

# July 2013 Newsletter

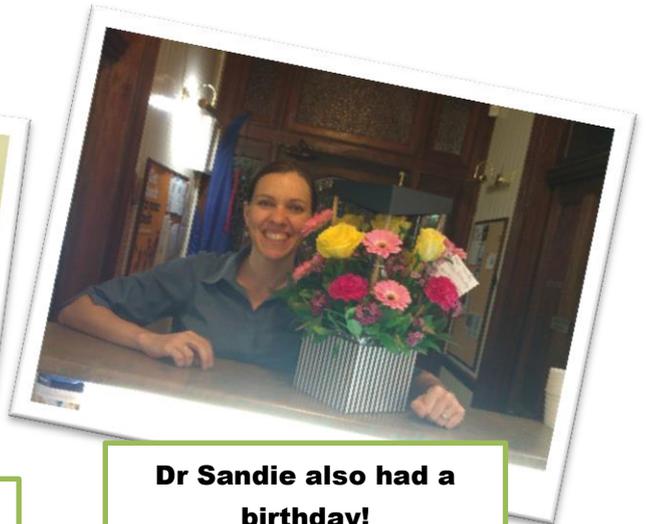
## Things that happened in June



**Sue had a birthday!**



**Dr Tracy won an award!**



**Dr Sandie also had a birthday!**



**We held an informative health class**



**The Kelleher's ewe, birthed some lambs**

## Health Insurance update

Recently, we have had questions about a certain health insurance company offering a "preferred provider" for chiropractic care. The company offers a higher refund to the chiropractic patient for a few visits, but has not changed the total amount they refund over the year. This is a false economy because overall the rebate is the same for the member, but restrictive for us, the chiropractors.

There are other insurance companies that provide higher overall refunds to people that choose chiropractic for health care. They allow greater annual amounts as they know when people invest in their health, it costs less for illness. They tailor the cover to suit the individual or family.

We believe your health choices are your responsibility; Chiropractic care is part of health, just like eating well, and exercising and brushing your teeth. The business model of insurance company should not dictate your health decisions.

Speak to Sue or Natalie, if you would like any further information or to compare.



### Baby Walkers by Dr Sandie

Even though baby walkers are very popular with many parents and infants they are not actually the best thing for the safety and development of children. Although Canada is the only country that has actually banned their sale and use, the European Child Safety Alliance and The American Academy of Pediatrics advises against baby walkers and are calling for an outright ban. They are also listed on Choice’s ‘Ten things not to buy your children’.

Baby walkers cause a higher incidence of physical injury such as falls down stairs, head trauma, fractures and burns. They also put undue stress on an infant’s spine by forcing them into an upright position before their spine is strong enough to hold their weight. Not only are babies at risk of physical injury but baby walkers affect a child’s development as well. Research on infants aged between 6 and 15 months has shown that those who used walkers sat, crawled and walked later than those who did not use them. The children who used the walkers also scored lower on mental performance. Walkers reduce the amount of time a baby spends crawling, which is essential for neurological development, and they also obstruct a baby’s view of their legs, which restricts visual feedback to the brain.

Spokesperson for the New Zealand Chiropractors’ Association, Dr Hayden Thomas, chiropractor, has been quoted as saying that “proper motor system integration is often upset by assisted walkers affecting the neuro-musculo-skeletal system. This jeopardises reflex integration and the development of higher neural function.”



**Our  
fantastic  
artistic  
patients!**

## Office Update

### Dr Hart

Spent a day putting a bridge over a part of Murphy's Creek, where up to 1000 motorbikes will cross in September. The bridge came from the RNA in Brisbane where it originally was the cross over from the rail station over the tracks to the show grounds. Wonder how many millions of feet climbed over those boards over the years? The structure weighed well over 3 tons and the poor little tractor was really struggling (1000 riders! When Dave Wagner and Dr Hart used to ride their motorbikes in the bush in the 1960's, they were the only ones to do so).

~

Every once in a while Dr Hart gazes on a boat shaped mark on his desk. The shapes about 30 to 40 mm long and slightly indented. It is a reminder of some of the hidden costs of smoking. His father used to smoke while he did his paperwork on the weekends ....oops - the cigarette fell off the ash tray onto the desk. No plans to refinish the desk-top though.

Dr Hart is available every Monday and Thursday.

### Dr Tracy

Thankfully we passed the shortest day of the year (winter solstice 21st June) and can look forward to longer daylight hours :). June has been a month of catch up for Dr Tracy getting back into the office to do some serious work. She also took time to go to the Parker seminar in Sydney. It is a bi-annual event from the Parker University in Dallas, where she has strong ties. While there, she was honoured to receive an award from Parker Seminars. It is on display at the office.

Dr Tracy works Tuesdays, Wednesdays, Fridays and Saturdays.

### Dr Chan

Dr Chan had such a fantastic time doing Main Range National park in June, that the team are up for another walk at the end of July- Mt Castle, just north of Cunninghams Gap. Hopefully they won't get lost or run out of water this time :). Dr Chan is also doing a quick 2wk holiday / trip to Colorado during early July...mountain biking in Vail & Aspen. Photos to come :-)

### Dr Meghan

Dr Meghan enjoyed an exciting weekend away with her family and some extras at thunderbird park, Mount Tambourine in June. The scenery was gorgeous and the kids enjoyed some bush walks. They are also excited to announce they are new parents! Of baby sheep, that is ☺.

Dr Meghan is available on Wednesday, Friday and alternate Saturdays.

### Dr Sandie

Last month Dr Sandie took some time off while recovering from having her wisdom teeth removed. It was an interesting experience and not a decision she took lightly. She was very impressed with how well she recovered with the help of good old arnica and Dr Tracy to put her jaw back in alignment.

Dr Sandie also enjoyed going to a wedding in Brisbane and having a family weekend catch up. This month Dr Sandie will be excited to welcome home her cousin from 18 months in France (but nowhere near as excited as

Sue is).

Dr Sandie is available on Monday and Thursday.

### Sue

Sue would like to say a very big 'Thank You' for all her birthday wishes and the beautiful flowers from Tracy, Glen and the 'Gang'. Sue has just clocked up another milestone - 5 years at Kennedy Chiropractic. How time flies when you're having fun (and working)! Sue had the best birthday present, when Joanna told her she was coming home a week early from France.

### Natalie

Natalie recently did a review on how well she was doing as the receptionist here. *"I reviewed my strong points and weaknesses. I realised just how involved Dr Tracy has to be in all facets of this family business. I was happy with my result, and realise we all have room for improvement. So any of our patients, if there is any feedback on how we can help you better, please don't hesitate to share with us...Keep smiling Nat..."*

### Kathryn

It was wonderful for Kathryn having friends from the States visit during the month of June. She has also been kept busy with several trips to Brisbane.

### Kirstie - future chiro ☺

Kirstie has recently finished another round of exams at RMIT. She is in her final year of Chiropractic studies, and will be re-joining KCC in August as a Chiropractic Intern. In the meantime, Kirstie is completing her requirements in the RMIT student clinic, attending the final part of the SOT seminar, and enjoying reading something other than textbooks.

**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 July and August 2013

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

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