

The Ultimate Body Repair System

The human body is an amazing piece of machinery – complex, efficient, energetic, intelligent – when it is working well we surpass the engineering feats of the highest tech racing car!

Just as most of us wouldn't know how to maintain a racing car, most of us struggle with the upkeep of our own body – the human vehicle we travel in. As a result most of us find our machinery not working as well as we would like and periodically suffer with “breakdowns”.

What does this mean in real terms?



And when our car breaks down or if we decide we need to take better care and achieve better performance we should seek the assistance of an expert. The same is true when deciding to take better care of our own body – Chiropractors are the human body repair experts.

Dr Nick Hodgson has been studying and researching body function for the last 30 years, and practicing as a Chiropractor for 24 years, and is committed to offering the most cutting edge “body repair” methods from all over the world. “I have always kept up with the latest developments in research and design and I believe the mix of therapies that I currently use hand in hand to be the most effective yet!”

“There are so many wonder cures being pushed and promoted nowadays and I only implement ones that pass my four step research process:

- 1) Does the science behind the technology or treatment make sense?** This usually rules out many new ideas as they prove to be based on questionable theories.
- 2) Is there sufficient real research to measure the benefits?** I ignore testimonials from a few excited individuals and investigate what real measurements of benefit have been published.
- 3) Is the method congruent with the goals I am aiming to achieve with my practice members?** It is easy to be distracted by gimmicky treatments and techniques that are irrelevant to the majority of people's problems.
- 4) When I have completed training and implemented the method back in the “real world” of day to day practice – does it really work enough for most people?** Not all goods and services deliver on their promises and claims.”

All this being said the treatments and methods that Nick has chosen to offer in his practice might not fit with people's idea of what a Chiropractor traditionally does – It is the exception rather than the rule for people to have to endure the discomfort of having their backs “cracked” to realign their spine: Instead he prefers to utilise modern gentle methods that improve the function of the nervous system to maximise each person's healing potential. Nick observes; “I have to say that when people first start seeing me they have to apply a degree of trust initially till they can see the superior results which are possible.”

At the core of Dr Hodgson's treatment techniques are:

1) Torque Release Technique Chiropractic – Chiropractic began in 1895 and there have been many technique developments since then – TRT is the 21st century culmination of all these developments incorporating the best of the best methods including the Integrator– technology that allows maximal body response to spinal adjustments with minimal force.



2) Auriculotherapy – All the benefits of acupuncture without the need for needles, this treatment is based on a microsystem model researched and developed internationally. In simple terms the ear can be used like a switchboard to the nervous system to assess and treat imbalances in the internal body using microcurrent technology.



3) SCENAR – Developed by Russian Scientists to enable Cosmonauts to treat their injuries this space-age “Self Controlled Energo Neuro Adaptive Regulator” interactively locates, measures and prompts problem areas in the body through the skin to help relieve pain and restore function, without the need for diagnosis.



4) Myofascial Release – Tension and tightness in the muscle, ligament, tendon and fascial soft tissues can be the cause or effect of body dysfunction and pain: Nick has long been respected for his gift in locating and releasing the imbalance at the root of many problems with his “Magic Hands”.



In addition Dr Hodgson espouses what he calls “the 50/50 principle”: Half of the benefits you will benefit from come from the healing hands approach, the other half comes from self-help methods that work:

- 1) Biofeedback** – Nick incorporates a range of biofeedback techniques from advanced breathing techniques to heart rate variability, light and sound technologies, and brain balancing methods.
- 2) Exercise** – Having been an elite Track and Field athlete for most of his life, Nick understands both the preventative and rehabilitative benefits of well designed exercise routines.
- 3) Nutritional management** – From better dietary choices to advanced nutritional supplements, Nick attempts to guide his practice members towards better body chemistry by natural means.
- 4) Lifestyle choices** – Nick is an experienced health, wellness and fitness coach and has a knack of directing people towards better life choices.

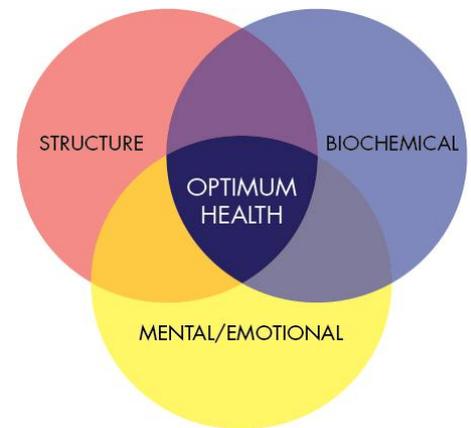
There are three main causes of deteriorating health – Physical, Chemical and Emotional – AKA “The Triad of Health”: Look at the check-list opposite and tick any that you feel may need some adjusting in your own lifestyle. Bring this check-list with you when you see Nick...

