

**Happy New Financial Year and Welcome to July!**

This month our focus is preparation for the (financial) year ahead (or the balance of the calendar year). Preparation includes setting clear goals, planning for efficiency in use of resources, while preserving and optimising your health, and integrating it all into your life. See another way stress can impact on your wellbeing, and find out about a career in Chiropractic at our annual career night. Understand why we are confident to provide a money back guarantee, and how we are continually striving to advance our knowledge and skill by attending personal and professional development and educational programs, while we rely on you for your valuable feedback. Enjoy and share our dynamic and evolutionary *Discover Healthier Living* presentations™ every Thursday 6-7pm.

Live your July *life without limits*,

The Diskin Life Team

### 1. Setting Goals Effectively

Living by choice, not chance

### 2. Environmentally Sustainable

Improvements *Coming*

### 3. FREE How to create a GREENER

and HEALTHIER home and workplace-**July 25**

### 4. Double weight gain when stressed

New Research furthering the body mind connection!

### 9. Discover Healthier Living Presentations™

### 5. Interested in seeking a Career

in Chiropractic?

### 6. Our Money Back Guarantee:

The What and Why...

### 7. Continuing Professional Development & Education

Dr. Ari completes 5 times the requirements in half the time

### 8. We ask YOU:

What Do YOU See as unique about Diskin Life?

4 powerful presentations to give you the edge

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

### 1. Setting Goals Effectively: A Challenge for You to Live by Choice, not Chance

While planning for your future, the first task is to **decide what you want**. Goals are marker tools which give you a measurable way of **tracking your accomplishments** of your "wants". The **way which you set goals strongly affects their effectiveness**. The following broad guidelines apply to setting effective goals:

- ü **Positive Statement:** express your goals positively: State your intentions in what you will do, rather than what you won't or shouldn't do. *"I will..."*, rather than *"I won't..."* or *"I do not want..."*
- ü **Be Precise:** If you set a precise goal, putting in dates, times, amounts, details, colours, "seeing it as if you are already actually "celebrating its achievement", so the achievement can be measured and "seen". You are then absolutely clear as to the actual goal to be achieved and how you will feel, once achieved.
- ü **Set Priorities:** Where you have several goals, give each a priority. This helps you to avoid feeling overwhelmed by too many goals, and helps to direct your attention to the most important ones.
- ü **Write goals down** to make them more real, so you can more easily visualise them, and to also avoid confusion and give them more force. Keep them in a place you look at daily-and **"visit" them**.
- ü **Keep Goals Realistic:** Keep the goals you are working towards practical and achievable. If a goal is too large, it can seem that you are not making progress towards it. Setting larger goals as a series of goals in bite size chunks gives more opportunities for reward. **Your short term goals should be derived from longer term goals.**

*A failure to plan, is a plan to fail.*

**A CHALLENGE FOR YOU:** Make one of your goals to complete your attendance at our Discover Healthier Living presentation™ series within the cycle of the coming three months. Each week you will be able to apply at least one effective change to **influence your HEALTH, WELLNESS AND LIFE PERFORMANCE destiny for the better**.

*"The things which are most important don't always scream the loudest." - Bob Hawke*

### 2. Environmentally Sustainable Improvements Coming...

We recently engaged an **expert in energy and environmental conservation** to assess our centre. We were happy to receive **positive report**, giving us feedback about how **we are already relatively quite "green"**, and are in the process of implementing more changes to contribute to improving our environmental sustainability.

Over the next weeks, you will see some of the **transitions** including:

- Plumbed high quality **filtered drinking water, using real glasses**, which we will wash in a professional glass washing machine, which will ensure they are clean and use minimal water.
- We are changing 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 are being replaced and the new ones will have **low water use** dual flush cisterns.
- Internal wall painting will be carried out using environmentally friendly **non-toxic paints**.
- We have already implemented strategies like **airing out the building** before the start of each day.
- **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 look out as they appear...

