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Chiropractic is Health Care, Not Disease Care

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. What travels through the spine and the foramen that protect them is the very essence of your being. From your brain, your spinal cord and the millions of nerves that branch out from it are the core from which your body functions. Before you came into the world, you formed a brain and a spinal cord and developed a body around it. And so it is today that the brain regulates the rest of your body through this delicate system of nerves protected by your spine.

Chiropractors maintain the proper position of these delicate joints and the precious cargo which they protect, your nerve system.

Pressure on the root nerves that leave the spine through the foramen to control and regulate all of the other organ systems of the body can affect millions of nerve fibers. Pressure on the brain stem, where it leaves the skull and enters the spine can also affect millions of nerve fibers.

Interfering with these nerve fibers can have disastrous affects on your health. Chiropractors detect and correct the cause of this interference, allowing your body to self regulate, adapt and [heal](#).

The care and maintenance of the spine and nervous system is a necessary component of any natural approach to health and wellness. 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 Terry Notaras

Chiropractor
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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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