



Kennedy Chiropractic Centre **October Newsletter**

WORLD SPINE DAY

**16 OCTOBER
2017**



**YOUR BACK
IN ACTION**

Get 'Your Back in Action' on World Spine Day

As part of World Spine Day on 16 October, we are raising awareness of spinal disorders and encouraging patients take action to improve their spinal health.

World Spine Day is an initiative of the Global Alliance for Musculoskeletal Health (formerly Bone and Joint Decade) that aims to raise awareness about the serious impact of spinal disorders. This year the theme is 'Your Back in Action', emphasising the importance of healthy spinal posture and activity which promotes body awareness and minimises the day-to-day wear and tear on the spine. People and organisations from around the world are joining together to raise awareness regarding the prevention and effective management of spinal conditions.

World Spine Day is a great reminder to assess your spinal health and address any issues you may be facing. Poor lifestyle choices can cause stress on the spine and may result in back pain over time. Incorporating exercise into your daily routine and improving your posture can have a positive impact on your spinal health, overall well-being and general outlook on life.

The Chiropractors' Association of Australia (CAA) has developed the Straighten Up app to help with improving posture and incorporating exercise into your daily routine. Download the Straighten Up (Australia) app from the App Store or Google Play to receive reminders and helpful tips on how to improve your spinal health.



Musings by Hart

Chiropractors often think of the human body as similar to a hotel. There is the reception area (the brain and nervous system) and there are many different rooms (digestive, respiratory, circulatory, elimination etc.) There are also smaller rooms within the larger rooms (stomach, intestines, pancreas, bowel, liver etc.)

Sometimes after the major problem with administration and reception is taken care of, there may remain work required with an individual system like digestion. It may be a glitch with the gall bladder. This brings in diversified approaches which are necessary to bring about a fuller level of wellbeing. If you have questions about why we do what we do, we will explain. Ask away.

What happened in September



Carnival of flowers attire!



Dr Hart's birthday



Our new hanging pots

Product Review –

MYO MUNCHEE



A Myo Munchiee is a type of mouth guard that helps improve and prevent face and jaw issues such as:

- Snoring
- Bite issues
- Teeth clenching & grinding
- Teeth alignment
- Tension headaches

This appliance helps promote nose breathing instead of mouth breathing and discourages thumb-sucking. It can also help decrease the incidence of ear infections by improving Eustachian tube drainage.

The Myo Munchiee can be used from the age of 2. In many cases this appliance can decrease (or even eliminate) the need for braces.

Available from www.myoaustralia.com

Staff Update

Dr Hart



Dr Hart has been quietly reorganising his storage shelves in his shed. These are treasures unearthed after 20 years of being hidden. Does anybody need a ton of different nails and screws?

Dr Hart is at work on Monday and Thursday.

Dr Chan



Chan had a birthday last month which she celebrated in the Greek islands. She is now photographing amazing things in Patagonia and will return to us on Friday 13th October.

Dr Tara



A busy month for Tara with a few weekends away seeing friends in Brisbane and on the Sunshine Coast. The highlight of September for Tara was definitely her best friend's wedding – the night of Riverfire in the Botanic Gardens in Brisbane.

Dr Tara works Tuesday, Wednesday, Thursday, Friday and Saturdays.

Dr Luke



Luke got his first taste of the carnival of flowers at the Food and Wine Festival and was made to wear a floral shirt by Tara and Sue for a photo. This month he will be doing a course on shoulder issues. Dr Luke works Monday, Tuesday, Wednesday, Friday afternoon and Saturday morning.

Sue



Sue has had a very social month catching up with friends, and a couple of short trips away.

She is very proud of herself for nurturing a Phalaenopsis Orchid through another year and flowering profusely just in time for Carnival of Flowers.

Natalie



Natalie is pretty excited for her annual Noosa trip with some pretty exceptional ladies this will be their 15th year, so lots of self-indulgence, food, shopping and a day spa.

Leiza



Leiza had a week in NSW visiting her daughter & family. A very busy great time had with all the grandchildren lots of laughter, hugs and spoiling done. They all wore their Cowboys shirts and watched the grand final together – proud losers. Exhausted and ready for some Chiro Care yahoo!

Kennedy Chiropractic Centre - Calendar and hours

October					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 October Queens B'day Holiday	3 Dr Tara Dr Luke	4 Dr Tara Dr Luke	5 Dr Tara Dr Hart	6 Dr Tara Dr Luke	7 Dr Tara Dr Luke
9 Dr Hart Dr Luke - PM	10 Dr Tara Dr Luke	11 Dr Tara Dr Luke	12 Dr Tara Dr Sandie	13 Dr Chantal Dr Luke - PM	14 Dr Chantal Dr Luke Dr Tracy - AM
16 Dr Luke Dr Tracy - AM	17 Dr Tara Dr Luke	18 Dr Tara Dr Luke	19 Dr Tara Dr Sandie	20 Dr Tara Dr Luke	21 Dr Tara Dr Luke
23 Dr Hart Dr Luke - PM	24 Dr Tara Dr Luke	25 Dr Tara Dr Luke	26 Dr Tara Dr Hart	27 Dr Tara Dr Chantal Dr Tracy - AM Dr Luke - PM	28 Dr Tara Dr Chantal Dr Luke
30 Dr Hart Dr Tracy - AM	31 Dr Tara Dr Luke				
November					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Nov Dr Tara Dr Luke	2 Dr Tara Dr Hart	3 Dr Tara Dr Luke	4 Dr Tara Dr Luke Dr Tracy
6 Dr Hart Dr Tracy - AM Dr Luke - PM	7 Melb Cup Day Dr Tara Dr Luke	8 Dr Tara Dr Luke	9 Dr Tara Dr Hart	10 Dr Tara Dr Chantal Dr Tracy - AM Dr Luke - PM	11 Dr Tara Dr Chantal Dr Luke
13 Dr Hart Dr Tracy - AM	14 Dr Tara Dr Luke	15 Dr Tara Dr Luke	16 Dr Tara Dr Hart	17 Dr Tara Dr Luke	18 Dr Tara Dr Luke
20 Dr Hart Dr Tracy - AM Dr Luke - PM	21 Dr Tara Dr Luke	22 Dr Tara Dr Luke	23 Dr Tara Dr Hart	24 Dr Tara Dr Chantal Dr Luke - PM	25 Dr Tara Dr Chantal Dr Luke
27 Dr Hart	28 Dr Tara Dr Luke	29 Dr Tara Dr Luke	30 Dr Tara Dr Hart		

Want an appointment?

Phone: 07 46391060

or email: healthy@kennedychiro.com

We're on the Web! www.kennedychiro.com

or follow us on facebook <https://www.facebook.com/KennedyChiropractic>