

# July 2012 Newsletter



## Stop the presses!!!!

Congratulations to  
Dr Sandie McIntyre and Tim  
on your engagement!



We were so excited we thought we would decorate the office and celebrate the event in style. We will post a picture of the happy couple in the August newsletter.

## August Event

We have been inspired by the cold and have decided to hold a tropical week at the office.

Watch out for loud tropical shirts and an Argentina theme in preparation for Dr Chantal's trip.

We thought we would decorate the office as well, to help us get through the cold August westerly winds!

Week 30th July to 4th August.

## Musings by Geoff –

### A patient of KCC for 35 years

“Hang on Dr Tracy - I have just worked something out!”

“You know when I come in for an adjustment and I lie on the table - well today I noticed that I was all tense. My legs were crossed over each other, my hands were scrunched by my sides and my shoulders were all bunched up.”

“Well after lying here for a few minutes I noticed that my shoulders relaxed, my hands dropped down by my sides and I naturally uncrossed my legs.”

“It must be much better to get adjusted when I am relaxed?”

Well done Geoff, you took the words right out of my mouth. This is exactly the reason why we ask everyone come in and lie down on the adjusting table before your tune-up.

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## Words of wisdom – (Things I have learned by experience) by Dr Hart

"You hang around those kids and you'll become just like them". Didn't Mother say something like that, when voicing her disapproval of dubious playmates?

When I was in high school, there were several classmates who I liked. They were personable, academically advanced and confident in the things they chose to do. I wanted to hang around these guys.

Good choice Kennedy, except...My mates also liked to have a short stroll off the school property each lunch time. That was okay too. A little bit of exercise and fresh air helps to keep the mind alert and the body toned up.

However, it was also a chance to have a smoke. If we had been sprung having a smoke on school grounds, it would have meant a week or two sitting outside the office of the Headmaster. Anyway, that was the start of a smoking habit that went on for fifteen years, before common sense finally prevailed.

So, Mother was right after all, wasn't she? Mind you, I could have chosen not to smoke and still enjoy the good company.

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## Why am I craving meat? by Ari Kennedy RNutr

There is little research looking at the specific reasons why we get meat cravings, but there is a lot of anecdotal evidence. Most articles about meat cravings are directed at people who have recently given it up (new vegans and vegetarians) and pregnant women, but many people crave meat.

Here are some of the possible reasons:

- It may be psychological, especially if it has recently been given up or you love eating it.
- The body may be lacking protein, triggering a craving for high protein foods.
- You may be low in iron, an essential mineral found in meat, especially red meat.
- It may also be because of a deficiency in Vitamin B12, folate or magnesium.

If you choose to indulge your craving make sure it is in moderation, otherwise you may cause yourself harm.

In the short term, eating too much meat can give you a 'meat hangover'. People have reported indigestion, nausea, sweating, being constipated and having a headache after a meat binge. In the long term, eating too much meat can raise the risk of cancer and heart disease.

More articles on food and nutrition can be found at [www.sensiblebite.com](http://www.sensiblebite.com)

## Office Update

### Dr Hart

Dr Hart has now stopped writing his own obituary. For a while there he could relate to the feelings of depression that overtake anyone who is facing a serious or long-term problem. It is a scary thing to imagine the restrictions to one's life when confronted with a body that is not able to do the things we want to do.

For those of you who missed previous chapters in this story, several months ago, Dr Hart had a slip on some stairs, resulting in a hip joint that did not like to walk, stand, sit or do almost anything.

Investigations by chiropractors here and some x-rays revealed some damages from past escapades and a possibility of chronic degenerative disease. Now, after some weeks of care and common sense, he is well on the road to recovery. Thanks to the concerned people who asked why he was limping.

Dr Hart works every week Mondays & Thursdays.

### Dr Tracy

Who knew going on a cruise could be so much fun! Well that is only if you are not seasick! Dr Tracy and some friends took a cruise in June. Dr Tracy expected to be sick the whole time and come home 5kg lighter. Thankfully "not seasick" and now a few kg heavier – she is back and fully rested.

PS Glen sends his regards from sunny Dallas Texas where he is visiting friends for the summer.

Dr Tracy works Tuesday, Wednesday, Friday & Saturday. Every second Friday Drs Chantal and Tracy work later into the evening to provide more times for families to come for a checkup.

### Dr Chan

Dr Chan is actively preparing for her ice hike in Argentina in September. She is running, swimming, and sitting in the freezer (just kidding) all in preparation for a very tough 10 day hike over the ice cap. As with everything in life the better are prepared the easier it will be. Chan is still here in the office all of July and August and Dr Chan works Friday and every other Saturday.

