

# September 2013 Newsletter

## Introducing our Chiropractic Intern - **Kirstie**



Hi, my name is Kirstie. I am in my final year of Chiropractic study at RMIT in Melbourne. For the last year, I have been running my own practice in the RMIT Student Clinic in Melbourne. I am now at Kennedy Chiropractic Centre to complete a two month internship. I am looking forward to starting as a Chiropractor here in 2014.

I have been a patient at Kennedy Chiropractic Centre since 2005. I remember many of you from when I worked here as a Chiropractic Assistant, and while I was home on holidays over the last 5 years. I look forward to reconnecting with those of you I know, and meeting those who have joined Kennedy Chiropractic Centre recently.

I will be at Kennedy Chiropractic Centre Wednesday and Friday mornings and afternoons; and on Thursday and Saturday mornings.

---

**W O W**

**Wellness Oriented Workshops**

**Would you like an Adjustment Voucher?**

Then attend one of our MONTHLY workshops

BOOK IN NOW LIMITED SEATS AVAILABLE

**Wednesday September 11<sup>th</sup> at 6PM**

## Bulging discs By Dr Hart



Here is some good news for those people who may have received "bad news" on spinal X-Rays or CT scans. It seems that 28% of the population will show "bulging discs". Most of these will not show symptoms, now or ever.

Also, some more good news. Macrophages (a type of white blood cell) "eat" extraneous disc tissue. This helps explain how 60% herniated discs will disappear after 1 year. A further 30% will resorb after another year.

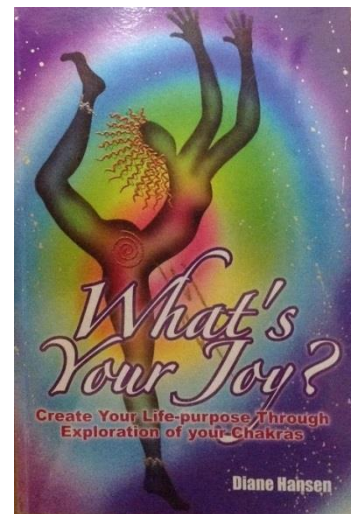
Not as bad as you first thought, right?

## Book review By Dr Tracy – What's Your Joy? by Dianne Hanson

Dianne's book can help guide you through the process of self-discovery, using the seven major chakras of the body as tools. It describes practical exercises, visualisations and healing techniques. It helps the reader discover their inborn talents and gifts, as well as creating a sense of purpose. Thank you Dianne for this gift.

On a personal note: during the last week before my holiday, Dianne came in to the office with a feather hair clip in her hair on the right side. The exciting thing is that Dianne had put that clip there herself and that it was the first time she had been able to do that since her accident.

Never take small things for granted.



## New University Courses in Chiropractic for Brisbane and Sydney

Central Queensland University (CQU) will open Chiropractic courses in Brisbane and Sydney in 2014. It will be the first time Brisbane will have a University level Chiropractic course. The University's move follows the CAA offering \$250 000 to support learning and research. CQU will also be offering a course in Chiropractic in the Sydney CBD starting 2014.

CEO of the Chiropractors' Association of Australia, Mr Andrew McNamara said "We are delighted that for the first time a University will be teaching Chiropractic in Brisbane." "The Association is determined to drive a research led culture in Chiropractic and these decisions for Brisbane and Sydney are a vote of confidence in the future of the profession," said Mr McNamara.

**Coming  
Soon**

**Keep an  
eye out for  
the next  
kids  
adjusting  
day.**

## Office Update

### Dr Hart

Dr Hart is happy to report that he is getting around much better these days. Office hours for him remain as they have for the past few years; that is Mondays and Thursdays. Apologies to those people who may have been inconvenienced by changes to schedules.

Please have a look at the King Orchid residing under the Magnolia tree in the front yard. It has been many years since it has thrown as many flower spikes. We counted 22 spikes the other day. That is not as many as the record a few years ago when 36 spikes made an appearance, but 22 is the best since wetter weather has built up its strength again.



While you are at it, what do you think of the agapanthus on the borders?

### Dr Tracy

Dr Tracy & Glen are in the USA until mid-September enjoying a road trip to Mt. Rushmore and Yellowstone - via Idaho to visit Dr Helen (Silkman) Merrill, in her new practice. They will be home in time for the carnival and spring - always a great time in Toowoomba.

Dr Tracy will be back at work for Tuesdays, Wednesdays, Fridays and

Saturdays.

Thanks Dr Chantal for caring for everyone while she was away.



### Dr Chan

Dr Chan has had a busy but enjoyable few weeks covering for Dr Tracy and her brother Sam in Buderim (at the same time). Dr Chan did some more rock climbing at Brooyar National Park with a group of friends early in the month and even purchased some rock climbing shoes!

Her nutrition course is coming along steadily, and she has moved on to an actual Nutrition subject to have a break from the history & philosophy of Natural Medicine!

She is looking forward to her dad coming up from Gippsland for a visit in September.

Dr Chan is available Fridays and alternate Saturdays.

### Dr Meghan

Well, all is quiet on Dr Meghan's front. Winter sports are winding down so Pete is pleased he will have his Saturday morning sleep-ins back. Dr Meghan will too, as she will no longer be doing Saturdays to spend more time at home.

Dr Meghan is available on Wednesdays and Fridays.

### Dr Sandie

August was a quiet month for Dr Sandie and September will be all about getting ready for her upcoming wedding.

Dr Sandie is available on Mondays and Thursdays.

