

July 2014 Newsletter



Health: It's the little things that make a big difference

Many people seek treatment only once they feel pain. In our office, we see a lot of people with headaches and backaches typically. Chiropractic is very good at making this kind of pain go away so that you can get back to how you live your life. But have you ever stopped to think about the little things that you do every day, or the habits that you have created over your lifetime, that are affecting your body and your future health?



There is a lot out there that doesn't cause physical pain, but affects our lives, and our health. And so often we don't see the connection until it is too late.

There are three sides of a triangle that affect everyone's health, all working in combination, all the time:

1. Your **STRUCTURE** – how you sit, walk, carry things etc.
2. Your **CHEMISTRY** – what you eat, drink and put into your body, and of course, what comes out and what doesn't.
3. Your **EMOTIONS** – how you see things, how you are feeling, and how you react to situations.



This month we are highlighting some of the little things that might not even think about as affecting your health. *Do you eat a lot of junk food? Ladies, does your handbag have too much stuff in it? Do you get frustrated and angry easily?*



Some little habit changes, along with regular chiropractic adjustments work together to help restore your own inborn ability to be healthy, by correcting the nerve system interference and allowing your body to function better.



Want to learn more about your bod and your health? Know anyone who could make some little changes in their lives?

HALF HOUR TO HEALTH VOUCHER

PRESENTED TO:

DATE OF ISSUE: CHIROPRACTOR:

Attend the next Half Hour to Health session and receive 50% off your next regular adjustment. Bring one or more people with you, receive 100% off your next regular adjustment.

Conditions: valid for 6 weeks after date of issue. Must be brought to the HHHH class and to following next regular adjustment.

CHIROPRACTOR TEACHING HHHH PLEASE INITIAL:

50% OFF - ATTENDED SESSION DATE:

100% OFF - BROUGHT ONE OR MORE GUESTS


Kennedy Chiropractic Centre

We hold regular, short Half Hour to Health sessions every month. Ask one of the assistants for a health certificate to use or give to your friends and family.





This month we honour Issy Mc. She is a model patient, a former employee and has referred a total of 60 patients to our office!

Healthcare or Sickness Prevention? By Dr Tracy

The Australian healthcare system is not 'broken' like other countries, but it will be 'broke' if we continue the way we are. The way I see it is that the health reforms (both here and in the USA) we are talking about are actually about sickness management and not truly about health. If we were talking about health, we would be more actively educating about healthy lifestyles like *Move Well, Eat Well, Think Well* [www.eatwellmovewellthinkwell.com]. Health is about building and keeping good habits like exercise, brushing your teeth, getting chiropractic adjustments, eating a fresh balanced variety of food, and keeping a happy positive attitude.

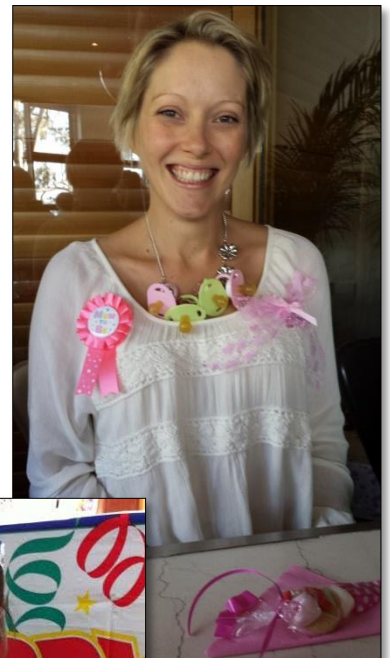
Disease is an accumulation of small things that the body cannot manage on its own and therefore starts to break down its function. It is not black or white – it is the shades of grey, which over time, the functions change and the body is no longer a self-healing, self-regulating organism that is was designed to be. The government is talking about health reform and prevention, but what they actually mean is managing and early diagnosis of disease. There is a BIG difference!

For 30 years we have had a poster on the back of the toilet door called *The Dangerous Cliff*. Is it better to put a fence at the top of the cliff or an ambulance down in the valley? The same is true about health – Is it better to create and nurture good health habits starting early or do we wait until we are 'broken' and in disease state to activate emergency medical situations?

What happened in June?



Dr Chan returned from her Argentina Trip



Dr Kristie wore a dummy necklace at her baby shower



Dr Sandie, sue and Kaitlin celebrated their birthdays

We're on the Web!

www.kennedychiro.com

or follow us on facebook

<https://www.facebook.com/KennedyChiropractic>

Staff Update

Dr Hart

Dr Hart is now at a loose end, as the grass is not growing so much. Instead of sitting on a mower, he can ponder on which of the seminars coming up will be the most educational. Continuing updates to education are a fact of life, particularly for those in the health professions.

Unfortunately, it seems all of the good things crowd in at the end of the year.

Dr Tracy

Dr Tracy and Glen have been travelling around Texas catching up with friends and checking out the Marfa lights.

Dr Tracy is heading to Toronto for the big family reunion in July where she, her siblings, and cousins will be all in the same place for the first time ever. She is looking forward to coming home but is making the most of the North American summer.

Thanks to everyone at home for keeping things going smoothly.

Dr Chan

After one of the most amazing trips to Patagonia, Dr Chan is on her way back to reality. The things that she is looking forward to getting back to and not necessarily in order are:

- Good Cappuccino's
- a shower that you don't need to start a fire for and that lasts longer than 2 minutes
- a car seat rather than a saddle
- Kennedy Chiropractic Centre colleagues and patients (of course)
- less bread, a few more greens
- And running without the fear of being pounced upon by a puma.