PHYSICAL – The number 3 cause of illness

- Posture – Do you wonder whether bad posture is affecting your body function?
- Flexibility – Are you aware of stiffness impairing your ability to get things done?
- Tone – The trendy term is “Core” but the bottom line is healthy neuromuscular tone protects your joints, ligaments and discs. Do you need to “tone-up”?
- Fitness – Sometimes known as “Cardio”, it is important that you are at least “lightly puffing” at least three times per week for 20 minutes or more. If not please tick this category.
- Repetitive strain – Work, home and recreation activities may be risk factors for your problems and we may make some suggestions to reduce this strain on your body.
- Sleep – Is your pillow older than two years, or your mattress older than ten? Does pain keep you awake at night? Does it take a while to get your body moving in the morning?

CHEMICAL – The number 2 cause of illness

- Allergies and intolerances – Do you have food sensitivities? Do you have skin rashes, digestive problems, asthma or chest congestion, swelling (joints, tendons or ligaments), hayfever or sinus problems, or other allergies?
- Diet – Do you know you should lose some kilograms or would just like to eat a more balanced and healthy diet?
- Supplements – As little as 5% of people eat well enough to supply all the micronutrients needed to be really healthy (as opposed to eating just enough to avoid a deficiency). Do you take supplements or would like advice on what to take?
- Personal care products – We access the best quality Australian made certified organic skin care, cosmetics, hair care and personal grooming products. Interested in finding out more?
- Household chemicals – We access the best quality Australian made certified organic kitchen, bathroom and laundry products. Interested in finding out more?
- Work related exposures – Do you suspect that you are exposed to chemicals, fumes, noise, and/or radiation in the workplace?
- Environmental toxins – Do you know or suspect that you are sensitive to pollens, dusts, chemicals, high voltage, pesticides, paints, fumes, petrochemicals, solvents etc?



MENTAL/EMOTIONAL – The number 1 cause of illness

- Does it feel like you carry too much tension in your body?
- Stress – Do you feel that stress could be affecting your health, or would you like to deal and cope better with the stresses in your life?
- Negative and anxious thoughts – Do you experience anxiety, panic attacks, heart palpitations, heartburn or reflux, have an ongoing struggle with negative, worrying or tense thoughts and feelings?
- Depression – Do you suspect you are affected by depression, excessive tiredness, sleep difficulty or low self esteem?
- Past hurts and traumas that still affect you – Have you had any major life events (death, loss, divorce, financial difficulties, illness, abuse, neglect) and thinking about them still generates strong emotions?

OUR SERVICES

- ✓ The latest non-invasive technologies to assess your posture, flexibility, nervous system and overall health: Get a clear picture of how you can be helped, AND so we have clear measurements to make sure our treatment is working for you.
- ✓ An exciting mixture of gentle chiropractic adjustments and other natural treatment methods which I have found to be the most effective alternative treatment options available.
- ✓ Twenty four years' experience in busy private practice treating hundreds of people from newborns to ninety year olds; from individuals to three generation family units; from underactive retirees to hyperactive school kids; from sedentary office workers to elite athletes.
- ✓ After explaining whether and how I believe I can help you, we'll arrange an affordable fee that will help you benefit from 21st century natural treatment.
- ✓ Lots of great self-help advice from diet, exercise, nutritional supplements, relaxation to personal growth.
- ✓ FREE membership to my online health and wellness coaching website.



VALUE FOR MONEY

Achieving great health shouldn't empty your bank account: We are committed to supplying health care services that work in an affordable package...

- 1) Discount plans that make regular treatment affordable for individuals and families.
- 2) The best prices on a wide range of nutritional supplements – get the highest quality products for the cheapest price.
- 3) Self-help manuals to help you improve your physical, chemical and emotional health.
- 4) Certified organic skin care, cosmetics, personal care and household cleaning products – reduce the toxic overload on the outside and inside of your body.
- 5) Big discounts on flexible foot orthotics – Support all three arches of your feet with custom-made flexible Footlevelers.
- 6) Therapeutic pillows and back supports – Sleep and sit with perfect body alignment, support and comfort.
- 7) Meditation CDs – Meditate like a guru while listening to high-tech binaural beat audio.
- 8) Online health coaching – Become a practice member and get free access to our members' only section of the Super Healthy Web-site.



NEW HOURS

Belmont:

Monday: 3.00pm – 6.00pm
Tuesday: 8.30am – 7.00pm
Wednesday: 8.30am – 12.30pm
Friday: 8.30am – 7.00pm

Ocean Grove:

Monday: 8.30pm – 9.30pm
Wednesday: 8.30pm – 9.30pm
Thursday: 8.30pm – 9.30pm

Call Dr Nick Hodgson on 0419 104 076 today to arrange an appointment

SUPER HEALTHY CHIROPRACTIC

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