

COWIN CHIRO NEWS

March 2013

Newsletter No.10

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Cowin Chiropractic Clinic

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In attendance:



Travis Powell
Chiropractor



Julie Rodgers
Chiropractic Assistant



Kiala Powell
Chiropractic Assistant

New Expanded Hours (open every week):

Mon	3:00 pm – 8:00 pm
Tues	7:30 am – 1:00 pm
Wed	9:00 am – 6:00 pm
Thurs	9:00 am – 6:00 pm

HELLO FROM TRAVIS



When Rob retired nine months ago and I took the reins at CCC, my hopes were for a smooth transition. I had my concerns, though; Rob left some big shoes to fill. So far the change has gone well. And while things will not be the same without him, I hope the legacy of Cowin Chiropractic Clinic will continue. I have been made to feel very welcome by Julie and by all of the CCC regulars. It has been a pleasure getting to know each of you!

We are expanding back to a full-time practice, so feel free to send your friends and family in. Thank you for the referrals that have already been made. And most of all, thanks for making me (and Kiala) feel welcome. Enjoy your well-deserved retirement, Rob!

Travis Powell, DC



GOODBYE FROM ROB

Like anyone else, in my job I have been influenced by the people I've worked for and with. Looking back over 43 years at this clinic, I have been exceptionally lucky.

Mutual doubts seem to have made us an uncommon community of sceptics who were brave enough to test ourselves and each other through the procedures of an unusual form of chiropractic.

New patients often are sceptical that the chiropractor(s) can help them. Often we, too, are uncertain of our own ability in a particular problem and/or are sceptical that new patients will stay long enough for us to find an adjustment precise and relevant enough to help them.

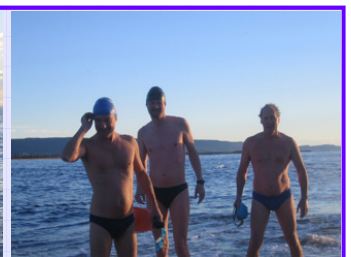
Andrew's report, which follows, is an example of a patient's testing through three stages, i.e., receiving, abstaining from and then resuming adjustments.

After many reports like Andrew's I have come to believe that caring for the neck is one of the best chances that we, our families and our society have to gain and retain spine-related health.

So, my dear, co-working patients and staff of the past four decades, a fond farewell and cheery thanks for all your tests, reports and tributes.

Robert Cowin, DC (retired)

Andrew Unfrozen



Wollongong "Sharkbaiters" approaching, climbing onto and returning across the rocks after their winter-dawn swim. Dennis Winley (front), Andrew Rankin and John Needham

Hello, my name is Andrew, I'm 43 years old, and I would like to share why I have continued to receive chiropractic care for the past 13 years. When I was in my twenties I started getting four main problems:

- discomfort between my shoulder blades,
- tingling sensations in my fingers,
- extreme coldness in my hands & feet,
- very tired without explanation.

Perhaps it was because I had chosen a career that basically meant spending a majority of my time sitting at a desk. After 7 or 8 years of this type of work, the symptoms became more obvious and I was becoming alarmed at how my energy was disappearing.

I always felt that my problems related to my spine so in my mid-twenties, on the recommendation of friends, I did visit a few different

chiropractors. However, I was dissatisfied because the reliefs provided were too short-term and no one could provide me with any clues on how to permanently solve whatever was the problem or provide any other information that helped me manage it better. I bought a book about the Alexander technique on improving my posture and I tried building up my strength a bit with more exercise, but my symptoms kept gradually worsening.

Finally, after a friend and colleague had spoken to me at various times about the positive results his family were getting from a particular clinic I booked in there for my first "upper-cervical chiropractic" appointment in May 1999.

I admit to being a little sceptical about this approach at first, because it was quite different to the types of chiropractic I had experienced elsewhere.

Continued ➡

Andrew Unfrozen (continued)

However I was very happy to feel a greater relief than previously experienced, with my back discomfort, tingling, coldness and tiredness all reducing. Also, I was very encouraged by learning some self-help skills that enabled me to continue getting better.

In the 13 years since I noticed how much I seemed to have been helped by regular chiropractic visits, despite a fairly busy family, work and social life. To test this, I discontinued the visits for about a year. I learned a lot from that. Though I didn't go back to feeling as bad as before, I found I had noticeably less energy and comfort than when I made regular visits.

For most of the first ten years I was only "holding my adjustment" (feeling the full benefit of a previous treatment) for about 3 weeks, but in more recent times I have started holding it longer.