### Dr Meghan

Dr Meghan is getting in the swing of managing Arthur and working some of the shorter afternoons. Arthur now has 3 teeth and quite a grin.

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

### Dr Sandie

See Dr Sandie's special news on the front page ☺

This month Dr Sandie went to a talk by Don Tolman on health and how important it is to eat real food. She also had a weekend at the Bunya Mountains for a family reunion and a holiday in New Zealand's south island. Dr Sandie had her first taste of skiing and came back in one piece.

Dr Sandie is working Monday to Thursday every week.



In June Both Dr Sandie and Sue celebrated their Birthdays (we ran out of candles).

### Sue

Sue enjoyed a week of holiday in Perth in early July. The weather was nice and the company good, who could ask for more?

### Kathryn

"During June I was given the opportunity to visit Brisbane for two days with my friends Helen and Meg. We stayed at Kangaroo Point, which gave us easy access to the beautiful Brisbane River and the wonderful Brisbane attractions nearby. The recovery of the city from the floods is amazing. I loved every moment of our visit and experienced a deep appreciation of our country and its people."

### Natalie

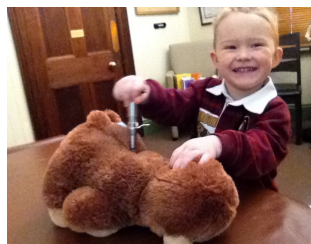
Natalie attended a training seminar especially for chiropractic assistants. She is finding her feet with the computer and is starting to really enjoy the opportunity to get to know everyone in the office.

### Kirstie

"Pop Quiz"!!!  
Kirstie had a week working with Dr Tracy – the challenge is that every comment turned into a question. Dr Tracy was testing Kirstie on what she has learned and how to apply it now that she is in student clinic.

### Ellen

Thank you Ellen for coming home to work over the holidays. Ellen was a familiar smiling face at the front desk while Sue was away. We hope to Ellen next school holiday.



One of our little helpers (in QLD colours) adjusting George the Monkey.

### Kennedy Chiropractic Centre

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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](mailto:newsletter@kennedychiro.com)

### We're on the Web!

[www.kennedychiro.com](http://www.kennedychiro.com)

or follow us on facebook

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

## Office Calendar July &amp; August 2012

<b>Monday</b> 8am-12pm 2pm-4:30pm	<b>Tuesday</b> 9am-12pm 2pm-6pm	<b>Wednesday</b> 8am –12pm 2pm –5pm	<b>Thursday</b> 8am-12pm 2pm-4:30pm	<b>Friday</b> 8am-12pm 2pm-6pm (7:30pm)	<b>Saturday</b> 8am-11:30
<b>July</b>					
2 Dr Hart Dr Tracy	3 Dr Tracy Dr Sandie	4 Dr Tracy Dr Meghan Dr Sandie	5 Dr Hart Dr Sandie	6 Dr Tracy Dr Chantal Dr Meghan  <b>Until 7:30pm</b>	7 Dr Tracy Dr Chan
9 Dr Hart Dr Sandie	10 Dr Tracy Dr Sandie	11 Dr Tracy Dr Meghan Dr Sandie	12 Dr Hart Dr Sandie	13 Dr Tracy Dr Chantal Dr Meghan	14 Dr Tracy Dr Meghan
16 Dr Hart Dr Sandie	17 Dr Tracy Dr Sandie	18 Dr Tracy Dr Meghan Dr Sandie	19 Dr Hart Dr Sandie	20 Dr Tracy Dr Chantal Dr Meghan  <b>Until 7:30pm</b>	21 Dr Tracy Dr Chan
23 Dr Hart Dr Sandie	24 Dr Tracy Dr Sandie	25 Dr Tracy Dr Meghan Dr Sandie	26 Dr Hart Dr Sandie	27 Dr Tracy Dr Chantal Dr Meghan	28 Dr Tracy Dr Meghan
30 Dr Hart Dr Sandie	31 Dr Tracy Dr Sandie				
<b>August</b>					
		1 Dr Tracy Dr Meghan Dr Sandie	2 Dr Hart Dr Sandie	3 Dr Tracy Dr Chantal Dr Meghan  <b>Until 7:30pm</b>	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
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  <b>Until 7:30pm</b>	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 Chantal Dr Meghan  <b>Until 7:30pm</b>	

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