



Kennedy Chiropractic Centre

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April Newsletter



Flynn Buckley was the winner of our Easter colouring in competition



HAPPY EASTER EVERYBODY!

Many thanks to all of you for your fabulous entries in our Easter colouring in competition. You all did an amazing job and we wish you could all have been the winner. Special mention must go to Nelia Bradshaw for her excellent entry – it was a very close call but ultimately the prize went to Flynn Buckley.

KIDS FREE ADJUSTMENT MORNING HAPPENING ON APRIL 11TH 2018

Don't forget about our kids free adjustment morning on April 11. This is for any child who is still at school, including those who have not yet reached school age to come in and have a free adjustment. Dr Luke, Dr Tara, Dr Sandie and "the girls" will be dressed in Easter theme & all kids are welcome to dress up too. At this stage our appointment book is full for this morning, but if you are keen to book your kids in, please call us and we will put you on a wait list and you still might be able to get an appointment if we have any cancellations.

ARE YOU IN THE MARKET FOR A NEW MATTRESS?

Then it might interest you to know that Sleepy's Toowoomba have a range of mattresses which are endorsed by the Chiropractor's Association of Australia. The quality of your mattress can have a significant impact on the quality of your sleep, but it also plays a vital role in supporting your spinal health. If you are thinking about replacing your bed or mattress, let your Chiropractor know and we can issue you with a referral voucher. If you take this voucher to Sleepy's, they will offer you a discount when you purchase from their exclusive range of Chiropractic beds. If you are interested in checking out their range, have a look at www.sleepy's.com.au

MUSINGS with DR HART – "Breathe"

Whenever we hear "take a deep breath" most of us do pretty well but here is an additional factor. Breathing is as much about breathing out as in, and it is just as, if not even more important. Why? When we exhale we are releasing rubbish along with the carbon dioxide, which is the principal ingredient of released breath. During bouts of illness this rubbish can be quite smelly, hence bad breath. The worse the illness usually the worse the breath.

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“Breathe” continued ...

Breathing is part of the whole elimination process - kidneys, bowels, sweat, tears, saliva and even hair, skin and finger nails. The body will use whatever means available to keep our physiology as clean and efficient as possible. I can remember standing well away from a gentleman with kidney problems because of his breath, which had taken over some of the load of throwing toxic material out because of the kidney deficiency. So next time you take a deep breath, think about exhaling as much as possible too. And if you notice a bad breath problem, mention it to us.

FAREWELL TO LEIZA

This month we are saying goodbye to Leiza, who has been one of our wonderful CA's (Chiropractic Assistants) for the past 2 years. Leiza and her husband Tony are moving to Hervey Bay to take care of Tony's mum and are hoping to spend next year driving around Australia before heading back to Toowoomba. We wish them all the best.

We have a new CA joining our team to help Sue out on our busy Friday afternoons. Alison will be popping in at different times to help out on Reception, as well as helping out the back.

What Happened in March?

We all headed out to the Chelsea Bar in March to farewell Dr Chan before she left for Chile on her next big adventure. It was a great night and we look forward to welcoming Dr Chan back to the practice in June. Don't we make a good looking team?! (There's a couple of us missing in action though!)



This month we farewell Leiza



Tara & Sandie getting in the Easter spirit!



Dr Tracy took in the sights of Mundubberah in March

CAROB – A Healthy Chocolate Alternative (& a funny story!)

As chocolate isn't always the best thing to eat while breastfeeding Sandie decided to make a carob chia pudding while feeding Hamish. Tim was very excited to come home to what he thought were chocolate puddings in the fridge. He took a big spoonful and the look on his face was priceless as he discovered that he was not actually eating chocolate. After Sandie contained her laughter she told him it was carob. Tim has now become accustomed to it and will occasionally have a bite of Hamish's carob bears after a trip to the health food shop!

What's new with the team at Kennedy Chiropractic Centre?



Dr Sandie

Sandie was very excited about a night out (even if it was only for an hour) to say a temporary farewell to Chan. She had never been to the Chelsea Bar before and was very impressed. Sandie also went to the Biddeston State School Garden Party (with Fletcher as her date) and took Hamish to the movies for the first time, to see Peter Rabbit. It was not that successful! All in all a very social month. This month she will be going to the Wiggles concert and trying to baby proof the house as Fletcher has started crawling!



Dr Hart

Dr Hart did his usual pilgrimage to Bathurst for the Easter period. He enjoyed the racing and catching up with friends.



