

# *Kennedy Chiropractic Centre*

130 Russell Street  
Toowoomba 4350  
(07) 4639 1060  
Email: [newsletter@kennedychiro.com](mailto:newsletter@kennedychiro.com)  
[www.kennedychiro.com](http://www.kennedychiro.com)

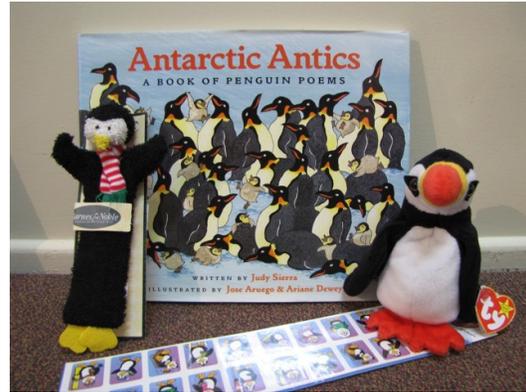
Dr A.O. Hart Kennedy D.C. (Canada)  
Dr Tracy Kennedy-Shanks B. Sc (Anatomy), D.C. (USA)  
Dr Chantal Henderson B AppSc. (Clin) B AppSc. (Chiro)  
Meghan Keleher B.Sc.(Chiro), B.Chiro

## **August 2010 Newsletter**

### *Winter colouring in competition*

This month we are having a kids colouring competition inspired by 'Happy Feet' the movie. It's about penguins (if you haven't seen it), which is why we have these prizes.

Colouring in sheets are available in the office now, so bring your kids in for an adjustment and a chance to win!



### *The farmer's donkey*

One day a farmer's donkey fell down a well. The animal brayed piteously as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth the time and trouble to retrieve the donkey.

He invited all his neighbours to come over and help him and they began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. When each shovel of dirt hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbours continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone cheered as the donkey stepped over the edge of the well and happily trotted off!

Life is going to shovel dirt on you. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of even the deepest wells if we never stop and never give up. Just shake it off and take a step up.



### **For Sale:**

**“Get Adjusted”  
Baby jumpsuits and T-shirts**

**\$15 each  
Small sizes only (6 to 24 months)**

## Let's get cooking!

We are still compiling our cookbook if you want to contribute.

### What we are asking of you:

1. Choose your favourite recipe, or one that is popular with your family.
2. Email it to us (if possible with a picture) to [healthy@kennedychiro.com](mailto:healthy@kennedychiro.com) or hand a copy in at the office.
3. If you 'borrow' the recipe from someone, (we won't tell) but please get permission first.
4. Write a personal note with why you chose it to make it personal e.g. this is a favourite because it ....., or tell us the history if it is a family recipe.



### What we will do:

We will assemble them into a little book for all to share so we ask that you send in your contribution asap.

## Frequently asked questions:

**Q: I am feeling better why do I need to come back?**

**A: "The power that made the body heals the body."**

Yes. There still isn't a recorded instance of a doctor (of any kind) healing a patient. In fact, if the truth were told, no one knows exactly how the body heals. But we do know this: For healing to occur, at least two things must be present.

First, life must be present. Dead bodies do not heal. And generally speaking, young bodies tend to heal faster than older bodies.

Second, connection must be present. End organs must be connected to the brain. This happens through the nervous system. Isolation, separation or interference always hinders the healing process.

Careful that you don't inadvertently sanction the common patient perception that the chiropractor and your adjustments heal the body. They do not. Nor does the physician's pills or the surgeon's knife. Patients will often give doctors the credit, but accepting it would be stealing.

## Review of July

Chiropractors of the region meet for breakfast. On Friday 23 July twenty of the local chiropractors gathered for a short breakfast meeting. We discussed changes in regulations from a government perspective and generally had a good 'chin wag'.



# Office Calendar August 2010

| Monday                                 | Tuesday                                   | Wednesday                            | Thursday   | Friday                                 | Saturday                              |
|--|---|--------------------------------------|--|--|---------------------------------------|
| 2 August<br>Dr Tracy (for<br>Dr hart)  | 3 August<br>Dr Meghan<br>Dr Tracy<br>HHH  | 4 August<br>Dr Meghan<br>Dr Tracy    | 5 August<br>Dr Chantal<br>Dr Tracy (for Dr<br>Hart)    | 6 August<br>Dr Chantal<br>Dr Meghan    | 7 August<br>Dr Chantal<br>Dr Tracy    |
| 9 August<br>Dr Tracy (for<br>Dr hart)  | 10 August<br>Dr Meghan<br>Dr Tracy<br>HHH | 11 August<br>Dr Meghan<br>Dr Tracy   | 12 August<br>Dr Chantal<br>Dr Tracy (for Dr<br>Hart)   | 13 August<br>Dr Chantal<br>Dr Meghan   | 14 August<br>Dr Chantal<br>Dr Meghan  |
| 16 August<br>Dr Tracy (for<br>Dr hart) | 17 August<br>Dr Meghan<br>Dr Tracy<br>HHH | 18 August<br>Dr Meghan<br>Dr Tracy   | 19 August<br>Dr Chantal<br>Dr Tracy (for Dr<br>Hart)   | 20 August<br>Dr Chantal<br>Dr Meghan   | 21 August<br>Dr Chantal<br>Dr Tracy   |
| 23 August<br>Dr Tracy (for<br>Dr hart) | 24 August<br>Dr Meghan<br>Dr Tracy<br>HHH | 25 August<br>Dr Meghan<br>Dr Tracy   | 26 August<br>Dr Chantal<br>Dr Tracy (for Dr<br>Hart)   | 27 August<br>Dr Chantal<br>Dr Meghan   | 28 August<br>Dr Meghan<br>Dr Tracy    |
| 30 August<br>Dr Tracy (for<br>Dr hart) | 31 August<br>Dr Tracy<br>Dr Meghan<br>HHH | 1 September<br>Dr Tracy<br>Dr Meghan | 2 September<br>Dr Tracy (for Dr<br>Hart)<br>Dr Chantal | 3 September<br>Dr Chantal<br>Dr Meghan | 4 September<br>Dr Tracy<br>Dr Chantal |

