



Issue 24, November 2012

## Chiropractic is Health Care, Not Disease Care....

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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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Chiropractors have, for the past 112 years, treated sickness and infirmity without the use of drugs and with the goal of avoiding surgical removal or repair of any of the body's organs or structures. Chiropractic's message is that the proactive care of one's body and wise lifestyle choices are necessary to achieve health. Chiropractors have held and maintained this view, even before it became fashionable and long before evidence made it clear that the drug and surgery model of "health care" is really nothing more than "disease care", waiting for disease to occur and then treating the effects. Chiropractic takes a preventive approach to health care: eliminate the cause of disease.

Chiropractors have always maintained that interfering with the transmission of the electro-chemical signals that connect your brain, the master control system for the human organism, to every organ and cell in your body has a detrimental effect on health.

This system is so delicate and of such vital importance that the body has designed the most elaborate set of protection, armor if you will, to protect it. The skull is a protective vault that houses and protects the most sensitive of systems: the eyes,

the mouth, the ears and most importantly, the brain. The next critical organ in your body, the spinal cord, is guarded by your spine. This masterpiece of engineering is 24 vertebrae, each one a unique bone, that serves not only as the axis of your musculoskeletal system, giving you the unique ability to walk upright, but also has a unique set of nerves that run through it to every other system of the body through individual holes called foramen.

Today, chiropractors embrace and support the growing body of evidence that health is a result of - a fully functioning nerve system, consuming natural, nutrient rich food, clean pure water, proper exercise, natural sleep and emotional/spiritual well being. A healthy spine allows your body to adapt, regulate and fully realize the benefits of all of these other natural methods of avoiding disease and achieving health. See your chiropractor today to have your spine checked and begin to extricate yourself from the disease care system of treating symptoms

Dr Notaras would like to thank Natural News .com for this article.

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