

# Wellness and Wisdom

[www.thechiropracticdomain.com.au](http://www.thechiropracticdomain.com.au)

Issue #1 - 2010

## Our patients speak!

**In this issue we have decided to share with you some of our recent patient success stories. These people are just a sample of those we have been able to help. Please feel free to share this information with other people who you think might find Chiropractic beneficial in their lives!**

### Hayley Johnswood: a trained midwife talks about Chiropractic through her second pregnancy

#### The reason you began receiving Chiropractic care?

I had severe coccyx pain throughout my first pregnancy continuing into post natal period and beyond. I also had foot and wrist pain during this time. Physiotherapy treatment was not affective and I refused to believe that I would have to "learn to live with it".

#### Length of condition, severity and effect this has had upon you and your family?

Coccyx pain from 16 weeks of pregnancy to when baby was 16 months old. I had trouble sitting comfortably for any length of time and it often caused tears as I was fed up with the pain. I was unable to travel distances in the car and sometimes needed help to get out of the car.

#### How has your life and health improved since commencing Chiropractic care?

The pain in the coccyx has not returned with my second pregnancy – thankfully! I recovered from foot and wrist pain as well. I am coping better in the absence of the chronic coccyx pain, I am so appreciative to feel normal again.

#### How were you referred to our office?

Friend (in fact Paula was in my mother's group allocated with my first child Maya)

#### What would you tell others who are not seeing a Chiropractor?

In conjunction with some strengthening exercises Chiropractic has certainly been effective for me. Makes sense to help your body communicate within itself as it's designed to.

#### Other comments:

Thankyou Paula for reconnecting me with chiropractic. It was such a relief to find a combination of methods that finally worked for me and not to have to relive that pain with my second pregnancy.

**Post Natal :** Paula was able to adjust my baby Tabitha when she was less than 24 hours of age. Chiropractic adjustments also helped me recover from the postural changes and aches and pains post birth.

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**Dr Paula Stacey-Thomas**  
B.Sc. M. Chiropractic

#### Consulting hours:

Monday: 8am-11am & 3-6.30pm

Tuesday: 3.30-6pm

Wednesday: 9am-12noon  
and 3-6.30pm

Friday: 8am-11am 2-5pm

Closed for Easter and Public Holiday

Anzac Day on April 26th; your Monday appointments will be rescheduled



## Nicholas : has his first experience of Chiropractic at age74!

### The reason you began receiving Chiropractic care?

I started seeing Dr Paula due to a massive unheralded attack of sciatica which in the space of a week had me hospitalised, with morphine being the only form of pain relief. As soon as I was discharged from hospital I consulted Dr Paula.

Later when my neurosurgeon discharged me, I put myself in Dr Paula's care.

### Length of condition, severity and effect this has had upon you and your family?

I have had a lower back problem for the past 25 years, severe pain without warning, would come on me and which could last for several days. My wife is severely disabled and I am her carer, I do everything for her and our home e.g. house cleaning, cooking, washing, ironing, shopping etc.

### How has your life and health improved since commencing Chiropractic care?

Recovery and improvement occurred over several months as I was still caring for my wife while recovering at the same time. The pain has greatly improved, plus I can walk and move as well as ever.

### What would you tell others who are not seeing a Chiropractor?

Any one suffering any form of torso pain, i.e. emanating via the spine, should definite consult a chiropractor. I am sure they would soon realise the benefits.

The very concept of chiropractic treatment is so simple and factual, that I am surprised it does not get wider exposure, all nerves controlling body functions below the neck passes through the spine and necessary adjustments done by the chiropractor are designed to minimise or eliminate interference to the nerves which of course exhibit pain to register a problem.



The lovely Lisa Scarfo; our resident Naturopath, married Steve Nicholls on February 28th in a ceremony at Ayres House. Errolyn, Dr Paula, Dr Nicki and previous employee Vicki helped her celebrate. It was a delightful day!



## Joanne Atherton writes about her return to Chiropractic care after a four year break

A couple of months ago I returned to 'The Chiropractic Domain' to receive the care I had been missing during the past few years. It was like returning home after trekking through the desert.

You may be wondering what brought me to the decision to return for care. It is easy to let life slip by and put the needs of others before ourselves. I had just been informed that my sister had been diagnosed with a serious illness. I knew in my heart that my body didn't feel right. When I tried to accomplish any physical tasks around the house I often felt debilitated. I had to sit down to wait for the discomfort in my lower back and legs to subside.

I decided that I wanted to feel good again and I wanted to be able to move freely. I also had to make every effort possible to prevent my body from being susceptible to illness, as my sister's cancer is hereditary. I knew I always felt great every time I walked out of 'The Chiropractic Domain'.

When I returned to 'The Chiropractic Domain' I was warmly welcomed, like an old friend. They were happy to see me. I wasn't made to feel guilty about my time away; I was embraced back into the family and reassured that my well-being was in safe hands.

I am now feeling more alive than I have in years. My body is moving freely and the ache in my lower back has gone. I can now complete physical tasks without stopping to sit down to relieve the pain. One thing I noticed after receiving the first treatment was that turning my head to look over my shoulder when driving wasn't painful anymore.

I enjoy getting my adjustments and I have a spring in my step again. I feel so great because I am able to move my body and know this is only the start to an extremely healthy future. I feel that the time away has made me realize how important chiropractic care is and that I don't want to go back to the way I was feeling previously.

Thank you Paula and Tania for healing my body and also for supporting my feelings of self-worth with your care.

For those of you who haven't received care at 'The Chiropractic Domain' for a while, and may have a few aches and pains, let me reassure you that you will be welcomed back with the same warmth and care that I received. Why should you persevere with pain, when it can be helped? You are worth the appointment and the time; you can't give to others in your life if you neglect yourself. Even Gandhi took the time to meditate!

Just a word of warning, Paula's elbows are as sharp as ever, when she uses them to release the tension in your muscles!

Be healthy and happy by caring for your body!  
Warmest regards –Joanne

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