity and learning.

The aspiring athlete. Maybe a better functioning body results in better coordination, balance and reaction time, leading to better performance on-field.

The grandparent. Maybe a better functioning body results in better mobility and flexibility to keep up with their grandchildren.





HOW DO WE DO OUR WORK?

Chiropractors simply detect and correct dysfunctional spinal movement patterns. It's a very simple idea, almost too simple.

Our goal isn't to treat disease or even the symptoms of disease, but rather to improve the way your brain and spine function.

The result is that your body's natural cleverness is able to adapt better to stress, to self-heal and self-regulate more efficiently.

Ultimately, healing is an inside-out process. No Chiropractor, or any other health practitioner or doctor, is responsible for your healing. Your own clever body is the what does the healing.

THE STRESS RESPONSE

Modern life as we know it can be stressful.

When our body can't keep up with the demands of our lifestyle, it activates the stress response to help us cope.

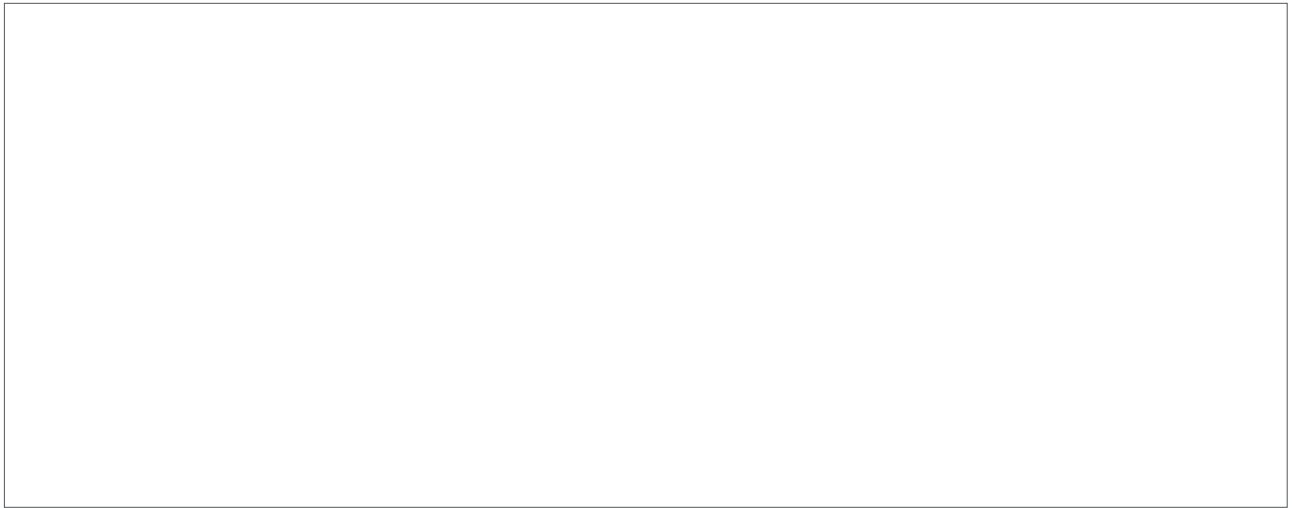
When the stress response is activated unnecessarily for prolonged periods of time, it can lead to changes in our body like:

- Neck & shoulder tightness
- Migraines and/or Headaches
- Sensitivity to light and/or sound
- Digestive upset – Reflux, heartburn, bloating, constipation, diarrhoea, irritable bowel
- Hormonal imbalances – Infertility, abnormal cycles, period pain, PCOS
- Suppressed immunity – recurring colds & infections
- Anxiety and Depression
- Light sleep, Insomnia
- Low energy, fatigue, difficulty concentrating

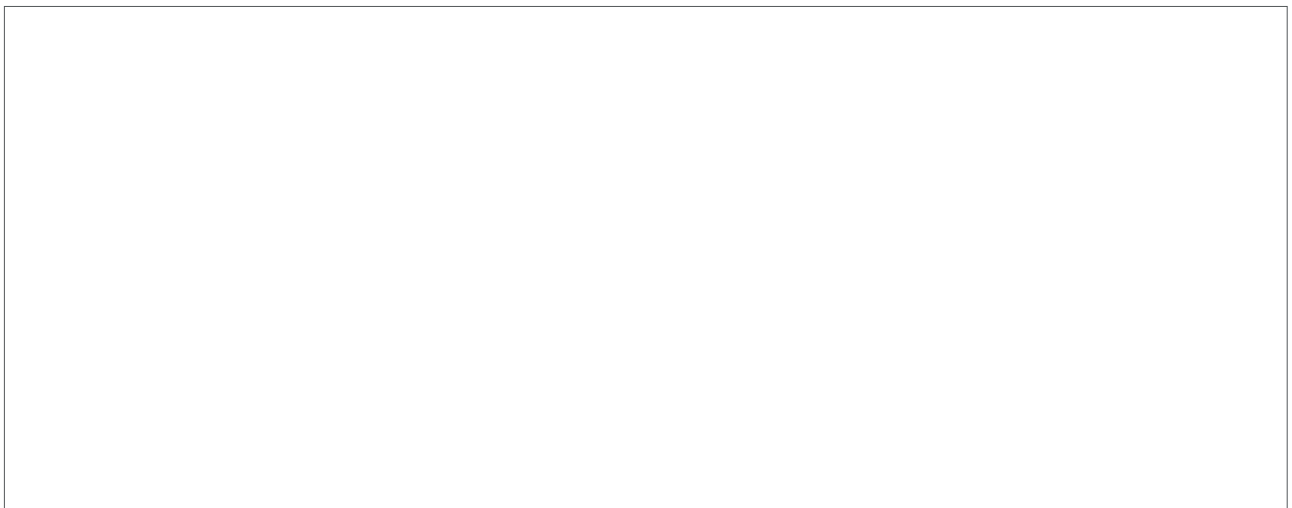
Chiropractic care can help calm the wound-up, fight or flight response of your nervous system.



