

# June 2014 Newsletter

## The Usual Suspects by Dr Tracy

Chiropractic is well known and scientifically researched for treating headaches and back pain. There is a lot of positive research on those specific areas with chiropractic care. As a chiropractor, I have experienced that most of the time, headaches are straightforward to treat and back pain resolves well.

But..., to me, this is the 'expected' side of what we do. The part that I find *amazing* is the "other things" that change. As Chiropractors we are told about improvements in areas like gut function, reflux, and sleeping patterns. The other day a patient asked me if she should be feeling happier after her first adjustment. "Hmm" I said, "well it is not documented in research, but there is no reason that you shouldn't feel happier". She also said that she had not worn the neck brace or back brace that she had used constantly for support until that time.

So what about the rest of you? Tell us about the other things that might be bothering you, things that maybe you forget to mention...your shoulders, knees or hands and feet... Have you jammed a finger or twisted an ankle? Maybe we can help! There might not be the body of research (yet) on areas of pain, besides headaches or back pain, but we are willing to assess and adjust all areas of the body. We treat the person with the problem, not the other way around.

One chiropractor I know tells the joke: Going to the chiropractor for only headaches and back pain is like going to rob a bank and only stealing the pens!

So if you have had a slip, slide, a fall or almost a fall, call us for an appointment to see if we can help.

## What happened in May?



**Spinal Health Week!**



**Helen donated a book of stickers**



**Texas hung out with Dr Kirstie**



**New adjusting table!**



**Sue with Bub – one of our wonderful patients going strong in her 90s!**

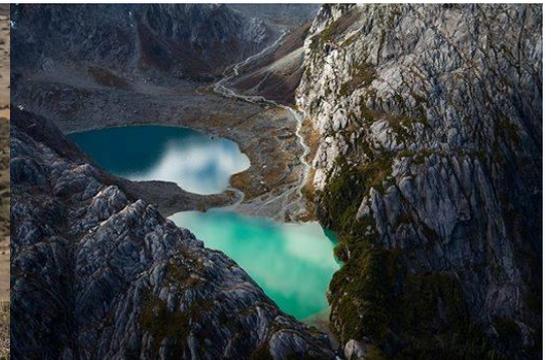
## GP Connection Education Evening

Dr Hart, Dr Tracy, Dr Sandie, Dr Kirstie attended a dinner and education evening with GP connections.

There were presentations on orthopaedics (knees and shoulders) as well as cardiology. All the chiropractors at Kennedys are serious about keeping up our knowledge levels and it is good to see what traditional medicine is currently doing.



## Dr Chan's Argentina trip photos so far...



Dr Chan's trip was sadly low on the orca sightings.

So she spent her time flying in around in a little aeroplane, riding around on horseback looking for puma, sitting with sea lions and star gazing. Not a bad trade off really.



We're on the Web!

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

or follow us on facebook

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

## Staff Update

**Dr Hart**



The other day a neighbour commented that Dr Hart could now take it easy as he had done the "hard yards". Dr Hart replied that he had never had to do hard yards, except when he had done intense examinations on all subjects over four years study, in one week. Failure would have meant waiting another year to do the exams again to qualify for a licence to practise chiropractic. The rest has been a piece of cake. He would like to do it all over again. Dr Hart works Mondays & Thursdays.

**Dr Chan**



Dr Chan has been having a wonderful time in Argentina.

She will have many stories to tell, so many I may ask her to do a small article for the July or August news...

Dr Chan returns on the 27<sup>th</sup> of June to her usual Friday & Saturday but she will also be doing some Tuesdays.

**Dr Sandie**



Dr Sandie enjoyed being a surrogate daughter for Sue for Mother's Days as all her girls are now spread around the world.

She also enjoyed her first experience at the Hampton Food Festival (not long after her first visit to the Felton Food Festival). Dr Sandie also went to the book launch of Friendship Foods, another great healthy cookbook. There seems to be theme here...

Dr Sandie works Monday, Tuesday, Wednesday, Thursday and will do the odd Friday & Saturday – pretty much all week.

**Sue**



Sue has really enjoyed helping Vicki and Kaitlin settle in to their new roles as a Chiropractic Assistant, they are doing very well.

Sue also organised the fantastic blue shirts for Spinal Health Week. They were such a hit; we will continue to wear them over the winter.

