

August 2012 Newsletter

Respiration by Dr Hart

Take a deep breath. Can you suck in any more? Now blow it out. Can you blow out any more? Chances are that you did a pretty good job of breathing in. But you may have found that there was still more air available to exhale, even after blowing out pretty well. This is typical for most people.

If we leave pockets of unexpelled air in the lungs, these pockets will eventually become stale and slightly toxic to our systems. It can make us sick, or at least, not feeling as good as we would like. If worse comes to worst, this stale air may contribute to lung diseases.

How do we stop this problem of stale air? Deep breathing in and **out** will do it nicely, either in the form of moderate exercise or regular sessions of deep-clearing breathing.

But that is not all. Remember that clean air in the lungs promotes clean blood, which in turn promotes a clean body. 'Dirty lungs' can even be responsible for certain types of lower back and hip pain.

Good luck with your new improved life style. Your body will thank you over the next few decades.

What do the Olympics mean?

The Olympics are a chance for people of the world to express excellence in their field – Dr Tracy

What does it mean to you?

Argentina week - 13th to 18th of August



To help Dr Chantal get into the mood of hiking amongst ice cubes we are holding a week of Argentina activities. Dr Chan will have photos and a map of where she is going.

We are decorating with the blue and white colours of the flag and we will drink red wine (after work of course).

Come and join us!

Our awesome patients!



Why am I craving burnt food? By Ari Kennedy

A singed marshmallow, a very well done burger and burnt toast are examples of commonly craved burned foods. Some people go so far as to crave coal or burned matches. There is little research into why people crave burnt food specifically, but here are some possible explanations:

- Pica - Craving sources of charcoal, is associated with a disorder called Pica. Pica is the craving of non-nutritive things like ice, charcoal, dirt, crayons, hair, concrete or wood. It is common in pregnant women and children, and is thought to be caused by a mineral deficiency, OCD or intestinal worms. Try taking a targeted mineral supplement, for your age or stage of life, to see if that helps.
- Carbon - Several websites suggest that you may be craving carbon and recommends replacing it with fresh fruit. There is no explanation why your body would be craving carbon though. Carbon is the backbone of every sugar, fat and protein and there is no documented deficiency in humans. However, eating more fresh fruit is not a bad recommendation. Try it and see if it changes your cravings.
- Potassium - Other websites suggests that you may be craving the mineral, potassium. No evidence was found to support this claim, but try eating potassium rich foods like tomatoes, dates, raisins, salmon or a banana and see if it makes a difference.
- It may just be a learned taste preference or a liking of crunchy foods.

The down side of eating a lot of burnt food is that it may be carcinogenic (causes cancer). Research suggests that chemicals in burnt meat called heterocyclic amines may contribute to breast cancer and colon cancer. Other chemicals created during the browning process called polycyclic aromatic hydrocarbons (PAHs) and acrylamides are also linked with ovarian cancer.

There are no guidelines on a safe level of consumption and caution is advised. More articles on food and nutrition can be found at <http://www.sensiblebite.com>

Office Update

Dr Hart

Dr Hart has been around riding his bike on these clear winter days. He has a few bikes to choose from and makes a decision what to ride depending on the mood. Dr Hart works every week Mondays & Thursdays.

Dr Tracy

Well the Olympics are on and we thought we could decorate with the rings and colours, BUT then we found out about the restrictions on "official sponsorship" and they are on the lookout for copyright infringement. We decided instead to just ask the question.....

What do the Olympics mean to you?

Dr Tracy has also been busy working out how to decorate the office for "Argentina Week". We have found lots of Argentina colours but cannot work out how to have an "Assado" BBQ in the lounge☺ Dr Tracy has been attending a few meetings but has been home catching up on all the paperwork that she had missed up until now.

Dr Tracy works Tuesday, Wednesday, Friday & Saturday.



Thanks Jemima (age 8) for drawing this really cool picture of Dr Tracy.

Dr Chan

The countdown is on until the end of the month when Dr Chantal leaves for Argentina. We are having a farewell dinner for her and a week of celebrations. We have a map of where she will be and will send out a search party if she decides to stay too long. Chan is still here in the office all of August and works Friday and every other Saturday. Every second Friday Drs Chantal and Tracy work later into the evening to provide more times for busy people to come for a checkup.



Thanks Becky (age 6) for this beautiful picture of Dr Chan

Dr Meghan

Dr Meghan never looks forward to August as it is a busy month full of family birthdays. Claire is turning a big 7 at the end of the month. Arthur appears to be a little slow in the motor development at 9 months and not quite crawling yet. The fact that his big sister is catering to his every whim may have something to do with his disinterest. Of course this is driving the chiropractor in Dr Meghan crazy.

No conferences planned for this month but she has been working on an improved assessment for all of the kids.

Dr Meghan is available Wednesday and Friday afternoons as well as every second Saturday.