Dr Tracy

Tracy and Glen had a weekend away in Mundubbera in March and attended a regional art gallery opening, as well as the camp draft and rodeo. It was fun and eye opening to see the talented horses and riders, but obvious how people can get injured when they fall off. They are hosting Canadian rellies in April around the local sights, then to Cairns and the reef.



Dr Tara

Tara spent time in March repotting a lot of her large collection of house plants. She ducked down to Brisbane for some catch ups and went to a launch for a friend's new record label. Tara is looking for to a trip to Melbourne next month for a wedding.



Dr Luke

In March Luke had a weekend at the Sunshine Coast. He took the scenic route through Esk and Kilcoy which he enjoyed. Luke is looking forward to experiencing one of our crazy kids days.



Dr Chan

In March Chan had a fantastic time in Queenstown with her brother Jason doing the Motatapu off road marathon. Then she headed off to Chile where she's been hiking up volcanos and taking photos. We look forward to her return in June.



Sue

Sue had a very busy month both at home and at work, so she finished it off with a few relaxing days at the farm at Maleny over Easter. The East Bunny even visited! Sue then spent a couple of days with Joanna in Brisbane, who was visiting briefly from Belgium.



Leiza

Leiza spent March busily packing her house and travelling to Harvey Bay looking after her mother in law. We are saying farewell to Leiza this month and wish her all the best as she embarks on a new chapter.

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Closed for Easter	3 Dr Luke Dr Tara	4 Dr Luke Dr Sandie AM Dr Tara PM	5 Dr Tara AM Dr Sandie	6 Dr Tara Dr Sandie AM Dr Luke PM	7 Dr Tara Dr Luke Dr Sandie
9 Dr Hart Dr Sandie	10 Dr Luke Dr Tara	11 Dr Luke Dr Tara PM KIDS MORNING 9am-11.30am (Dr Sandie/Dr Luke & Dr Tara)	12 Closed for Toowoomba Show Holiday	13 Dr Luke Dr Tara AM Dr Sandie PM Dr Tracy AM	14 Dr Luke Dr Sandie Dr Tracy
16 Dr Hart Dr Tracy AM Dr Sandie PM	17 Dr Luke Dr Tracy AM Dr Sandie PM	18 Dr Luke Dr Tracy AM Dr Tara PM	19 Dr Hart Dr Tara AM Dr Tracy AM Dr Sandie PM	20 Dr Tara Dr Tracy AM Dr Luke PM	21 Dr Tara Dr Luke Dr Sandie
23 Dr Hart Dr Tracy AM Dr Sandie PM	24 Dr Tara Dr Luke	25 Closed for ANZAC Day	26 Dr Hart Dr Tara AM Dr Tracy AM Dr Sandie PM	27 Dr Luke Dr Tara	28 Dr Luke Dr Sandie
30 Dr Hart Dr Sandie PM					

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Dr Luke Dr Tara	2 Dr Luke Dr Tracy AM Dr Tara PM	3 Dr Hart Dr Tara AM Dr Tracy AM Dr Sandie PM	4 Dr Tara Dr Tracy AM Dr Luke PM	5 Dr Tara Dr Luke Dr Sandie
7 Closed for Labour Day	8 Dr Tara Dr Luke	9 Dr Luke Dr Sandie AM Dr Tara PM	10 Dr Hart Dr Tara AM Dr Sandie PM	11 Dr Tara Dr Sandie AM Dr Luke PM	12 Dr Luke Dr Sandie
14 Dr Hart Dr Tracy AM Dr Sandie PM	15 Dr Tara Dr Sandie	16 Dr Tara Dr Tracy AM Dr Sandie PM	17 Dr Hart Dr Tara AM Dr Tracy AM Dr Sandie PM	18 Dr Tara Dr Tracy AM Dr Sandie PM	19 Dr Sandie Dr Tara
21 Dr Hart Dr Tracy AM Dr Sandie PM	22 Dr Tara Dr Tracy AM Dr Sandie PM	23 Dr Tara Dr Tracy AM Dr Sandie PM	24 Dr Hart Dr Tara AM Dr Tracy AM Dr Sandie PM	25 Dr Luke Dr Tara Dr Tracy AM	26 Dr Luke Dr Sandie Dr Tracy
28 Dr Hart Dr Tracy AM Dr Sandie PM	29 Dr Tara Dr Luke	30 Dr Tara PM Dr Tracy AM Dr Luke	31 Dr Hart Dr Tara AM Dr Tracy AM Dr Sandie PM		