



**SOUTHERN  
SPINAL  
CARE**



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## **OUR BRAINS AND HOW WE ARE WIRED**

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Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 28 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional Golf Tour. He has also looked after the Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

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Current neuro-scientific theory tells us that the brain is organized to reflect everything we know in our environment. In our waking day as we interact with all of the diverse stimuli in our external world, it is the environment that activates different circuits in the brain as a result, we begin to think and react equal to the environment. We have been told that our brains are essentially hardwired with unchangeable circuits. The truth is we are marvels of flexibility, and adaptability, and neuroplasticity that allows us to reformulate and re-pattern our brain neural connections to produce the kind of behaviours we want. Emotions and feelings are neuro-chemical memories of past events. We can remember experiences better because we can remember how they feel. If emotions brand experiences into long-term memory, then when we are faced with current obstacles in our life that require thinking and acting in new ways, when we use familiar feelings as a barometer for change, we will most certainly talk ourselves out of our deal. Our feelings reflect the past because they have already been experienced and memorized. To change is to think and act greater than how we feel and to be greater than past feelings that root us back to past behaviours and attitudes. A Chiropractor is concerned about your

spinal wiring and brain wiring because they are all connected. Advising our patients about behaviours is as important to achieve good health as is the integrity of your spinal health.

To make time to meditate, to remind ourselves of new ways to live independent of the external world, to plan our future, to mentally rehearse the behaviours we want to change and to think about new ways of being, will surely set us apart from our predictable genetic destiny.

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