



New Research on Chiropractic Care May Assist Women in Childbirth and Improve Their Life After Childbirth

Australian Spinal Research Foundation

Groundbreaking research has, for the first time, identified changes that occur in the body with chiropractic care that may have important health benefits for the delivery of babies and care of pregnant women.

Auckland PhD researcher, Dr Heidi Haavik-Taylor, conducted a study that demonstrates that chiropractic care sends signals to the brain that change the way the brain controls muscles.

"The process of a spinal adjustment is like rebooting a computer. The signals that these adjustments send to the brain, via the nervous system, reset muscle behavior patterns," said Dr Haavik-Taylor.

"By stimulating the nervous system we can improve the function of the whole body. This is something that chiropractors and their patients have known for years; and now we have some scientific evidence to prove it."

Dr Haavik-Taylor will present her research at this week's Dynamic Growth Conference in Brisbane. More than 800 chiropractic professionals from around the world will attend the event.

She has spent seven years researching the effects of chiropractic adjustments on the nervous system. In her latest research, carried out with fellow New Zealander, Dr Bernadette Murphy, she was able to measure how brain waves are altered before and after spinal adjustments.

"This is the first time that anyone has used EEGs to prove that there are definite changes to the way the brain processes information after chiropractic care," she said

Dr John Hinwood, Founding Patron of the Australian Spinal Research Foundation's Dynamic Growth Congress stated the Foundation's Board has announced funding for a new study on the benefits of chiropractic care for pelvic floor muscles, which will utilize the protocols developed by the Auckland spinal research team. This study will investigate whether chiropractic care might help the delivery process by improving the function of the pelvic floor muscles.

"Pelvic floor muscles are fundamental in the birth process, mainly during the pushing stage of labour. A difficult vaginal delivery can lead to pelvic floor damage, resulting in incontinence and pelvic organ prolapse. Therefore if spinal adjustments are able to improve pelvic floor function, it could have important benefits for both delivery and pelvic floor health," says Dr Hinwood.

Notorious Greek prisoner escapes by helicopter-again

Two of Greece's most notorious criminals escaped from Athens' maximum security prison in a helicopter - for the second time in three years, Greek media has reported. Vassilis Paleokostas and Albanian Alket Rizai escaped on Sunday, just days before they were due to stand trial for a similar escape in 2006. The pair climbed into a helicopter after a rope ladder was thrown to them in a courtyard of Korydallos prison in the Greek capital. The aircraft was reportedly later found abandoned by a main road.

"The helicopter was found in the northern Athens suburb of Kapandriti, but there was no trace of the fugitives," an official told the Reuters news agency.

Helicopter jailbreak

Both men escaped from the same prison three years ago when a hijacked helicopter landed in the jail's central courtyard. Guards failed to avert the escape after thinking the aircraft's arrival was part of a visit by prison officials. Palaiokostas, 44, was serving a 25-year sentence for kidnapping and bank robbery and awaiting trial at the time of the escape.

He was re-captured in August in Thessaloniki, northern Greece, when police traced the ransom money.

Security is being tightened around Palaiokostas' brother Nikos, who masterminded the escape and is currently in prison.



Two hundred years of Darwin, but not in Greece

HE MAY have been born exactly 200 years ago and it may be 150 years since his groundbreaking book Origin of the Species was published but Darwin still draws crowds and controversy. They were gathered in Athens last week to listen to three academics reflect on their own personal view of the eminent biologist.

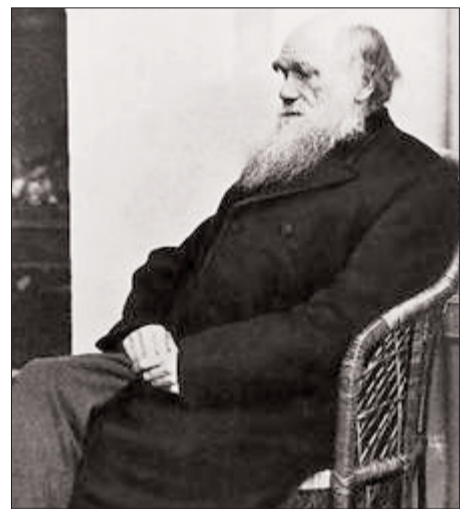
And, as we might have predicted, just as when he first presented his theories in conservative Victorian England and was jeered and lampooned for suggesting the genetic links that unite our common ancestry and the process of 'survival of the fittest' in natural selection, there were those in the audience who were still affronted. Those who believed it heresy, who took to their feet and quoted Genesis and the Gospel of St John, who refused to accept the possibility of evolution.

For they are powerful forces here in

Greece. Although it is not illegal, unlike some parts of the US, Darwin is still omitted from many state schools' curriculum. It is a state of affairs that infuriates many local academics who find students entering their Greek University departments to study biology with no knowledge of the theory. It is not surprising: a report published in 2008 by the Department of Education at the University of Athens found that "Even though the theory of evolution is included in the 12th grade biology textbook, it is not taught in Greek upper (senior) high schools."

The line from government appears to be that teaching the theory of evolution is a matter of conscience not compulsion with the effect that many students leave school ignorant of its existence. On the panel one Emeritus Professor of Philosophy explained why. Evolutionary theory he told us was simply an ideology to place along side religion, it did not take account of the divinity within us all nor, perhaps, the legacy of "Greekness".

To his left on the podium, Professor



Zouros of the University of Crete smiled wryly. As a highly regarded biologist, he made it unequivocally clear where he stood. Transmutation of DNA was a fact: an observable fact. A fact described and catalogued by Darwin and his painstaking research on finches. A fact proved by the human genome project. A fact he needed his Greek students to understand.

Of course, to some extent creationists and exponents of Intelligent Design are right, it is hard to observe the process of evolution in man: the length of our life cycle means genetically we alter slowly. The changes we observe about weight and illness and longevity or the roles of men and women and children are often due to social factors not evolution. Which is why Zouros told us, with an impish gleefulness, that he could confidently predict man would not last as long as other species. When it came to survival it would be bacteria, which had already lived for millions of years, not the meek, that would inherit the earth.

A shame then, that church and dogma still haunt the Greek education system and they are not actively promoting total access to all knowledge. For as Darwin wrote: "It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change."

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Sydney Bridal Expo, Darling Harbour is the largest gathering of exhibitors featuring over 130 of Sydney's leading wedding providers all gathered under one roof. The Expo will be held on Saturday 4 and Sunday 5 April providing aisle after aisle of exciting and informative displays to inspire each and every bride. Celebrating 20 years the Sydney Bridal Expo showcases glamorous, traditional and cutting edge bridal couture designers including Rhonda Hemmingway Couture, Diane Lewis Couture, All the Rage Formal Wear, Hugs for Brides, Catherine Colubriale Couture and Harts. The Expo also features outfits and accessories for the entire wedding party. Your wedding would not be complete without beautiful stationery, exquisite jewellery, specialist photography studios, videography, wedding cakes, floral displays, shoes, hair, and make-up demonstrations. There are also many specialist wedding exhibitors advising on health and wellbeing; giftware and registry information, hens and bucks nights and music. All visitors to the Expo have the exclusive opportunity to book their honeymoon through Honeymoon Worldwide Holidays saving thousands of dollars.

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