### 3. Special ALL NEW Guest Presentation – **F R E E** July 25 How to create a GREENER and HEALTHIER home and workplace

In keeping with our efforts to contribute to and encourage sustainable practices, we are arranging to make available for you our **expert Building Biologist, Raphael Siket, who will present a fun interactive workshop later this month.**

This workshop will show you how awareness of and **utilizing simple strategies** such as colour, plants, lighting, friendly cleaning **and personal care products, building materials and building design can positively affect your wellbeing and that of the planet as a whole.** He will also discuss the **effect of electromagnetic radiation** from common appliances, power lines, cordless phones and telephone towers. You will find out about **Geomancy** which involves dowsing for **natural magnetic fields** and **harmonizing** the space in **your home or workplace.** Many of **you may be surprised** to learn about what may be **in the air you breathe, the water you drink** and the **products you use everyday.**

This workshop encompasses the principles of a fairly new health science in Australia known as **Building Biology.** It considers all aspects of the built environment that could affect your personal wellbeing and that of the planet on which we live. Considering **most of us spend over 90% of our time indoors** it may be beneficial to learn more about the indoor environment in which you live and work.

**Our Expert presenter, Raphael Siket** is the **Director** of **ecolibria**, the leading Building Biology service company in Australia. He is a **qualified** Building Biologist and has completed the most comprehensive course of study currently offered in this field. Raphael has a Diploma in Building Biology from the Australian College of Environmental Studies and a Bachelor of Commerce Degree from the University of Cape Town. He has also completed the first rate (5 Star) energy rating course and has an Accrediting **Training and Assessment** qualification. Raphael **delivers training** in various subjects at the Australian College of Environmental Studies and is a guest **lecturer** at the Southern School of Natural Therapies. He is the **President** of the **Australasian Society of Building Biologists** and one of the **pioneers in the field** of Building Biology in Australia. He is passionate about the environmental and wellness industries and has delivered talks at many events including the Sustainable Living Festival and for local authorities such as Manningham City Council.

**WHERE?**  **181 Victoria Parade Fitzroy**

**WHEN?** **Wednesday July 25 7.30-9.30pm**

**Cost?** **F R E E** Limited space Book now!

**RSVP** Dina or Donna at reception [ca@DiskinLife.com](mailto:ca@DiskinLife.com) or 9417 7222  
**PRE-booking is required!**

*"A successful person is one who can build a solid foundation out of the bricks life throws at them."*

### 4. Double weight gain when stressed New Research furthering the body mind connection!

A team including Professor Herbert Herzog, Director of Neuroscience at Sydney's Garvin Institute of Medical Research and Zofia Zukowska of Georgetown University, Washington DC, USA have had the results of their study of the different effects of high fat and sugar diets fed to stressed and unstressed mice published in the Journal of Nature Medicine, this month, July 2007.

The research found that the **stressed mice gained twice as much fat** as the unstressed ones!!! **Chronic stress has a double effect** that can lead to obesity, according to these scientists.

Stress leads to the release by the nervous system of neuropeptide Y which increases the urge to eat.

**Dr. Ari comments,** "I have long suspected what has been found here. Western science is now unravelling the **devastating effects of chronic stress**, be it physical, mental or chemical. Think about how most illness today is lifestyle related; diabetes, cardiovascular disease, cancer, and the like, and the growing clear link between the human body, (and how you treat it) and the mind, and how it functions, and best serves you."

At Diskin Life we are committed to supporting you to identify, manage and harness your energy of stress for growth and optimal life expression, naturally.

*"Not everything that is faced can be changed. But nothing can be changed until it is faced."* - James Baldwin

## 5. Interested in seeking a Career in Chiropractic?

We are sponsoring an evening, where you can find out more about a career in Chiropractic, presented by the New Zealand College of Chiropractic President, **Dr Brian Kelly**.

What does it involve?

What can you expect?

Is it suitable for you?

Have your questions answered in person.

Reserve your seat to discover possibilities for your future. If you know anyone who may be interested, please invite them to call us.

**THURSDAY JULY 19 AT OUR CENTRE AT 8.15PM.**

**NO COST**

**BOOKINGS ARE ESSENTIAL**

*"When you do the common things in life in an uncommon way, you command the attention of the world." - George Washington*

## 6. Our Money Back Guarantee: The What and Why...

Most of you have experienced our thorough extensive **initial consultation and assessment** first visit and received your personalised comprehensive report of findings at a second visit. As you know, we are proud of the quality integrated health and wellness service we provide, and draw on Dr. Ari's more than 22 years professional experience, cutting edge state of the art technology, thorough and careful approach, continuing education, and our unwavering commitment to always providing you with the best! (After all, Dr. Ari has not been awarded Chiropractor of the year 3 times for nothing!) We think of you all as a community or family, and cannot in good faith provide you with any less than we seek for our loved ones, so as the saying goes..."nothing but the best!"

