

Diskin Life News August 2007

12 Important News Items for You

Welcome to awesome August!

This month discover **change**: Is change liberating and welcome for you? This month we have introduced changes and provide information, education, insights, services, healing art, programs, speakers and opportunities to assist, enhance, educate, inspire, provide comfort, quality, and even hydration with a view to enhancing your life!

Enjoy, and share our dynamic and evolutionary *Discover Healthier Living* presentations™ every Thursday 6-7pm.

Live your August **life without limits**,

The Diskin Life Team

1. Change of Hours

Closed August 20th, open 21st instead

2. Wellness Water Now Available

Drink here and at home

3. Comfort Upgrade

New reception seating and toilets

4. Healing Art on Display

Fresh exhibit to view and purchase

5. Environmentally Sustainability Here NOW

Resource conservation in action

6. Double Invitation to Present at AGMs

Dr Ari to Address National & State Bodies

7. SRI Available for Beginners & Advanced

Self help exercises to assist your progress and results

8. Nature vs. Nurture- No Longer

Again, it's *how you live* that determines your destiny

9. New Special Guest Presenter for October

Cyndi O'Meara- Simple Healthy Food Preparation

10. Epidurals: After 50 Years They're Useless

Beware of Cortisone injections

11. Obesity is Socially Contagious!

You become who you mix with

12. Discover Healthier Living Presentations™

4 powerful presentations to give you the edge

"I am always doing that which I can not do, in order that I may learn how to do it." - Pablo Picasso

1. Change of Hours

Due to another seminar attendance, we will be **closed Monday August 20**, and in its place will be **open Tuesday August 21**.

*"If you want to know your past - look into your present conditions.
If you want to know your future - look into your present actions."*

- Chinese Proverb

2. Wellness Water Now Available

Since we know an estimated **70% of your body is water**; doesn't it make sense to put the best water possible back into your body? Now you can. When you visit us; you can drink from our Wellness water filter in glasses washed in our commercial glass washing machine. Our new "**water bar**" area has been totally rebuilt for your convenience and pleasure. If you order your own Wellness filter for your home or workplace, and you mention our special code **900234** you will receive **50% savings off the cost** of your replacement filter by visiting www.wellness.com.au

*"The best and most beautiful things in the world cannot be seen or even touched.
They must be felt with the heart."*

Helen Keller

3. Comfort Upgrade

In line with the best and the latest technology and service we offer you; now you can enjoy the comfort of our luxurious new seating in reception lounge, (and our other "seats", the toilets, have been totally replaced with new bowels, dual flush water saving cisterns, flooring and accessories too). **Thank you to Sam & Nick at Woodstock Furniture**. Call us for their details.

*"Do you really want to look back on your life and see how wonderful it could have been
had you not been afraid to live it?"*

- Caroline Myss

4. Healing Art on Display

For your viewing enjoyment, diverse interest, healing contribution, and an opportunity to purchase; we have introduced a new artist to our Healing Art space. Now on display at our centre, Sigrid De Castilla's beautiful Japanese scenery photographs. Inspect the pieces on display, and take her cards (available at reception) to see what other images she has available for you in her portfolio. Enjoy her kind offer of **10% discount To Diskin Life clients**.

5. Environmentally Sustainable Improvements -HERE NOW

We recently engaged **Raphael Siket of ecolibria**, an **expert in energy and environmental conservation** to assess our centre. We were happy to receive **positive report**, which is available at reception for you to view, giving us feedback about how **we are already relatively quite "green"**.

Over the last weeks, we have implemented the recommendations including:

- Plumbed high quality **filtered drinking water**, available in **glasses**, which we wash in a professional glass washing machine, which will ensure they are clean and **use minimal water and power**.
- We have changed our lighting transformers and components to **reduce energy consumption, and pollution**, as well as complying with regulations, well ahead of the 2009 schedule.
- The toilets have been replaced and the new ones have **low water use** dual flush cisterns.
- Internal wall painting carried out used environmentally friendly **non-toxic paints**.
- We had already implemented additional strategies for your comfort such as **airing out the building** daily.
- **Recycling** as much of the waste paper as possible, and **turning off lights and appliances** when not required.
- With in the next month or so, we will launch our completely **new and fresh website**, which among many benefits, we will offer **all our printed materials** (excluding books) to you via the net, electronically giving you access from anywhere, and saving resources by printing hard copies on paper.

There are **more surprises in store**, so keep an eye out as they appear...

"Fear is that little darkroom where negatives are developed."

Michael Pritchard

6. Dr Ari Invited to present at both National & State AGM Conferences

This year **both state and federal** bodies of the Chiropractors Association of Australia have invited Dr Ari to present at the respective annual conferences. Dr Ari has been asked to present as a **guest presenter** for three hours over the course of the national AGM conference in Adelaide October 5-7. He will be speaking about his application of Network Care as a leading wellness model of healthcare, and how he sees it as tomorrow's healthcare today. The month prior, in September, he will be the **feature speaker** at the Victorian state AGM, when he will outline some success practice principles, approaches, and procedures.

"Strength is the capacity to break a chocolate bar into four pieces with your bare hands and then eat just one of the pieces." - Judith Viorst

7. SRI Available for Beginners and Advanced-BOOK NOW!

By popular request, we are **offering two levels** of SRI (Somato Respiratory Integration) for your benefit and enjoyment.

SRI is a **self help** series of exercises you can learn and practice at your convenience, which can **help you to advance your care results** and gives you **tools to help you self manage through challenges** when they surface, as described in the book the **12 Stages of Healing**, by Dr. Donald Epstein. (Available to purchase at Diskin life)

There will be **two workshops**. The **Introduction** is for anyone who has not yet experienced SRI, where you will be introduced to the theory, concepts, and early **foundational and vital** stages of the exercises.

