

## Michael Dunn D.C.

Michael graduated from Palmer College of Chiropractic in Davenport, Iowa, USA, with a Doctor of Chiropractic degree in 1979, moved to Australia at that time and has remained here ever since.



Dr Dunn has served on the Victorian Chiropractic executive. He has presided as executive director of the Federal Council on Chiropractic Paediatrics and was a principle in the foundation of The Hawthorn Birth and Development Centre— the first Natural Birth Centre established in the Southern Hemisphere.

Dr Dunn has a special interest in Children and family care. Michael has undertaken extensive postgraduate work in Paediatrics, Pregnancy, Craniosacral work, Sacral Occipital technique, Primitive Reflexes and specializes in gentle adjusting techniques.

It is this gentle adjusting procedure coupled with Mike's caring approach which attracts many individuals and families to the Centre looking for Chiropractic care.

Website: [www.thewellnesscentre.net.au](http://www.thewellnesscentre.net.au)

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### **Reflux/Unsettled. Failure to gain weight.**

Sam was extremely unsettled as a baby, he would cry from one feed until the next with no settled period at all. At six weeks of age and a little frustrated, a friend recommended me to Michael Dunn, the Chiropractor, saying that he has done amazing things with babies. My thoughts...Anything is worth a try!!

From the first adjustment, Sam was more settled and even started to sleep through the night. What a breakthrough!!

Sam failed to gain weight from birth and his immune system was also very low. With regular chiropractic adjustments, Sam is now 19 months and thriving...

Chiropractic has strengthened this once frail little boy.

### **Learning Difficulties and Co-ordination**

I would like to thank Mike Dunn for helping my children gain confidence in themselves. Firstly, Tanya came to you with poor memory retention and in the past 6-8 months her grades have improved remarkably.

Rachael's co-ordination was ordinary to say the least and in this year's netball, she has become the star player of her team and they won the Grand Final. The first time the team has reached that far.

The confidence they both now have is wonderful to see, and our entire family looks forward to their regular visits with Mike.

**Michael Dunn D.C.  
The Wellness Centre  
65 Orchardtown Rd  
New Lambton**

## ***What Technique? Michael Dunn***

Your nerve system controls and co-ordinates the function of every cell, tissue and organ in your body. Simply put, when your nerve system is interfered with your body cannot work properly!



**The  
Wellness Centre**

**(02) 4956 1193**

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## Chiropractic Restores Health Naturally

**Chiropractic is not a therapy that treats named diseases. It's a method of removing interference to your nerve system to restore health and maintain wellness.** There are many techniques and systems under the chiropractic umbrella. The ones I prefer **use minimal force to get maximum results.**



### SOT/Sacro-Occipital Technique

SOT is a method of chiropractic care that helps the doctor identify and analyze **nerve system** imbalances and how they correlate with **spinal, cranial and organ related problems.**

Your cranium and pelvis must work together to pump cerebro-spinal fluid (CSF) around your brain and spinal cord. Namely your sacrum (the triangular bone at the back of your pelvis) and your occiput (the bone forming the base of your skull) have to work rhythmically together so your CSF can nourish, cushion and conduct nerve energy. If either end isn't working properly, problems may start to occur in the areas of compensation.

The integrity of your nerve system begins with this CSF pump, the stability of your pelvis which is constantly subject to the pull of gravity, the bones of your skull and the tension on your spinal cord.

**Think of your spinal cord like a harp string. Is it flexible and healthy or stretched and tight?**



### Adjusting Instruments

We utilize adjusting instruments that deliver a consistent low force, high speed thrust. This makes it comfortable and effective for babies, grown-ups and the elderly.



### Primitive Reflexes

Primitive reflexes exist to protect the fetus during development and assist in the birth process. These normally become incorporated in the first years of life. When these fail to integrate at the correct time the child cannot reach its full potential and displays symptoms such as: behaviour problems, learning difficulties, poor posture and altered perceptions. Specific Neurological corrections are given to integrate these primitive reflexes and restore optimum nerve system function.

## CHIROPRACTIC

Most people know that chiropractic works by making adjustments to the spine and nerve system. It corrects misalignments (subluxations) of your vertebrae which interfere with your nerves as they exit the spinal cord causing pain and dis-ease.

Chiropractic removes this interference to the nerve system correcting damage caused by:

- Physical injuries
- Emotional upsets
- Stress
- Traumas of modern living

When your nerve system is compromised the messages between your brain and body get garbled resulting in such things as:

- Pain, confusion, indecision, memory loss
  - Headaches, vision & hearing problems
  - Hormone imbalance
  - Heart and circulation problems
  - Asthma, croup & breathing problems
  - Digestion and bowel problems
  - Food sensitivities and behaviour problems
  - Kidney and bladder disorders
  - Colds, flu & immune system compromise
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