

Diskin Life News June 2007

11 Important News Items for You

Welcome to June!

This month our focus is continuing our celebration and the excitement for the potential life giving opportunity of assisting fertility, as well as a reminder to access fresh air. Carefully consider treatments which may cause you more harm than good, and design your future during our fun Treasure mapping Workshop. Maybe you or somebody you know is interested in their future including a career in Chiropractic. If so, come along to our annual New Zealand College of Chiropractic career evening. We have restructured our fees, so even with a fee increase, many will find their fee largely unaltered. We have our weekly Discover presentations to provide you with vital information to produce your ability to get the edge in life. While reminding you of the book about how to be more successful in life featuring Dr Ari, we welcome your feedback to improve our service to you. Please check your schedules to be reminded of our change of hours for June.

Enjoy *life without limits*,

The Diskin Life Team

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| <p>1. Dealing with Infertility Naturally (Part 2)
More Evidence</p> <p>2. Change of Hours
2 changes for June</p> <p>3. New Fee Structure
Prepayers Enjoy Bigger Savings</p> <p>4. Career in Chiropractic
Information Evening</p> <p>5. Hypertension –
Drugs not Always the best solution</p> | <p>6. A Breath of Fresh Air ...
Real advantages</p> <p>7. Feedback Please
Help Influence Future Newsletters</p> <p>8. Discover Healthier Living Presentations™
3 powerful presentations to give you the edge</p> <p>9. Treasure Mapping
Manifesting Your Way to Success Workshop</p> <p>10. Popular New Book Featuring Dr Ari
recommended reading for university students</p> <p>11. Access Your Health Fund Cover and Eligibility Before July 1st</p> |
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"Here is a test to find whether your mission on earth is finished: If you're alive, it isn't."

Richard Bach

1. Dealing with Infertility Naturally (Part 2): More Evidence

Your feedback from last month's newsletter showed a strong interest in Chiropractic as a **gentle, natural alternative** to the enormous and **invasive physical, emotional and financial cost of IVF treatment**. In response to your requests, we have included an e-link to 12 research articles showing the connection between Chiropractic and fertility.

Dr Ari has also been **invited to contribute case studies** to be published in an international scientific journal, demonstrating his successful results with fertility.

If you know any couples trying to **conceive with challenges**, refer them to us, to see if we could assist them.

http://www.jvsr.com/abstracts/abstracts_volume.asp?vol=infertility

"If you see someone without a smile... give them one of yours!"

Unknown

2. Change of Hours - June

Please note these change of hours for **June**:

Closed Monday June 11 (Queens birthday) Open Tuesday June 12

Closed Thursday June 21 Open Tuesday June 19

"The great thing in this world is not so much where we are, but in what direction we are moving."

Oliver Wendell Holmes

3. New Fee Structure- Prepayers enjoy Bigger Savings

We have restructured our fee schedule, so that the unavoidable rise of the 'per visit fee' is offset, in the main, by the bigger savings you will enjoy with prepaid blocks of care. The changes will result in many instances to the **fees remaining the same or becoming lower.**

The new fees will be **effective July 1st 2007.** Ask for the new schedule on your next visit.

YOU CAN ALSO SAVE BY PRE PAYING AT THE CURRENT RATE PRIOR TO JUNE 30TH.

"The turtle only makes progress when it's neck is stuck out."

Rollo May

4. Interested in 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 study of Chiropractic 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 to reserve a seat for them..

THURSDAY JULY 19 AT OUR CENTRE AT 8.15PM.

NO COST

BOOKINGS ESSENTIAL

"Sometimes life's shadows are caused by our standing in our own sunshine."

Ralph Waldo Emerson

5. Hypertension: Drugs Not Always the Best Solution

There are many tools available when faced with high blood pressure; drugs are not always the solution they are presented to be. Doctors from the Boston Medical Center suggest in the *Journal of the American Geriatric Society* that aged patients who are **aggressively treated for high blood pressure** probably will **die sooner** or have a **lower quality of life** than their untreated counterparts. This study of more than 4,000 hypertensive patients 80 years and older found that "uncontrolled hypertension" (140/90 and above) exerted no effect on the longevity of these patients. Consequently, they say that **the net effect of attempting to artificially lower their pressure to the population norms can cause more injuries and disability from the resulting decrease in blood flow to vital areas (such as the brain).** They also cite other studies that demonstrate an elevated blood pressure can exert a **protective effect** on people with less-than-optimal circulatory function. "Further research conducted by Doctors from Boston's Brigham and Woman's Hospital and publishes in the Archives of Internal Medicine, found that **men who took popular "pain killer" drugs such as aspirin, ibuprofen and acetaminophen** regularly (6 to 15 or more times per week) were **between 26% and 48% more likely to have high blood pressure than those who did not take the drugs at all.** **The Risks don't end with men, either. An earlier study, from 2002, found a similar correlation in women.** This raise in blood pressure is from the dual effects of retarding your blood vessels' ability to expand and the sodium retention these drugs can promote."

JAGS, March 2007. Question and Consider ALL the options and your life and function holistically.

*"Whether it's praise, love, criticism, sorrow, laughter, care, pain, or pleasure...
the more you give, the more you receive."*

Mike Dooley

6. A Breath of Fresh Air...

Recently we consulted a **Building Biologist** to assess and make recommendations about the environment that is Diskin Life, with a view to continuing to provide you with the best at all times and in all ways. The preliminary feedback has been that **we are doing great!** We are awaiting his written report and will bring you more shortly.

