

Kennedy Chiropractic Centre

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April 2011 Newsletter



Congratulations and a big THANK YOU to all the very generous people in our office. We have raised the full amount to buy a 7' mattress and new base (7' as well luckily), and an ensemble bed for Chris and his dad. They are both doing well and took delivery of the beds in early March - ahhh the difference a good night's sleep makes.

Many thanks to Michelle at "Snooze" for her generous pricing that allowed your money to go further. Thank you also to the very special people (that want to remain anonymous) for your big contributions with this effort. I would have to say I love Australians for the fact that they don't need the hype - they just get on with it.

Murphy's Creek and the surrounding area flood recovery is moving right along, and besides the roads deteriorating, I think things are moving quickly back to normal. We even got a visit from royalty (a big thanks to Liz for the excellent photo!). We live in a lucky country!

Our thoughts go out to the people of Japan who have been devastated by the earthquake and subsequent tsunami, those affected by the Earthquakes in Christchurch, the flooding up north and anyone else doing it rough right now.



KIDS NEED CHIRO'S TOO!



SCHOOL HOLIDAYS on the 18th April - FREE Chiropractic check up and Tune for kids new to the office

Why: We believe checking children is one of the most important things we do as Chiropractors. Let's see if we can help the kids avoid some of the problems their parents have.

Who: Kids Aged 0 to 12 (Year 7 primary school)

Existing families *and* new families are invited

How: Please make an appointment with the reception or call 46391060

A tip on how to get the best result from your adjustment



In the adjusting room, before your adjustment, we would ask that you remove your shoes, the contents of your pockets and remove any loose jewellery. But, the most important part is to wear light clothes. It makes it easier for your Chiropractor to adjust you.

This is why we often ask the ladies to change into a gown (as Dr Tracy demonstrates in the photograph!) Sorry guys, you don't get off quite that easy - we ask that you remove your shirt, tie, and belt.

Don't forget that when you are ready please lie face down on the adjusting table before the Chiropractor comes into the room - this allows you to relax and ensures you get the very best results from your adjustment.

Injuries by Dr Hart Kennedy

Some of you may have had some type of injury in the past, which has left you with some “permanent” reminders. These reminders may be so minute that you would not even notice their presence. Previously in this newsletter we have written about balance and co-ordination, particularly balancing on one foot, including doing so with the eyes closed (see July 2010 on www.kennedychiro.com).

Coordinating and balancing require very complicated neural circuitry involving the brain, motion detection in the vestibular system, vision to detect movement, weight impression on the soles of the feet and the whole of the position sensing of the nerves from all of the muscles, tendons, ligaments and joints of the body. **What a big a job that is!** Did you know that there are over 200 ligaments just in the neck? AND our balance is a moving thing, which must be updated instantaneously all the time. No wonder that it takes many years before we, as babies, develop full coordination.

Back to the subject in question. Past injury and “permanent” reminders. There are far fewer permanent problems than we might imagine. Recent research shows that our bodies are capable of being far more recuperative than previously thought. I will take myself as an example.

Seven or eight years ago when I was riding my motorbike, I did a bit of a “get-off” when I overcooked a corner (went too fast - for those who don't understand motorcycle speak). Multiple minor fractures and a bit of concussion were the end result. It took a week or two to recover. Some of the fractures were important, because I ended up with slightly less control over motion in the left leg plus some balance disability in that foot. I was able to live with that and carried on life pretty much as usual. No problem.

Last month we talked about degenerative problems evolving through various systems, not just the bones and joints. With certain stubbornness on my part and chiropractic check-overs regularly, my balance has come along pretty well, so that the left side is now very nearly as good as the right. But there remained a little bit of un-coordination in doing circles with my toes. So now, you might see me practising toe circles from time to time. I am getting along pretty well and can continue until my leg muscles get tired. Then it all goes a bit jerky, but less and less so.

Why am I telling you this? It is to encourage you to keep on working and looking to the future; to maintain a recuperative regime, even though you might be a little “over the hill”. You will improve! Treat yourself as if you have a lifetime ahead of you. You do.

Stress by Dr Hart Kennedy

At a recent conference/seminar, we chiropractors were presented with recent research into stress, its reactions, progress and eventual end game.

To put it in simple terms, reactions start with the nervous system and these were followed by a string of events involving blood circulation and its control, to muscles and their balance of tensions, connective tissue i.e. bone and joints. Paralleling these are likely effects in the organs of the body, such as digestion and the maintenance system of the body.

Until recently it has been possible to categorise bone and joint degenerations but more difficult to demonstrate circulatory, muscular and connective tissue changes. The evidence is piling up on the side of preventive maintenance. We really do need to eat well, exercise well, rest well, and think well. Of course chiropractors are at the forefront to maintaining a well functioning nervous system, which is the main controller for all the other systems, particularly for repairs and maintenance.

