

Diskin Life News September 2007

12 Important News Items for You

Welcome to September, albeit part way through, and the wonder and growth and renewal of springtime! This month features **possibilities**. Possibilities for men's health, of the power of humour and language, learning and discovery through our ongoing *Discover* healthier living presentations, and/or attendance at Dr. Epstein's 12 Stages of Healing SRI seminar on the Gold Coast, and/or from well known Author Cyndi O'Meara at Diskin Life next month, and/or through the snippets of latest research we bring you each month. Lots of possibilities!

Additionally, you have the possibility of securing Dr. Ari as a speaker for your business, group, charity or school and contributing to the wellbeing possibilities of others.

Finally, we offer New Year wishes to our Jewish friends, and include some new food for thought about what Integrative Chiropractic really is.

With a spring in our steps (or those leaps in springtime);

Live your September **life without limits**,

The Diskin Life Team

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"Every thought we think is creating our future."

Louise Hay

1. So, what exactly IS Integrative Chiropractic?

This is a great question, that we are often asked. Integrative Chiropractic is a multi dimensional approach to healthcare, supported by the latest scientific evidence. It is empowering, and draws on a best of healing approaches, focusing on healing rather than on sickness and disease.

Integrative means, to form, coordinate or blend diverse elements into a **unified whole**, to achieve consensus. Integrative Chiropractic views you as a whole person with natural healing potential, with all your part and functions being interrelated and interdependent as a whole body, mind, and spirit system.

Integrative Chiropractic is a proactive "take charge or your life and be the cause", rather than reactive "be the victim or effect" approach, and integrates your individual health, wellness goals and actions with those "best fit for you" tools of your Doctor of Chiropractic, toward a shared objective of optimal healing and fulfilling life.

"At first, dreams seem impossible, then improbable, and eventually inevitable." Christopher Reeve

2. Managing Your Stress Cuts Stroke Risk!

Coping well with stress can cut the risk of a stroke by almost a quarter; research recently published in the Journal Stroke shows.

A University of Cambridge team based their conclusion on a seven year study of more than 20,000 people, recording of 452 strokes and more than 100,000 stressful life events amongst the participants.

Leading researcher Dr. Paul Surtees from the university said, "Our findings suggest that people who are able to adapt more rapidly to stressful circumstances in their lives have a lower risk of stroke."

Dr. Ari comments: "Stress, in its many forms, is inevitable in the manner and times we live in. STRATEGIES FOR ADAPTING TO and for DISIPATION OF STRESS BUILD UP such as Network Care and SRI, are wonderful wholistic, informing and natural tools to assist in transforming dangerous energy of stress, into constructive energy for personal growth, rather than destructive events with potentially severe results such as stroke. I would anticipate more studies such as these will continue to offer findings about the dangers of stress, not yet recognized."

3. Secret Men's business in last weeks of September!

With Fathers day traditionally the first Sunday of Spring and knowing how men are not always the most active or keen instigators of healthy living practices; for the final two weeks of September we are offering complimentary **"Secret Men's Business"** Consultations with Dr. Ari for the men in your life. Simply, you or they need to call us on 9417 7222 or email_ca@DiskinLife.com and mention you wish to arrange a "Secret Men's Business" consultation for a man in your life. They will have the opportunity to discuss any concerns they have with Dr. Ari, a man who is also a Healthy Life Doctor™ with over 22 years experience, with out any obligation.

"Happiness is when what you think, what you say, and what you do, are in harmony." Mahatma Gandhi

4. "Disk-in" What IS in a name!

On the topic of signs and names, recently in a discussion on **ABC radio**, well known commentator and comedian **Red Symons** was discussing names and occupations during his breakfast show. For example, the education Minister, Mr. Learner. He asked the listeners to call in and suggest others.

We are reliably informed that Diskin (read as Disk- in), for a Chiropractor, and our landmark giant educational and motion activated talking spine outside the front of the premises, was mentioned by **at least 5 individual callers** (none encouraged or arranged by us) to the extent that Red, advised the callers that he was familiar with Diskin and the giant spine on Victoria Parade suggested in jest that this was an **overt promotion** on the ABC (which does not allow commercial promotion).

Dr Ari said, "**Diskin IS** my family name, with Russian origins going back many generations; longer than the two generations of Chiropractors the family has produced, or the 112 years that Chiropractic has been in existence"!

"Success seems to be largely a matter of hanging on after others have let go." William Feather

5. Speaking of September...

This weekend past Dr. Ari was the **sole** Featured Speaker at the Victorian Chiropractors' Association yearly AGM Conference in Melbourne. He shared his views, wisdom and experience about Wellness, including discussion about strategies to share wellness with the community.