**Vicki**



There were mixed emotions for Vicki who is in the process of moving. She is having to sell her 80 acres of serenity and possibilities, from the land. Although, she is still connected to family farm and trucking business.

Maintaining connections is a positive note though. She is seeing so many more familiar faces through KCC from previous associations – are we all journeying together?

**Dr Tracy**



Dr Tracy will be heading to the USA and Canada mid June to catch up with family, attend a wedding, and have fun with friends. She and Glen will do another road trip of the USA taking in the weird and wonderful sights, so watch for photos on our FaceBook page.

Dr Tracy will return mid-August. While she is away Dr Chantal, Dr Sandie and Dr Kirstie will be working hard to cover for her.

**Dr Meghan**



Dr Meghan had a quiet month in May. She enjoyed a lovely mother's day with the family and was able to have some 'mummy' time reading and relaxing on the day.

Dr Meghan has been doing some study into common postural patterns and ways to change these. Expect her to be watching the way you all sit, stand and walk a bit closer over the next couple of months.

Dr Meghan works Fridays.

**Dr Kirstie**



Dr Kirstie and Michael are excited (and surprised!) to announce they are expecting their **first baby** in spring!

Dr Kirstie has enjoyed regular adjustments for herself and her baby bump, and encourages all mums & dads-to-be to get checked regularly.

'Live Better' was the focus of this year's Chiropractic Care Week. Dr Kirstie had a great time adjusting people so they can Live Better at home, work, sports and travel. She also attended the 'Friendship Foods' cookbook launch with Dr Sandie. 'Friendship Foods' is a great Live Better resource for anyone with grain, dairy, egg, yeast and sugar intolerances. Dr Kirstie is happy to share more about this cookbook.

Dr Kirstie will be working all week through June & July and will "retire" when Dr Tracy returns in August.

**Natalie**



"Spinal week was a great chance for our patients to be mindful of what our mission is here at Kennedy Chiropractic. To help people live happier, healthier lives through chiropractic'...I know I certainly do. It's always a pleasure and privilege when patients share their stories with me"

...Kind Regards Natalie

**Kaitlin**



Kaitlin has been busy settling into her role at Kennedy Chiropractic Centre and sadly missed the deadline for her newsletter update. We will give her a pass this month and maybe see if she would like to write a little article on what it is like starting work her for next month's news?



## Kennedy Chiropractic Centre Calendar and hours

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
<b>June 2014</b>					
<b>2</b> Dr Hart Dr Sandie	<b>3</b> Dr Sandie Dr Tracy	<b>4</b> Dr Sandie Dr Kirstie Dr Tracy <b>HHH Class</b>	<b>5</b> Dr Hart Dr Sandie Dr Kirstie	<b>6</b> Dr Meghan Dr Kirstie Dr Tracy	<b>7</b> Dr Tracy Dr Sandie Dr Kirstie
<b>9</b> <b>QUEEN'S BIRTHDAY</b>	<b>10</b> Dr Sandie Dr Kirstie Dr Tracy	<b>11</b> Dr Sandie Dr Kirstie Dr Tracy	<b>12</b> Dr Hart Dr Kirstie Dr Tracy	<b>13</b> Dr Meghan Dr Kirstie Dr Tracy	<b>14</b> Dr Meghan
<b>16</b> Dr Hart Dr Kirstie	<b>17</b> Dr Sandie Dr Kirstie <b>HHH Class</b>	<b>18</b> Dr Sandie Dr Kirstie	<b>19</b> Dr Hart Dr Sandie Dr Kirstie	<b>20</b> Dr Meghan Dr Kirstie	<b>21</b> Dr Sandie Dr Kirstie
<b>23</b> Dr Hart Dr Sandie Dr Kirstie	<b>24</b> Dr Sandie Dr Kirstie	<b>25</b> Dr Sandie Dr Kirstie	<b>26</b> Dr Hart Dr Sandie Dr Kirstie	<b>27</b> Dr Chan Dr Meghan	<b>28</b> Dr Chan Dr Kirstie
<b>30</b> Dr Hart Dr Sandie Dr Kirstie					
<b>July 2014</b>					
	<b>1</b> Dr Sandie Dr Kirstie	<b>2</b> Dr Sandie Dr Kirstie <b>HHH Class</b>	<b>3</b> Dr Hart Dr Sandie Dr Kirstie	<b>4</b> Dr Chan Dr Meghan	<b>5</b> Dr Chan Dr Kirstie
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