When we look at the mountainous expenses of keeping many of our older citizens alive during the last few years of their lives, it does not take a rocket scientist to realise we cannot afford to continue our present medical and surgical methods for more than a couple of decades before all the money is gone. We all need to join in a revolution of thinking and acting if we are going to survive. Have you ever thought about becoming a chiropractor or encouraging your children to do so?

April recipe – Lemon Rosemary Cake by Judy K.

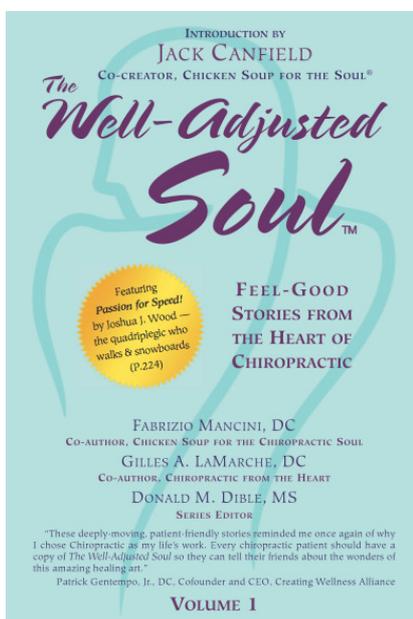
1. Mix together 1 cup sugar; half cup lemon juice (or lime juice); half cup water, a sprig rosemary, zest from lemon or lime. Simmer for 5 minutes.
2. Beat 250 g butter. Add Lemon or lime zest and 1 1/2 cups caster sugar. Beat until pale and light.
3. Add 3 eggs one at a time beating well after each. Fold in 1 3/4 cups SR Flour and 300 mls sour cream.
4. Cook in lined loaf tin at 180 degrees C for 45 mins.
5. Cool for 5 minutes before turning out. When cool, pierce top with skewer and pour over syrup.

This cake goes quite hard so I usually keep it in the fridge and put the cut slices in the microwave to soften. It has quite a tang.

Office Calendar April & May 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April					
4 April Dr Hart Dr Sandie	5 April Dr Tracy Dr Meghan Dr Sandie	6 April Dr Tracy Dr Meghan Dr Sandie	7 April Dr Hart Dr Chan Dr Sandie (am)	8 April Dr Chan Dr Meghan	9 April Dr Chantal Dr Meghan
11 April Dr Hart	12 April HHH Dr Tracy Dr Meghan	13 April Dr Tracy Dr Meghan	14 April Dr Hart Dr Chan	15 April Dr Chan Dr Meghan	16 April Dr Tracy Dr Chan Dr Meghan
18 April Chiro for Kids (AM) HHH Dr Sandie (PM)	19 April Dr Tracy Dr Meghan Dr Sandie	20 April Dr Tracy Dr Meghan Dr Sandie Dr Chan	21 April Dr Chan Dr Sandie	22 April Good Friday	23 April OPEN
25 April Easter Monday	26 April Anzac Day	27 April Dr Tracy Dr Meghan Dr Sandie	28 April Dr Hart Dr Chan Dr Sandie	29 April Dr Chan Dr Meghan	30 April Dr Tracy Dr Chan Dr Meghan
May					
2 May Labour Day	3 May Dr Tracy Dr Meghan Dr Sandie	4 May Dr Tracy Dr Meghan Dr Sandie	5 May Dr Hart Dr Chan Dr Sandie	6 May Dr Chan Dr Meghan	7 May Dr Tracy Dr Chan Dr Meghan
9 May Dr Hart Dr Sandie	10 May Dr Tracy Dr Meghan Dr Sandie	11 May Dr Tracy Dr Meghan Dr Sandie	12 May Dr Hart Dr Chan Dr Sandie	13 May Dr Chan Dr Meghan	14 May Dr Tracy Dr Chan Dr Meghan
16 May Dr Hart Dr Sandie	17 May Dr Tracy Dr Meghan Dr Sandie	18 May Dr Tracy Dr Meghan Dr Sandie	19 May Dr Hart Dr Chan Dr Sandie	20 May Dr Chan Dr Meghan	21 May Dr Tracy Dr Chan Dr Meghan
23 May Dr Hart Dr Sandie	24 May Dr Tracy Dr Meghan Dr Sandie	25 May Dr Tracy Dr Meghan Dr Sandie	26 May Dr Hart Dr Chan Dr Sandie	27 May Dr Chan Dr Meghan	28 May Dr Chan Dr Meghan

Half Hour to Health (HHH)



We are serious when it comes to **HEALTH** care (as opposed to disease management). To show how serious we are we have introduced 2 new Health information sessions.

- Tuesday night 6pm start
- ½ hour of information

As a thank you for getting involved and coming along - we would like to give you a copy of "The Well-adjusted Soul" which includes a story written by Dr Tracy (RRP \$16.95).