You may not be aware that we support this by providing a **Money Back Guarantee** in relation to our **Initial Consultation and Assessment**. If the recipient believes that they have had a more extensive or thorough initial consultation and assessment of its kind elsewhere, we will refund the monies paid and bear the costs ourselves. This means that there is **ABSOLUTELY NO RISK** involved in consulting us. In actual fact **THE RISK IS ALL OURS!**

You may be asking, **why we provide this**. Simply, because we have **absolute confidence and belief in what we offer and do, and we want all those that consult us to understand and be absolutely rock solid confident of our commitment to achieving the best possible outcome for them.**

*"Remember that not getting what you want is sometimes a wonderful stroke of luck." - Dalai Lama*

## 7. Continuing Professional Development and Education- Dr. Ari completes 5 times the requirements in half the time

A significant element of what we offer you is our program of Wellness Education. It is the opportunity for you to be more interactively involved with your care by discovering concepts, tools and strategies to enhance your results and life.

For us to be able to best serve you, we also undergo continual personal and professional development and education. This year has been a year of record attendance at these programs. The professional requirement is for a Chiropractor to attend at least 24 hours for each two year period, and Dr. Ari has already clocked up **more than five times that in just 12 months**. Additionally, he has close to those equivalent number of hours of personal development programs in that time too.

This October Dr Ari has been invited to be a **keynote speaker** at a prestigious conference. More about that next newsletter.

*"The Fortune is in the Follow Through." -Kurek Ashley*

## 8. We ask YOU: What Do YOU See as Unique about Diskin Life?

Feedback is helpful for us in all aspects of our lives, and we get it in all manner of ways, directly and indirectly. Please take a moment, consider and respond to this request to **share with us what you see as unique about Diskin Life**.

**What is it for YOU? Is it...**

The Integrative Chiropractic care we provide?

The focus on proactive healthier living?

Our personal service?

Our impressive and insightful high tech tools?

The Wellness Education, including **Discover** Presentations?

Being part of a community or family of like minded and motivated persons?

Our commitment to bringing you the best and latest, and doing the "research" for you?

These monthly informative complimentary newsletters?

Other ideas???

Please respond, so we can give you more of, and focus on what you want. Tell us, or reply to this email.

**We trust there is more than one element that is unique about us, so feel free to provide a list, and your favourites. We value your feedback and thank you in advance!**

## **9. 4 Discover Healthier Living Presentations™ July 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.

### **July 5**      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?***

### **July 12**      Presentation 2      **Health & Fitness**

*~Condition versus Performance*

*Discover how they are different, and 5 keys to achieving your optimal health*

Health and fitness are not the same. Achieve both, without sacrificing one for the other. Maximise your health-potential by incorporating the 5 keys to optimal health *in perspective*.

***Integrating balance***

### **July 19**      Presentation 3      **Chemistry of Life**

*~Drug-free performance enhancement~ naturally*

*Discover 14 steps, to enhance your ability to perform in all areas of your life*

Alter your internal chemical production, to reduce your need to take drugs from the outside, and improve your mental & physical performance potential and capabilities- *naturally*.

***Improving performance from the inside out***

### **July 26**      Presentation 4      **Creation**

*~Know your past to understand your future*

*Discover the 16 most important years that shape your life, and what you can do about it now*

Your nerve system patterns develop, accumulate, and adapt throughout your life, as early as before your mother's pregnancy (preconception), your birth process, and then "normal" living. Recount how you developed through your physical, chemical & emotional stresses, to become who you are, and to make the most of who you can be.

***The earlier detected, the better the results can be expected***

**Reserve seats    Telephone 9417 7222    or    Email [ca@DiskinLife.com](mailto:ca@DiskinLife.com)**

*"There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle." -Deepak Chopra*

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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**Keep us up-to-date, so we can keep you up-to-date**

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