Dr Sandie

Dr Sandie had a lovely time in

July receiving lots of well wishes on her engagement and was lucky enough to spend over a week with her sister Emma.

August is a busy month for Dr Sandie as she will be going to a nutritional weekend taught by Don Tolman, an SOT seminar and a paediatrics seminar in Melbourne. She is looking forward to putting all her new information into action.

Dr Sandie is working Monday to Thursday every week.

Sue

Sue would like to say a very BIG THANK YOU to Ellen for covering her shifts while she was away. It was greatly appreciated. Also, it's very encouraging to see so many wise parents bringing their children in for extra visits when they're not well. It really helps the body to heal.

Kathryn

Kathryn had a visit from an American friend, Lauren. They had a wonderful time exploring Toowoomba and Kathryn is looking forward to when the next visitor arrives.

Natalie

Natalie would like to say thanks to everyone for being so patient while she has been learning the ropes. She attended a Chiropractic assistant workshop in Brisbane and learned a lot.

One of the things she learned that will help all of our patients save the time is to organize payment and future appointments before your adjustment. Also, if you come regularly and know your schedule, booking a few visits in advance will ensure you have same time slot. The reception staff wants to make things easier because we know how busy everyone is.

Ellen

Keep an eye out for Ellen's account of being a Chiropractic student in next month's newsletter.

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Do you want to save a tree?

We are sending our newsletter by email – if you specifically want us to mail one, please advise reception.

We only use emails at the office for newsletters and individual communication.

We do not share your address with anyone else because we know how annoying it is to get spam.

If you would like us to remove you from our newsletter list email us at newsletter@kennedychiro.com

We're on the Web!

www.kennedychiro.com

or follow us on facebook

<https://www.facebook.com/pages/Kennedy-Chiropractic-Centre/172743446105466>

Office Calendar August & September 2012

Monday 8am-12pm 2pm-4:30pm	Tuesday 9am-12pm 2pm-6pm	Wednesday 8am –12pm 2pm –5pm	Thursday 8am-12pm 2pm-4:30pm	Friday 8am-12pm 2pm-6pm (7:30pm)	Saturday 8am-11:30
August					
		1 Dr Tracy Dr Meghan Dr Sandie	2 Dr Hart Dr Sandie	3 Dr Tracy Dr Chantal Dr Meghan Until 7:30pm	4 Dr Tracy Dr Chan
6 Dr Hart Dr Sandie	7 Dr Tracy Dr Sandie	8 Dr Tracy Dr Meghan Dr Sandie	9 Dr Hart Dr Sandie	10 Dr Tracy Dr Chantal Dr Meghan	11 Dr Tracy Dr Meghan
Argentina Week					
13 Dr Hart Dr Sandie	14 Dr Tracy Dr Sandie	15 Dr Tracy Dr Meghan Dr Sandie	16 Dr Hart Dr Sandie	17 Dr Tracy Dr Chantal Dr Meghan Until 7:30pm	18 Dr Chan Dr Meghan
20 Dr Hart Dr Sandie	21 Dr Tracy Dr Sandie	22 Dr Tracy Dr Meghan Dr Sandie	23 Dr Hart Dr Sandie	24 Dr Tracy Dr Chantal Dr Meghan	25 Dr Tracy Dr Meghan
27 Dr Hart Dr Sandie	28 Dr Tracy Dr Sandie	29 Dr Tracy Dr Meghan Dr Sandie	30 Dr Hart Dr Sandie	31 Dr Tracy Dr Meghan Until 7:30pm	
September					
					1 Dr Tracy Dr Meghan
3 Dr Hart Dr Sandie	4 Dr Tracy Dr Sandie	5 Dr Tracy Dr Meghan Dr Sandie	6 Dr Hart Dr Sandie	7 Dr Tracy Dr Meghan Dr Sandie	8 Dr Tracy Dr Meghan
10 Dr Sandie Dr Tracy	11 Dr Tracy Dr Sandie	12 Dr Tracy Dr Meghan Dr Sandie	13 Dr Sandie Dr Tracy	14 Dr Tracy Dr Meghan Dr Sandie Until 7:30pm	15 Dr Tracy Dr Sandie
17 Dr Sandie Dr Tracy	18 Dr Tracy Dr Sandie	19 Dr Tracy Dr Meghan Dr Sandie	20 Dr Sandie Dr Tracy	21 Dr Tracy Dr Meghan Dr Sandie	22 Carnival of Flowers Dr Tracy Dr Meghan
carnival					
24 Dr Hart Dr Sandie	25 Dr Tracy Dr Sandie	26 Dr Tracy Dr Meghan Dr Sandie	27 Dr Hart Dr Sandie	28 Dr Tracy Dr Meghan Dr Sandie Until 7:30pm	29 Dr Tracy Dr Meghan

The office will be open later on alternate Fridays until 7:30pm.