### Sue

Sue has been SECRETLY perusing the 'Second Hand' shops of late, trying to find more LOUD SHIRTS for our Loud Shirt competition, during the Carnival of Flowers. She has her Trophy to protect from last year. We would love the patients to participate too.

### Natalie

Natalie has had a busy time getting her car fixed after a run in with a bull on a country road.

Her son Ryan was up from the Gold Coast for a visit (he is loving uni).

Her other beautiful son Mitchell, had his first chiropractic visit with Dr Tracy. His perception was it was going to hurt, and he was very impressed when it didn't.

### Kathryn

A trip to northern NSW was an exciting adventure for Kathryn in August. Lots of driving, seeing new places and celebrating with friends.

### Kirstie

Kirstie has enjoyed her first few weeks interning at Kennedy Chiropractic Centre. She has learnt a lot from Drs Hart, Meghan, Chan and Sandie; remembers quite a few patient faces, and even managed to squeeze in her birthday celebration.

*Kennedy Chiropractic Centre*  
130 Russell Street  
Toowoomba  
QLD, 4350

Phone 07 4639 1060  
[healthy@kennedychiro.com](mailto:healthy@kennedychiro.com)

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 September and October 2013

<b>September</b>					
<b>Monday</b> 8am-12pm 2pm-5:30pm	<b>Tuesday</b> 7:30am-10:30am 3pm-6:30pm	<b>Wednesday</b> 9am – 12pm 2pm – 6pm	<b>Thursday</b> 8am-12pm 2pm-4:30pm	<b>Friday</b> 7:45am-12pm 2pm-5:45pm (7pm)	<b>Saturday</b> 8am-12pm
<b>2</b> <i>Dr Hart Dr Sandie</i>	<b>3</b> <i>Dr Chan</i>	<b>4</b> <i>Dr Chan Dr Meghan</i>	<b>5</b> <i>Dr Hart Dr Sandie</i>	<b>6</b> <i>Dr Chan Dr Meghan</i>	<b>7</b> <i>Dr Chan Dr Sandie</i>
<b>9</b> <i>Dr Hart Dr Sandie</i>	<b>10</b> <i>Dr Chan</i>	<b>11</b> <i>Dr Chan Dr Meghan</i>	<b>12</b> <i>Dr Hart Dr Sandie</i>	<b>13</b> <i>Dr Chan Dr Meghan Until 7:00pm</i>	<b>14</b> <i>Dr Tracy Dr Chan</i>
<b>16</b> <i>Dr Hart Dr Sandie</i>	<b>17</b> <i>Dr Tracy</i>	<b>18</b> <i>Dr Tracy Dr Meghan</i>	<b>19</b> <i>Dr Hart Dr Sandie</i>	<b>20</b> <i>Dr Chan Dr Meghan</i>	<b>21</b> <i>Dr Tracy Dr Chan</i>
<b>23</b> <i>Dr Hart Dr Sandie</i>	<b>24</b> <i>Dr Tracy</i>	<b>25</b> <i>Dr Tracy Dr Meghan</i>	<b>26</b> <i>Dr Hart Dr Sandie</i>	<b>27</b> <i>Dr Chan Dr Meghan Until 7:00pm</i>	<b>28</b> <i>Dr Tracy Dr Chan</i>
<b>30</b> <i>Dr Hart Dr Sandie</i>					
<b>October</b>					
<b>Monday</b> 8am-12pm 2pm-5:30pm	<b>Tuesday</b> 7:30am-10:30am 3pm-6:30pm	<b>Wednesday</b> 9am – 12pm 2pm – 6pm	<b>Thursday</b> 8am-12pm 2pm-4:30pm	<b>Friday</b> 7:45am-12pm 2pm-5:45pm (7pm)	<b>Saturday</b> 8am-12pm
	<b>1</b> <i>Dr Tracy</i>	<b>2</b> <i>Dr Tracy Dr Meghan</i>	<b>3</b> <i>Dr Hart Dr Sandie</i>	<b>4</b> <i>Dr Chan Dr Meghan</i>	<b>5</b> <i>Dr Tracy Dr Chan</i>
<b>7</b> <b>Labour Day</b>	<b>8</b> <i>Dr Tracy</i>	<b>9</b> <i>Dr Tracy Dr Meghan</i>	<b>10</b> <i>Dr Hart</i>	<b>11</b> <i>Dr Chan Dr Meghan Until 7:00pm</i>	<b>12</b> <i>Dr Tracy Dr Chan</i>
<b>14</b> <i>Dr Hart</i>	<b>15</b> <i>Dr Tracy</i>	<b>16</b> <i>Dr Tracy Dr Meghan</i>	<b>17</b> <i>Dr Hart</i>	<b>18</b> <i>Dr Chan Dr Meghan</i>	<b>19</b> <i>Dr Chan Dr Meghan</i>
<b>21</b> <i>Dr Hart</i>	<b>22</b> <i>Dr Tracy</i>	<b>23</b> <i>Dr Tracy Dr Meghan</i>	<b>24</b> <i>Dr Hart</i>	<b>25</b> <i>Dr Chan Dr Meghan Until 7:00pm</i>	<b>26</b> <i>Dr Tracy Dr Chan</i>
<b>28</b> <i>Dr Hart</i>	<b>29</b> <i>Dr Tracy</i>	<b>30</b> <i>Dr Tracy Dr Meghan</i>	<b>31</b> <i>Dr Hart Dr Sandie</i>		

*The office will be open late on alternate Fridays until 7:00pm.*