He advised us that **often the air INSIDE OUR SPACES (home and work) is far more polluted and stagnant than OUTSIDE.** **His recommendation...OPEN A WINDOW,** even in winter, even on busy roads, even at night. **Get some fresher air, and air circulation happening, you will be and feel better as a result.**

According to a report in the *Public Library of Science Journal*, **insufficient air flow is largely responsible for the spread of airborne infections, even in hospitals.** This study found that 50-year-old hospital wards had better air circulation, resulting in less contagion, than modern hospitals. Naturally ventilated hospitals, with the older-style high ceilings and large windows, had an air exchange rate of about 40 air changes per hour. Newer hospitals, with windows you could open, produced about 17 changes per hour. Mechanically ventilated rooms, the high-tech versions where the windows generally are not opened, are designed to produce about 12 changes per hour. However, according to this study, they generally did not live up to that expectation. The researchers calculate that if you were to spend 24 hours in one of these modern rooms with an untreated TB patient, you would have a 39 percent chance of contracting TB yourself.

PLoS Medicine, February 2007;4(2):e68. doi: 10.1371/journal.pmed.0040068.

"This 'telephone' has too many shortcomings to be seriously considered as a means of communication. The device is inherently of no value to us."

Western Union internal memo, 1876

7. Feedback Please: You Can Influence Future Newsletters

Please advise us what you want to see more (or less) of in these newsletters. Is there a subject you would like to see included, a question answered, or do you have some ideas about how we could make it even more appealing? Reply to this email, write us a letter or give us a call. These newsletters are for you and your circle of influence, so if you want to see some changes, this is your opportunity to let us know and contribute.

"The grand essentials to happiness in this life are something to do, something to love, and something to hope for."

Joseph Addison

8. 3 Discover Healthier Living Presentations™ June 2007 **Thursdays 6-7pm by appointment**

Mark your diary, and bring or refer your friends, family and colleagues.
Usual fee of **\$27 per session waived** for them, if they mention your name when booking.

RESERVE SEATS Telephone 9417 7222 or Email ca@DiskinLife.com

"Problems cannot be solved at the same level of awareness that created them."

Albert Einstein

June 7 Presentation 12 **Life Without Limits ~ The 100 Year Lifestyle**

Discover your longevity options, your choice to just survive, or thrive to 100+

What would you do differently, if you knew you would live to 100, or beyond? Be amazed at the scientific evidence which supports the increasing longevity we are currently experiencing. Hear the facts, and consider your options for not just adding years to your life, but also life to your years.

Make each year of your life, the best year of your life

"It's not the message in your life that counts...it's the life in your message."

Mae West

June 14 Presentation 13 **Immunity Boosting~ Speculative Theories & Laws of Nature**

Discover facts & fiction theories & laws of 28 toxins- for your Informed Choices

Lifestyle and environment (much of which you can influence) affects your ability to flourish, adapt or wither. Be an informed consumer, by actively making the best choices about how to optimally enhance your level of immunity.

What are vaccines? How are they "supposed to" work? What are your options?

Make your family's health decisions based on facts, instead of biased opinions

"You cannot plough a field by turning it over in your mind."

Irish Proverb

June 28 Presentation 1 **Amazing You ~ The inside story**

Discover how your 9 body systems can make you tick, or make you sick

Understand how your body works, to have further insight into what can maximise, or interfere and lessen your ability to live to your fullest potential. Find out how your brain is like a computer, and the more you understand, the more benefit you can gain from your experience. See your symptoms *in context*, so you can discern the good from the bad, and how to interpret what they are trying to tell you.

To have an amazing life, you need a solid foundation

Reserve Your Seats Now

Telephone 9417 7222 or Email ca@DiskinLife.com

"The key to happiness is having dreams; the key to success is making them come true."

James Allen

9. Treasure Mapping Your Way to Success -Workshop

For... Relationships, Career, Health, Wealth and so much more....

Due to popular demand, Special event Guest presenter- Barbara Pellegrino is back from Hawaii and presents her fun and powerful program again! (All places filled last time.)

If you missed her in March, here is your opportunity to participate and prosper, just in time for the new financial year.

Sunday July 1st 12 to 3.45pm @ Diskin Life \$65 per person

Join Barbara for this World-Renowned Workshop and learn how to implement the powerful concepts from the revolutionary movie "**The Secret**" to your best advantage.

• For **more details** and to reserve your space- email ca@DiskinLife.com or call us **9417 7222**

"The man who moved a mountain is the one who started taking away the small stones."

Old Chinese Proverb

10. Popular New Book Features Dr Ari now recommended reading for University students.

Recently Released! This New Australian book available at Diskin Life (and most major book stores in Australia) called **SECRETS OF SMALL BUSINESS OWNERS EXPOSED!**

RRP \$32.95 Purchase from Diskin Life for \$24.99 (while stocks last)

15 dynamic successful Australian small business owners reveal the "secrets" of their success, and give away (AUS) **\$337.00 of Bonus Gifts FOR FREE.**

As featured in **Growth Business magazine** April/May 2007

With over 22 years in business, and having helped 1000's of people, Dr Ari shares his success strategies in health, wellness and transforming and harnessing the stress we experience daily as foundational to business success.

It's a great inspirational read! Ask for your copy to be autographed. Buy extra copies for friends.

Buy in-person at Diskin Life, or contact us for orders.

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"Everything that is past is either a learning experience to grow on, a beautiful memory to reflect on, or a motivating factor to ACT on."

Denis Waitley

11. Access Your Health Fund Cover and Eligibility Before July 1st

A lot of your health funds "extras" covers include Chiropractic Care. If you have been thinking about coming in for care, having a "check up", or bringing a family member (covered by your policy), **don't delay**, and do so in June to avail yourself of any unused cover available to you before the end of the financial year. Many funds start calculations afresh from the first of July.

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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