For those of you who have **already experienced SRI**, there will be an **Advanced** workshop.

Your expert **SRI facilitator Liz Kelly**, will be **returning** to Diskin Life after giving birth earlier this year to her beautiful son Raphael.

Introduction workshop- Wednesday August 29th 7:15pm-9:30pm

Advanced workshop- Wednesday September 5th 7:15pm-9:30pm

Investment: \$59 per session. **Bookings are essential** as these **will fill fast**.

Dr. Donald Epstein, (the developer of Network and SRI), will be holding a **12 Stages of Healing (SRI) weekend Seminar** on the Gold Coast, in Queensland on the weekend of **September 29th and 30th**. For more information email ca@diskinlife.com

"Life is what happens while you are busy making other plans."

- John Lennon

8. Nature vs. Nurture- No Longer

According to British Science author Dr Matt Ridley, the battle between nature and nurture is over. Now it's **nature VIA nurture**. As with our friend Dr. Bruce Lipton's work, which we have spoken about previously, Dr. Ridley believes that what makes us all unique is not simply our genetic markers, but rather **how our genes are switched on and off** by our **EXPERIENCES**. "Genes are not predestination machines. They are actually at the mercy of our experiences" he said.

Research has shown that **stressful experiences and events can alter gene expression in the immune system**. Something to think about in relation to the effects on our own immune systems, and lives and the strategies we each choose and employ to handle, adapt to, dissipate and use stress for.

9. New Special Guest Presenter for October: Author- Cyndi O'Meara

For many of you who have been attending our centre and reading our books would be familiar with our next special guest presenter **Cyndi O'Meara**. Cyndi is the author of two **best selling Australian books**, among the *few* we actually sell, including **Changing Habits, Changing Lives**, and its companion cookbook.

Both are wonderful practical and simple resources for healthy living nutritional choices with out deprivation! Cyndi will be visiting here from Queensland especially to assist and inspire us about **Simple, Quick and Healthily Food Choices and Preparation**. As a working woman, wife and mother of three, who like Dr. Ari has never been immunised or taken any medication, (yes, she comes from a Chiropractic family also); she has healthy eating and making small but effective changes down to a fine art! So, **HOLD THIS DATE NOW! This presentation will sell out!!**

When **Wednesday October 17 7-30-9.30pm**



Where **181 Victoria Parade Fitzroy**

Investment **\$15 per person**

RSVP Dina at reception ca@DiskinLife.com or 9417 7222

Pre-booking is required

*"If you accept the expectations of others, especially negative ones,
then you never will change the outcome."*

- Michael Jordan professional athlete

10. Epidurals: After 50 Years- They're Useless

The epidural injection of corticosteroids is **standard medical practice** for patients with **sciatic back pain**. Although it's a treatment that has been routinely given to patients for the past 50 years, **researchers have only now discovered** that **the procedure is virtually useless**. It has some short-term benefit, which can last for two to six weeks maximum, but the **American Academy of Neurology says that it is no longer a recommended treatment**. The change of heart is based on a study of 300 patients with back pain, which found that the steroids offered no long-term benefits. There was no pain relief or improved movement after 24 hours, nor again at three, six and 12-month intervals. The only improvement was recorded between two and six weeks, and this was so insignificant that it was no better than that offered by painkillers such as bupivacaine. **Overall, epidural injections didn't help the patient in his day-to-day functioning, his need for surgery, or his long-term pain.** (Journal of American Medical Association, 2007;297:1757-1758)

Dr Ari says, "Epidural injections of corticosteroids has been used for many inflammation type complaints besides sciatica, and not only appears to be of *minor* benefit, it has also been reported to be a **cause of mineral loss** (known as **Osteoporosis**). Your body makes its own cortisone in your adrenal glands, helped by minimising interference in your nerve system; so as a baseline, do your best to clear your nerve system of interference by keeping your appointments for your Chiropractic care."

*"There is nothing like returning to a place that remains unchanged
to find the ways in which you yourself have altered."*

- Nelson Mandela

11. Obesity is Socially Contagious!

Harvard Medical school **research**, published last month in the New England Journal of Medicine, looked at the results of a study of more than 12,000 people and found that even having an obese friend increased the risk of becoming obese by up to a huge **57%**. Even having a friend hundreds of kilometres away can affect a person's weight!

It's this finding of a "**direct causal link**" that is really interesting. Gender has a profound effect also it was found. People with an obese friend of the **same sex** had a huge **71%** increased risk of becoming obese. Amongst **brothers** it was a **44%** risk and **sisters** **67%** risk.

Much has been written about the peer group one chooses to spend time with and associate with. This study provides further food for thought (sorry) on the subject and a reminder of how we are all responsible to be the best possible, not solely for ourselves rather for each other!

"A mind once stretched to a new dimension can never return to its original shape again."

Oliver Wendall Holmes

12. 4 Discover Healthier Living Presentations™ August 2007

Thursdays 6-7pm by appointment

Mark your diary, and bring or refer your friends, family and colleagues.
Usual fee of **\$29 per session waived** for you and your guests.

August 9 Presentation 6 **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, & how to make it work for you, instead of suffering needlessly & living as a victim.

Understand how to make it work for you

August 16 Presentation 7 **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, & how to change your physical environment to suit you.

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

August 23 Presentation 8 **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? Why is it called tomorrow's healthcare today?

August 30 Presentation 9 **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 & 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 seats Telephone 9417 7222 or Email ca@DiskinLife.com

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

Just call **9417 7222** and ask for a **complimentary consultation**.

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