## August Recipe – Gluten and dairy-free muffins

**Preparation Time** 20 minutes

**Cooking Time** 25 minutes

**Makes** 12

### Ingredients

- Light olive oil, to grease
- 3 eggs
- 1 x 120g can apple puree
- 160ml (2/3 cup) soy milk or rice milk
- 80ml (1/3 cup) honey
- 80ml (1/3 cup) light olive oil
- 1 medium (about 150g) red apple, cored, peeled, finely chopped
- 1/3 cup frozen or fresh blueberries
- 200g (1 1/2 cups) Orgran gluten and wheat-free self-raising flour
- 175g (1 1/2 cups) gluten-free soy compound
- 1 tsp ground cinnamon
- Pure icing sugar, to dust

### Method

1. Preheat oven to 180°C. Brush twelve 80ml (1/3-cup) capacity muffin pans with oil to grease.

2. Whisk together the eggs, apple puree, milk, honey and oil in a bowl until combined. Add the apple and blueberries and stir to combine.
3. Sift the flour, soy compound and cinnamon over the apple mixture and stir until just combined.
4. Spoon among prepared pans. Bake in oven for 20-25 minutes or until a skewer inserted into centres comes out clean. Turn onto a wire rack. Dust with icing sugar to serve



Source - Good Taste - February 2006, Page 111

## Chiropractors Update

### Dr A. O. Hart Kennedy

Bon voyage Dr Hart on your trip around Australia. Dr Hart finally decided to take the 1935 Harley Davidson all the way around the country. He headed out on the 23<sup>rd</sup> July towards the pointy part of QLD then turned left somewhere near the top. Last known whereabouts ????? Check out the map at the office to see how far away he is.



We will be looking for him to come home from the opposite direction some time early in September ready to start back to work on Thursday 9<sup>th</sup>. Have fun and we hope the bike keeps up with the trip. (p.s. this bike is the BSA – he actually took the Harley)

While Dr Hart is away in August & early September Dr Tracy will be working on Mondays & Thursdays for Dr Hart.

### Dr Tracy Kennedy-Shanks

Dr Tracy can be seen around the office frequently these days. She is working Monday, Tuesday, Wednesday, Thursday & Saturdays in August. She is making a quick side trip to Sydney for a Chiropractic Association meeting and to attend the Graduation Dinner at Macquarie University.

### Dr Chantal Henderson

Dr Chan is back to her usual Thursday, Friday and every second Saturday, now that Dr Megan is back. Dr Chan might try to sneak over to Wanaka, NZ at the end of the month, for 4 days skiing, but no one will notice her absence (as long as she is injury

free), as it will be on her days off. Holiday without having a 'holiday'.

Dr Chan's latest Panoramic Photograph is "She moves by Moonlight" - a 15 minute exposure of Moreno Glacier in the light of the full moon. <http://www.chantalhendersonphotography.com>

Dr Chan is looking forward to Cranial Kinesiology Seminars, starting next month in Brisbane.

Dr Chantal is working Thursday, Friday & alternate Saturdays.

### Dr Meghan Keleher

Welcome home Dr Meghan and family. Dr Meghan and Pete enjoyed the sights of Italy. The food was good and Claire had more than her share of ice cream. Dr Meghan also attended her first international Parker seminar and gained knowledge about health care and more skills in adjusting kids. She now looks forward to using those skills to benefit the families that come in to Kennedy Chiropractic.

Dr Meghan will return to her usual workdays Tuesday, Wednesday, Friday and every second Saturday. Welcome home!

### Dr Maree Chilton

Many thanks to Dr Maree for working in the office while Dr Meghan was away in Italy. We enjoyed having you here and know many people benefit from your chiropractic expertise.

Dr maree will be back in September / October for a few days only. September 21,22,23 and October 5,6.

We would love to have Dr Maree on a more permanent basis but we understand that the drive from Byron Bay is a little to far to do on a weekly basis.

## Chiropractic Assistant Update

**“In the industry it is known as adjustment hair” many thanks for Maree’s keen powers of observation! Often after an adjustment we have to make sure that you comb your hair and fix your face! What about the Alice Cooper eyes?**

### Student Update

Deciding on a career is a challenge at best and a big decision.

Congratulations to all the chiropractic students for taking on such a serious career path. It is a lot of work but is worth it for such a rewarding career.

You might notice there is a lot of laughter and fun in the office – we take our work seriously but we love what we do and that shows through. We would like to encourage anyone thinking of a career in health to come and talk with us about what it is like to be a Chiropractor.

### Sandie

Sandie is into her final semester at Chiropractic College in New Zealand. She has clinic requirements and a few exams but the hardest part of the studies are over. We look forward to welcoming you back home and to start work at Kennedy Chiropractic Centre.

### Any ideas/suggestions?

[newsletter@kennedychiro.com](mailto: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.