April 12th with Dr Sandie McIntyre
April 18th with Dr Meghan Keleher

Chiropractor Update

Dr A. O. Hart Kennedy

It is that time of year again when Dr Hart has to make a decision - which motorbike to take to the Bathurst Easter Rally that he attends every year. This year Dr Hart is taking a 1915 Sunbeam bike and if there is room, probably take his old reliable 1926 Harley that he has had for 300 years (seems like it), as well.

His plan is not to ride them there but to travel down with a trailer, along with his friends (the ones who went around Australia with him) bikes. He is looking forward to mingling with 200 others with the same interests.

Dr Hart still considers himself as part of the younger mob? It may not be technically true but there will be plenty of others there who are older and just as silly.

This will make the 47th year in a row Dr Hart is away for his week of R&R down South. He will be away from the 18th – 21st April.

When he is not away on holiday, Dr Hart will be working his usual Monday & Thursdays.

Dr Tracy Kennedy-Shanks

It sure is a fun thing when you can go on holidays with friends. Dr Tracy & Glen are home from the trip to Argentina with Dr Chantal. They spent a week with the big fish (Orca), birds in suits (penguins), and the Elephant seal (they are just ugly). It was fun, cold, and relaxing, as well as entertaining and we have the pictures to prove it. Glen and Tracy then spent a week in Santiago Chile before the long trip home.

Dr Tracy & Glen will be heading to N.Z. for the very special occasion of Dr Sandie's graduation. We will be touring the new College facilities, catching up with friends, watching Dr Sandie walk across the stage all in a few short days.

Dr Tracy is working Tuesdays, Wednesdays and Saturdays

(away for Dr Sandie's graduation 9th April).

Dr Chantal Henderson

Dr Chan had a fantastic time in Argentina. This month, Dr Chan hangs her photography exhibition "Expanding Horizons", at the Toowoomba regional Art Gallery. Official opening 2pm-3.30pm Sunday 17th April.

Dr Chan works Thursdays, Fridays & Saturdays. She will be here until late on Thursday night and will be working every Saturday.

Dr Meghan Keleher

Dr Meghan has been mixing with politicians recently. As you may be aware, Dr Meghan is a strong advocate for birth choices and her involvement with that has led to her speaking to the state Health minister. She hopes to help the women of Toowoomba and Darling Downs to have access to all forms of care but most importantly one on one midwifery care, so women get the best birth outcomes.

No holidays planned as yet.

Dr Meghan is working Tuesday, Wednesday & Friday with alternate Saturdays.

Dr Sandie McIntyre

Well the time has finally arrived after all these years for Dr Sandie to put on her black robe & cap & receive her official piece of paper.

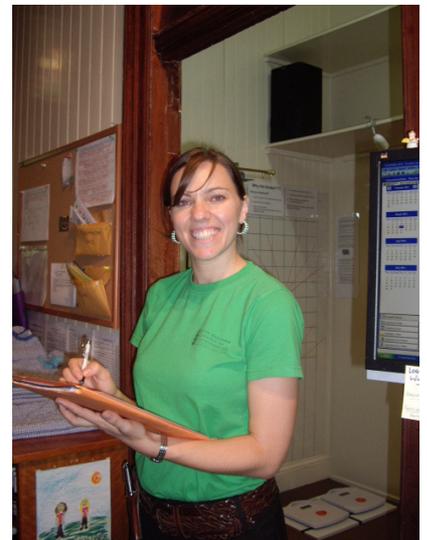
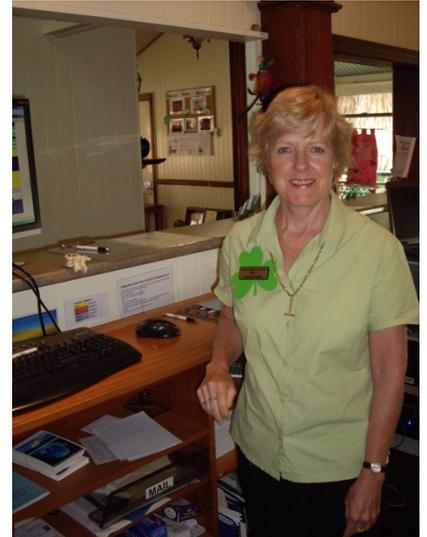
She heads back to NZ this month for graduation & a little family holiday. For all of you who remember Dr Sandie's mum Issy and her sister Emma (from when they worked at Kennedy's) you can probably imagine what a week's tour around NZ in a people mover would be like - very loud, very entertaining & perhaps a little crazy.

Hopefully the poor boys will still be sane when they get home.

Dr Sandie will be working Monday, Tuesday, Wednesday & Thursdays every week (She will also be doing a few extra days

while Drs Tracy & Chantal are on holidays).

St Patty's Day Antics



Any ideas/suggestions?

newsletter@kennedychiro.com

Like what you see but want to save paper?

Let us have your email address at reception when you are in for your next appointment.

We only use emails at the office for newsletters and individual communication. We do not give out your address because we know how annoying it is to get spam.