



Nitschke Chiropractic Newsletter 95 2020

Our Website

www.nitschkechiropractic.com.au

Dr Darryl T. Nitschke
Dr Helen Nitschke
Dr Luke S. Nitschke

354 Anzac Highway PLYMPTON 5038 Tel:08-82931441, 08-82931366
Email-admin@nitschkechiropractic.com.au

Chiropractic is about health and fitness. It is about maintaining unrestricted pain free movement. The muscles that help our spinal structure to move have a memory of what normal alignment is all about. Our job is to maintain that correct structure. If you experience any pain or discomfort don't leave it and hope 'Maybe it will go away' attend to it quickly as this then will take less time to get you back to normal.

Regular chiropractic care has benefits, which includes pain and stress relief and combined with regular exercise is necessary for maintaining total health and wellness.

Think about your health and if it is not good something can be done about it NATURALLY don't waste time, come in and see us.

Astragalus

Astragalus is a Chinese herb that has been extensively used in Chinese medicine as well as Western herbal medicine. It is a member of the legume, or bean family. The roots are black in colour with a pale yellow core, sweet tasting and are the parts used medicinally. Astragalus is an immune-stimulant, antibacterial, and anti viral, anti-inflammatory and has diuretic effects. Astragalus has been shown to strengthen general immunity to disease. U. S. studies confirm that Astragalus possesses unique immunity boosting qualities, that it promotes metabolism of serum and liver proteins, stimulates growth of antibodies, increases white blood cells and increases resistance to viruses.

Astragalus 's effect on the kidneys is noted especially as it detoxifies and is a favourable diuretic. Astragalus helps the liver, lungs, stomach, and anyone suffering from chronic fatigue and fever. Especially at this present time with the virus we have in our midst one needs to keep immunity up. We have a number of formulations with Astragalus in them that will help protect your immune system.

Cleansing Lemon Detox Tea

This tea is a cleanser and helps to stimulate the processing of excess fats in the body, helps circulation and provides antioxidants, vitamins and minerals.

Ingredients

Enough freshly boiled water to fill your teacup or mug.
1 tbs real maple syrup
Freshly squeezed juice of half a lemon
Cayenne pepper to taste
Be careful with cayenne pepper a little goes a long way.
Simply stir ingredients into your mug or cup.

Acupuncture has long been used to boost ones immune system and generally balance the body. With winter approaching and the flu season on its way it is worth considering having treatment. **Laser** is another system of healing using the Acupuncture meridians. Both forms of therapy work very well.

Forgiveness is a priceless gift, which you can give for free