Dr Chan looks forward to seeing you all soon.

Dr Kirstie

Dr Kirstie enjoyed a month of celebrations at KCC! Dr Sandie, Sue and Kaitlin had a joint birthday celebration, 'almost Dr' Ellen passed her clinic entrance exams, and Dr Kirstie was treated to a surprise baby shower.

In July we are focussing on the little things that cause stress, and the impact of stress on our nervous systems. Dr Kirstie has been doing some professional (and personal research!) into the effects of stress on mums and babies during pregnancy, and after birth.

During July, Dr Kirstie will be working Tuesday, Wednesday, Thursday and Saturday. She will then be on maternity leave as of 2 August.

Dr Sandie

In June Dr Sandie had a long trip down to Cowra, NSW to see her sister Emma for a few days.

She has now finished being Dr Chan on Saturdays and will start being Dr Tracy on Saturdays.

Ellen

Ellen has just finished her end of semester exams in Melbourne and is looking forward to going into student clinic in the next few weeks. She is dashing home to see her family and everyone at KCC before heading to a chiropractic seminar in Noosa and then it's back to the books for Semester 2.

Sue

Sue has enjoyed a month of birthdays. A special birthday lunch was celebrated by all the staff at a delightful local restaurant for Sandie, Kaitlin and Sue, whose birthdays were very close together. Then, a surprise Baby Shower was held for Kirstie last weekend. Sue is finishing off the month with a relatives 80th in Buderim.

Natalie

Natalie spent two weeks being a 'nanny' to a 3yr old and a 6 yr old.

"How delightful are these ages and I was extremely lucky they are two cherubs. So after the two weeks I did have a few tears in my eyes as I drove away. Children are so beautiful and I was very grateful for the opportunity it was enchanting and has made a big difference in my life".

Vicki

Vicki is feeling reflective.

"Thanks to everyone including Sue and Nat plus Dr Tracy and Dr Sandie for ongoing training and patience at the reception desk – and to "patients" for yours. Special mention to Dr Kirstie (and your sad but happy farewell) plus for your ongoing inspiration even prior to my employment at KCC – contributing to my pursuit to ensure people receive professional health care = chiropractic care".

Kaitlin

Kaitlin is keeping very busy with work and study, and is loving every minute of it! But it hasn't been all work and no play...she escaped to Sydney for a little holiday, which she thoroughly enjoyed. Kaitlin is looking forward to a busy month ahead.



Kennedy Chiropractic Centre Calendar and Hours

July 2014

Monday 8am-12pm 2pm-5:00pm	Tuesday 7:30am-11am 2pm-6:30pm	Wednesday 8am – 12pm 2pm – 6pm	Thursday 8am-12pm 2pm-5pm	Friday 7:30am-12pm 2pm-6:30pm	Saturday 8am-12pm
	1 Dr Sandie Dr Kirstie	2 Dr Sandie Dr Kirstie HHH Class	3 Dr Hart Dr Sandie Dr Kirstie	4 Dr Chan Dr Meghan	5 Dr Chan Dr Kirstie
7 Dr Hart Dr Sandie Dr Kirstie	8 Dr Sandie Dr Kirstie	9 Dr Sandie Dr Kirstie	10 Dr Hart Dr Sandie Dr Kirstie	11 Dr Chan Dr Meghan	12 Dr Chan Dr Sandie Dr Kirstie
14 Dr Hart Dr Sandie Dr Kirstie	15 Dr Sandie Dr Kirstie HHH Class	16 Dr Sandie Dr Kirstie	17 Dr Hart Dr Sandie Dr Kirstie	18 Dr Chan Dr Meghan	19 Dr Chan Dr Sandie Dr Kirstie
21 Dr Hart Dr Sandie Dr Kirstie	22 Dr Sandie Dr Kirstie	23 Dr Sandie Dr Kirstie	24 Dr Hart Dr Sandie Dr Kirstie	25 Dr Chan Dr Meghan	26 Dr Chan Dr Sandie
28 Dr Hart Dr Sandie Dr Kirstie	29 Dr Sandie Dr Kirstie	30 Dr Sandie Dr Kirstie	31 Dr Hart Dr Sandie Dr Kirstie		

August 2014

Monday 8am-12pm 2pm-5:30pm	Tuesday 7:30am-11am 2pm-6:30pm	Wednesday 8am – 12pm 2pm – 6pm	Thursday 8am-12pm 2pm-5pm	Friday 7:30am-12pm 2pm-6:30pm	Saturday 8am-12pm
				1 Dr Chan Dr Meghan	2 Dr Chan Dr Sandie Dr Kirstie
4 Dr Hart Dr Sandie	5 Dr Chan Dr Sandie	6 Dr Sandie HHH Class	7 Dr Hart Dr Sandie	8 Dr Chan Dr Meghan	9 Dr Chan Dr Sandie
11 Dr Hart Dr Sandie	12 Dr Chan Dr Sandie	13 Dr Sandie	14 Dr Hart Dr Sandie	15 Dr Chan Dr Meghan	16 Dr Chan Dr Tracy
18 Dr Hart Dr Sandie	19 Dr Chan Dr Sandie HHH Class	20 Dr Tracy Dr Sandie	21 Dr Hart Dr Sandie	22 Dr Chan Dr Meghan	23 Dr Chan Dr Tracy
25 Dr Hart Dr Sandie	26 Dr Chan Dr Sandie	27 Dr Tracy Dr Sandie	28 Dr Hart Dr Sandie	29 Dr Chan Dr Meghan	30 Dr Chan Dr Tracy