Dr Ari's **speaking calendar is fast filling** for the balance of this year and he is now **taking bookings for early next year**. If you have a group, business, sporting, social or other that you would like Dr. Ari to share his wit and wisdom with, please email Roselyn Roselyn@Roselyn.com.au to discuss.

Dr. Ari is a versatile presenter. Recent additions to his diverse speaking repertoire includes **Super Strategies for a 100 Year Healthy Lifestyle**.

"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

6. We are "on steroids!"

This is one way Diskin life was described recently by Dr. Marc Dussault, Managing Director of Jay Abrahams Asia Pacific, now Empowernet, which is the vehicle that presents the likes of Tony Robbins, Deepak Chopra, Brian Tracey and other greats in the Australasia Region!

We hosted a learning day for his VIP business group at Diskin Life recently and Dr. Ari featured at the Jay Abrahams seminar in Sydney last month. The appearance came as a result of the congruency between Diskin Life's philosophy and practice and much advocated for so many years by Jay, who is known as one of the great masters and wise innovators of our time in business relationships. We have always strived to treat our clients as individuals; loved, valued and respected like family members. Your best interests and highest outcome are always paramount, and come first for us, and we are grateful for your trust. This type of approach has long been Jay's philosophy. We were honoured and humbled to be able to share out experiences with others in this setting.

"Take everything you like seriously, except yourself." Rudyard Kipling

7. Healing Art on Display

For your viewing enjoyment, diverse interest, healing contribution, and an opportunity to purchase; we have extended Sigrid De Castilla's beautiful and inspiring photography in our Healing Art space. Now on display at our centre, are Sigrid'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.

8. A Dose of Humour - For You!

In Last month's Diskin Life newsletter you may recall that we advised you of the comfort and environmental changes we have implemented recently to the Diskin Life premises. Improvements included replacing and upgrading our client "seating" reception chairs and, also toilets with cisterns that consumed less water, new bowls and the like.

We advised you that we had replaced the toilet "bowels". Well, this one small fun "glitch" has resulted in response, discussion, musings, laughter and the following, which we include as a **therapeutic humorous moment for your day** and inspiration for you friend's and colleagues should you wish to pass it on. Life should be fun! Enjoy!

In a Podiatrist's office:

"Time wounds all heels."

On a septic tank truck:

"Yesterday's Meals on Wheels"

On a Plumber's truck:

"We repair what your husband fixed."

On another plumber's truck:

"Don't sleep with a drip. Call your plumber."

At a towing company:

"We don't charge an arm and a leg. We want tows."

In a non smoking Area:

"If we see smoke, we will assume you are on fire and take appropriate action."

At the electric company:

"We would be delighted if you send in your payment. However, if you don't, you will be."

At an Optometrist's office:

"If you don't see what you're looking for, you've come to the right place."

On a fence:

"Salesmen welcome! Dog food is expensive!"

In a Veterinarian's waiting room:

"Be back in 5 minutes. Sit! Stay!"

On a church's billboard:

"7 days without God makes one weak."

On a maternity room door:

"Push. Push. Push."

In a restaurant window:

"Don't stand there and be hungry! Come on in and get fed up."

And don't forget the sign at a Chicago radiator shop:

"Best place in town to take a leak."

"Do your own thinking independently. Be the chess player, not the chess piece." Ralph Charell

9. 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 without 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. Air, 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

10. Dr Donny Epstein Live September 28-30

Dr Donny Epstein will make his final Australian 2007 appearance, presenting his much sought after hands-on 12 Stages of Healing SRI Seminar. As the creator and developer of Network Care and SRI, this is a unique opportunity to experience a master in a relatively intimate setting. If you are interested, please contact our reception immediately ca@DiskinLife.com or 9417 7222, to see if there are any spaces left, and for more details about costs and location.

"A friend is a present you give yourself." Robert Louis Stevenson

11. New Year: A time of Celebration and Reflection

Mid month, our Jewish clients and friends celebrate New Year, the beginning of their calendar year. We take this opportunity to wish them a wonderful New Year, of optimal health and life. May the weeks ahead, known as the High Holidays, provide the opportunity for contemplation, connection and renewal.

"The secret to success in life is making your vocation your vacation." Mark Twain

12. Discover Healthier Living Presentations™ September 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.

September 20 Presentation 12 **Life Without Limits~ Your longevity options**

Discover 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

September 27 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

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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