REGULAR ONE-KILOMETRE SWIMS IN THE OCEAN, EVEN IN THE WINTER

This has coincided with an increase in the use of a Chinese pillow, a chest-raising exercise and regular one-kilometre swims in the ocean, even in the winter.

While it could be true that regular swimming in cold water has improved my "mental" tolerance to cold, there is no doubt that

after the years of chiropractic adjustments I do not suffer the physical coldness and tingling in my fingers and toes that I previously did. I also think that I have a much greater "internal warmth" such that I now may get over-heated at night if I have too many blankets. That didn't happen before. Also I feel my general metabolism is better in that I now eat well and have more energy to be active during the day. I am sure that the chiropractic adjustments along with regular exercise are responsible for the improvements in my health over the past ten+ years.

In retrospect, I feel that chiropractic treatment has provided a very positive, steady path to improving health. When I look back at how I felt in the past compared to now, it appears that many problems have been solved and my overall health is now excellent. However, I still usually know when my adjustment has been lost and find that regular adjustments have been worthwhile to give me another kick-start. I hope to eventually reach a point where I do all the right things all the time and can hold my adjustment for a very long time.

Andrew Rankin

TURNING UP THE HEAT

Andrew is not alone in his report of feeling warmer after chiropractic adjustments. About 26 (1.5%) of 1504 Swedish patients interviewed in a 1999 study reported "improved circulation" after spinal manipulation.

Leboeuf-Yde C, Axén I, Ahlefeldt G, Lidfeldt P, Rosenbaum A, Thurnherr T. The types and frequencies of improved nonmusculoskeletal symptoms reported after chiropractic spinal manipulative therapy. Journal of Manipulative and Physiological Therapeutics [1999; 22:559-64].

How could this be? In 1987 researchers who had measured the temperature of 196 chiropractic patients' fingertips before and after adjustment reported significant (p less than 0.001) warming within 10 seconds of a neck adjustment. Their hypothesis was that "adjustments to the spine can, via stimulation of the nervous system, affect the physiology of tissues distant from the spine."

Harris W, Wagnon RJ. The effects of chiropractic adjustments on distal skin temperature. Journal of Manipulative and Physiological Therapeutics [1987; 10(2):57-60].

Letter to the Editor:

"The management of my own health" - Marian Devitt

Before I read Cowin Chiropractic Clinic's Newsletter No.9 (Chiro-Polio "folio") I had a very limited understanding of the battle the chiropractic profession has had for recognition and indeed, for survival. I was unaware of the court actions and the extent of the blatant discrimination which has existed in the past.

This has been an extremely valuable newsletter in that a largely unacknowledged history has been told; a history which gives me a better context for understanding the courage, conviction and persistence the chiropractic discipline has always demonstrated and continues to demonstrate.

The people who speak in this newsletter about their Polio experience and recovery through chiropractic present a challenge to those who would dismiss this experiential evidence as mere anecdote. When chiropractic methods and understandings are

marginalised due to long-standing prejudice, the voices of those who have benefited from chiropractic are equally marginalised.

A patient's experience, self-monitoring and own judgements about effectiveness are, I believe, critical aspects to maintaining health.

Thankfully for chiropractors, there are enough self-directed, intelligent people on the planet to make their own judgements, even if these treatments have yet to be validated by a mainstream medical mind-set.

My own experience of Cowin Chiropractic Clinic is that I am treated as a whole person. Various dimensions of myself are in some way addressed in my regular exchange with the chiropractor and the adjustment and realignment of my spine. What I value most about this therapeutic

relationship is that it offers me the opportunity, over time, to be radically altered, to remain alert and open to possibilities and to be an active participant in the management of my own health.

Marian Devitt



"FROM FEELING SUPER FIT TO STRUGGLING TO GET OUT OF BED"

My name is Katherine, and I have lived in the Illawarra all my life, currently at Berkeley. My chiropractic journey started in March 1984, at the age of 12. At that time I had suffered debilitating migraines for half my life, that is, since I was six. The attacks were often a weekly occurrence and left me vomiting and bed-ridden for days at a time and resulted in my missing a lot of school.

The migraines were triggered by all sorts of activities that a normal healthy kid does, e.g., swimming (which would lock up my neck); sleeping in sleeping bags on the floor during sleepovers; playing sport; jumping on the trampoline...

Stay tuned for the full story, and others, in our next issue of Cowin Chiro News!