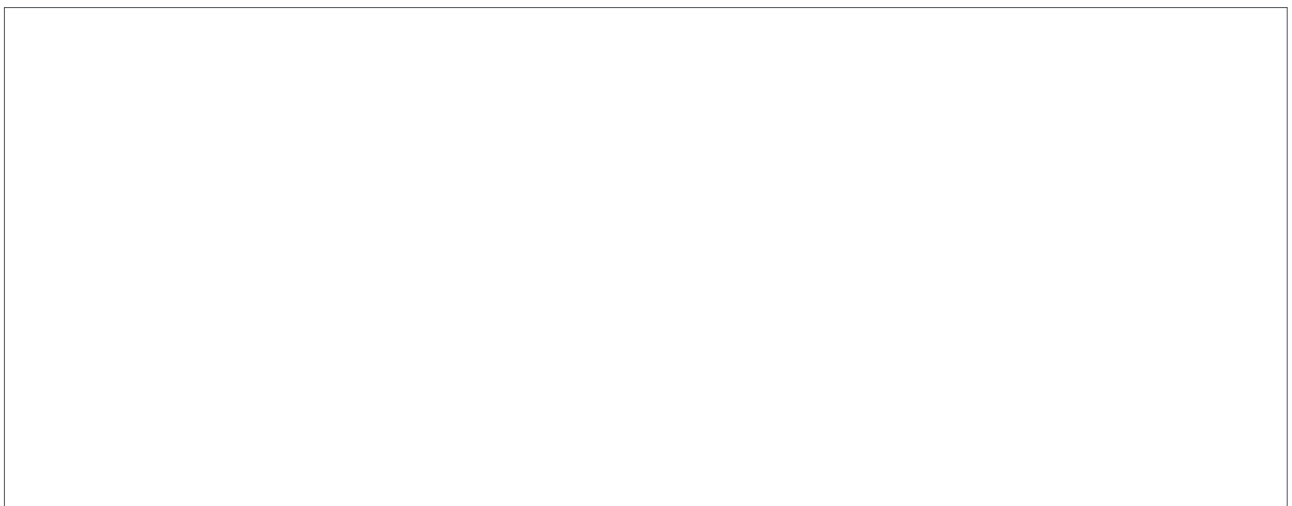
YOUR FINDINGS

A large, empty rectangular box with a thin black border, intended for recording findings.

YOUR PERSONALISED CARE PLAN

A large, empty rectangular box with a thin black border, intended for recording a personalised care plan.

YOUR POST-ADJUSTMENT RHYTHM

A large, empty rectangular box with a thin black border, intended for recording a post-adjustment rhythm.

HABIT TRACKER

HABIT No. 1:				
DAYS:	1	2	3	
4	5	6	7	
8	9	10	11	
12	13	14	15	
16	17	18	19	
20	21	22	23	
24	25	26	27	
28	29	30	31	
TOTAL:				

HABIT No. 2:				
DAYS:	1	2	3	
4	5	6	7	
8	9	10	11	
12	13	14	15	
16	17	18	19	
20	21	22	23	
24	25	26	27	
28	29	30	31	
TOTAL:				

HABIT No. 3:				
DAYS:	1	2	3	
4	5	6	7	
8	9	10	11	
12	13	14	15	
16	17	18	19	
20	21	22	23	
24	25	26	27	
28	29	30	31	
TOTAL:				

HABIT No. 4:				
DAYS:	1	2	3	
4	5	6	7	
8	9	10	11	
12	13	14	15	
16	17	18	19	
20	21	22	23	
24	25	26	27	
28	29	30	31	
TOTAL:				

HABIT No. 5:				
DAYS:	1	2	3	
4	5	6	7	
8	9	10	11	
12	13	14	15	
16	17	18	19	
20	21	22	23	
24	25	26	27	
28	29	30	31	
TOTAL:				

HABIT No. 6:				
DAYS:	1	2	3	
4	5	6	7	
8	9	10	11	
12	13	14	15	
16	17	18	19	
20	21	22	23	
24	25	26	27	
28	29	30	31	
TOTAL:				

LOOKING TO GET MORE
OUT OF YOUR CARE?



Book of the
Month



Quarterly
Newsletter



Bi-annual
Juice Cleanse

Follow Grove Chiropractic online to keep updated.



grovechiro.com.au



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CHIROPRACTIC

ANSWER THESE 4 QUESTIONS TO SEE IF CHIROPRACTIC CAN HELP YOU

1. Do you believe your body is clever?

☐
Yes☐
No

2. Do you believe your body is a part of nature?

☐
Yes☐
No

3. Do you see your body as a holistic,
inter-connected system?

☐
Yes☐
No

4. Do you have a friendly relationship with your body?

☐
Yes☐
No

Got a family member or friend who shares your values?

☐
Yes☐
No

Maybe Chiropractic can help them be a **happier**
and **healthier** version of themselves.



Mick Rowe

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