



# *Kennedy Chiropractic Centre* September Newsletter

## Spring has Sprung



Now that the beautiful weather is returning some of you might be starting to think about getting your bodies back into gear. You may even have been a bit “under the weather” over Winter. Our bodies naturally store fat in the colder weather to help keep warm. So here are a few reminders about how to maintain a healthy lifestyle (we all know what to do but it helps to be reminded sometimes).

- Eat whole foods - the more real food we eat the less food we need to eat. If you fill your diet with processed food your body keeps sending your brain messages to eat as it is not receiving the nutrients it requires.
- Drink plenty of water – we all seem to drink less water during the colder months and more warm drinks. If you sip water gradually throughout the day your body will be able to use more of it instead of drinking a lot at once which makes you need to go to the toilet more frequently. It’s also good to remember that if you drink 1 cup of tea or coffee you need to add 2 glasses of water to the 8 glasses you should already be drinking.
- Move – our bodies are designed to move. If you sit at a desk all day you may like to try standing or setting an alarm to encourage you to move around throughout your work day.
- Relax – everyone seems to be getting busier and we do tend to forget just how much stress can affect our bodies. If we’re stressed, we can’t digest our food as well or repair our bodies as efficiently. If you find it hard to clear your head, count your steps or sing a song.
- Sleep – we all know that it’s hard to function on limited sleep and if your bedroom isn’t completely dark it is harder for your body to get into a deep restorative sleep.
- Get adjusted – if your brain isn’t talking to your body properly all the tips mentioned above just won’t work as well.

## Musings by Hart: Pete the Parrot



Liz has an interesting King Parrot at home, who has earned the name, "Pete". She has been feeding a few kings on the table on our back deck, by putting trays of sunflower seeds there. It didn't take long before a small horde of Rainbow parrots started to invade and displace the less aggressive Kings. Liz would come out and shoo the Rainbows away and the Kings soon learned that Liz was no threat and simply waited on the table until the coast was clear.

The other day, Liz was busy hanging clothes on the line some distance away, when Pete, the king of the kings, came and nearly landed on her shoulder to tell her that the Rainbows were on the table and had pushed the kings away. So Liz, accompanied very closely by Pete, went upstairs to clear the way, so the kings could eat in peace.

For those of you who are unfamiliar with Rainbows; they are noisy, numerous, usually very hungry and a little aggressive most of the time. Liz always tries to help the underdog, which in this case is Pete.

Amazingly, it seems that Pete spent some time "problem solving". He had been elbowed out of the way at the table. He needed extra food to feed the fledglings back at the nest. His saviour Liz, was out of sight, some distance away at the clothes line. Solution! "I'll tell Liz." So off he went and nearly landed on her head. This was a little unusual, so Liz understood the message and started up the steps with Pete, leading the way, to scatter the offenders.

Whoever uses the term "birdbrain", meaning "stupid", has not had an experience like this. Pete used his brain power to work out the action steps to take.

## Product Review – Rocktape



For those of you who have been "taped up" in the office before, you may have experienced a skin irritation with the old kinesiotape we had. We are happy to announce that we now have Rocktape for the chiropractors to use and for you to purchase. It is hypoallergenic and can be worn for up to 5 days.

Rocktape can help to reduce pain and swelling while still allowing a full range of motion. It can also assist with inflammation and bruising as well as postural problems.

5m roll                    \$20

# Staff Update

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**Dr Hart**



Dr Hart

Dr Hart is at work on Monday and Thursday.

Dr Hart has finally, well nearly finally, finished a project of restoration of a motorbike first made in 1909. It is a Premier. It is an English machine, made by a company which used to make a lot of shearing machinery. The badge on the tank actually displays two kangaroos!! There is one other in the world. The bike is too rare to ride, in case of damage. At times like this Dr Hart wonders what ever came over him.

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**Dr Chan**



Dr Chan is preparing for a little holiday in the Greek Islands and Italy in early September. The first two weeks will be on a yacht with a few other friends sailing the Ionian Islands of Greece. She will then take off to Italy alone with her camera gear for a week of hiking in the Cinque Terra, Amalfi Coast, and Florence.

**Dr Tara**



Tara is looking forward to spring in Toowoomba and all the beautiful flowers that come with it. She also can't wait to see her bestfriend walk down the aisle at the end of this month.

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

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**Dr Luke**



Luke is looking forward to seeing Toowoomba in full swing for the Carnival of Flowers. He is hoping to get some inspiration for his garden, which is the next on the project list for his house. Dr Luke works Monday, Tuesday, Wednesday, Friday afternoon and Saturday morning.

**Sue**



Sue had a lovely visit from the family in August. They convinced her to climb the very steep mountain at the back of the farm at Maleny, fortunately half way up Sue's sister needed to stop, as she had a sore ankle, so Sue gladly volunteered to go back down with her. Tara and Luke put Sue back together. Thank goodness for Chiropractic!

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**Natalie**



Natalie loves spring, the carnival always brings great energy to Toowoomba...Thank you to all that ask me about my "she shed" I love it, and there is now power!! Next is plumbing and painting love a project!! Thanks to the chiropractors here at Kennedy's that keep my mind and body balanced...

**Leiza**



Leiza had a very exciting August with a sneaky Nan only visit for 5 days with the grandkids. A surprise visit from old RAAF friends for a weekend. Than a planned catchup with other RAAF couples, a few bubbles were involved. Wow it really is a blessing to have a beautiful loving family & friends.

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## Kennedy Chiropractic Centre - Calendar and hours

September					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dr Tara Dr Chantal Dr Luke - PM	2 Dr Tara Dr Luke Dr Chantal
4 Dr Hart Dr Luke - PM	5 Dr Tara Dr Luke	6 Dr Tara Dr Luke	7 Dr Tara Dr Hart	8 Dr Tara Dr Luke	9 Dr Tara Dr Luke
11 Dr Hart Dr Luke - PM	12 Dr Tara Dr Luke	13 Dr Tara Dr Luke	14 Dr Tara Dr Hart	15 Dr Tara Dr Luke	16 Dr Tara Dr Luke
18 Dr Hart Dr Luke - PM	19 Dr Tara Dr Luke	20 Dr Tara Dr Luke	21 Dr Tara Dr Hart	22 Dr Tara Dr Luke	23 Dr Tara Dr Luke
25 Dr Hart Dr Luke - PM	26 Dr Tara Dr Luke	27 Dr Tara Dr Luke	28 Dr Tara Dr Hart	29 Dr Tara Dr Luke	30 Dr Luke
October					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 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 Hart	13 Dr Tara Dr Chantal Dr Luke - PM	14 Dr Luke Dr Chantal
16 Dr Hart	17 Dr Tara Dr Luke	18 Dr Tara Dr Luke	19 Dr Tara Dr Hart	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 Luke - PM	28 Dr Tara Dr Luke Dr Chantal
30 Dr Hart	31 Dr Tara Dr Luke				

### Want an appointment?

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We're on the Web! [www.kennedychiro.com](http://www.kennedychiro.com)

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