

Kennedy Chiropractic Centre

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January 2010 Newsletter

January – It's a New Years resolution

NEW YEAR'S RESOLUTION - DR MEGHAN

Every year people around the world make New Year's Resolutions they don't often keep. A 'google' of the Top 10 New Year's Resolutions comes up with a pretty similar range of goals we try to achieve in the year ahead. Here is a sample list of the most common resolutions:

<ul style="list-style-type: none">• Stop smoking• Get Fit• Lose Weight• Enjoy Life More• Quit Drinking	<ul style="list-style-type: none">• Get Organised• Learn Something New• Ge Out of Debt• Spend more time with the Family• Help Others
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When I look at this list what I notice most is that each of these things is centred on achieving optimum health. Some goals are about improving your physical health. Others are about removing the negative chemical and nutritional imbalances in your health. Then there are those that look at achieving a more balanced mental well-being by removing stress and improving relationships.

It seems that people all over the world have the same philosophy on health that chiropractic does. *Balance in the mental, chemical and physical components of your health as the key to a healthy and happy life.*

We don't change our New Year's Resolution at Kennedy Chiropractic. Our goal has always been to help all of you live healthier, happier lives through chiropractic. We aim to improve your health and well being by keeping the spine and nervous system functioning, enabling you to maintain that all important balance, to achieve your New Year's Resolutions.

If you would like to help a friend or loved one with achieving their health goals this year then bring them to our Half Hour to Health Class. For those that refer in a friend to the HHH class this month we will be giving you a free copy of Dr David Hendrey's book, 'Vision for Vitality'; a 13 week program for achieving healthy, vibrant living. (Our Dr Chan did the photography for the book).

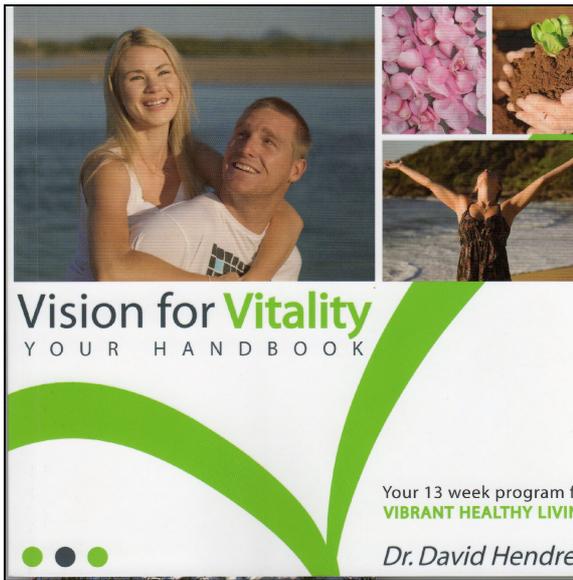
TOYS FOR TREATMENT

**Thank you to all who that contributed to our
"Toys for Treatment".**

Toys and food and cash were collected through November & December and donated to the Salvation Army to be distributed to the underprivileged. Irene (from the salvos) was very excited when she arrived to collect our gifts and was thankful for your support.



BOOK OF THE MONTH - "VISION FOR VITALITY"



Dr David Hendrey, a local Queensland Chiropractor, has written a handbook on how to create and keep positive habits in your life. It is designed as a workbook to read, use, and refer to as an aid to keep those new years resolutions active throughout the year.

Dr Chantal assisted with the photography in the book and her picture is on the inside back cover.

This month if you bring a friend to our "Half Hour to Health" introduction session, we will gift you this book as a thank you for introducing someone special to our office.

Alternatively you can purchase this book at the office for \$25 (\$5 of that will be donated to the Australian Spinal Research Foundation)

BOYS CORNER

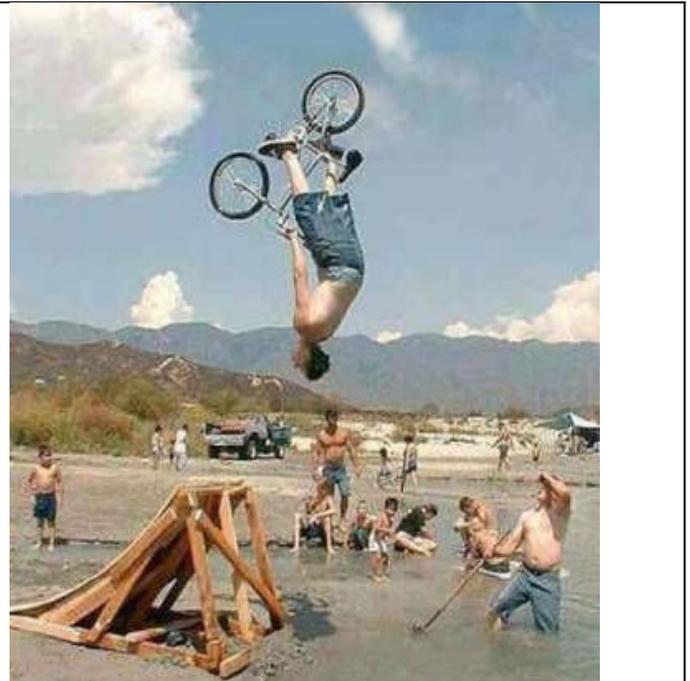
Question: Will this 'male' need an adjustment?

Just for entertainment we thought a Boy's corner would be fun. (Boys come in all ages we note)

Often when we see kids in the office we ask if there have been any crashes or injuries since the last adjustment.

We hear all sorts of stories that often make us smile.

We would also note that unless there are broken bones or blood then sometimes these injuries are not mentioned 😊



OFFICE HOURS FOR 2010

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Dr Hart	Dr Tracy Dr Meghan	Dr Tracy AM Dr Meghan	Dr Hart Dr Chantal	Dr Chantal Dr Meghan	Dr Tracy Drs Meghan & Chantal (Alternate weeks)
Office hours	Office hours	Office hours	Office hours	Office hours	Office hours
8-12 2-5	7:30-12 2-6	8-12 2-6:30	8-12 2-6:30	7:30-12 2-6	7:30-12

JANUARY RECIPE

Flourless Chocolate Cake

Recipe from "Changing Habits Changing Lives" by Cyndi O'Meara

Ingredients	Method
250gms almonds 250gms dark chocolate 150gms rapadura sugar 200gms butter 6 eggs 1 TBS baking powder 1 TBS cocoa	1. Set oven to 160C fan forced 2. Prepare 24cm tin, by greasing and lining the bottom with baking paper 3. Grind the almonds set aside 4. Grate the dark chocolate set aside 5. Mix sugar, butter, eggs, baking powder and cocoa and beat for two minutes 6. Add the almond and chocolate to the mixture and beat another 2 minutes. 7. Pour into prepared tin and bake in oven for one hour.

HHH - 'HALF HOUR TO HEALTH' INFORMATION SESSION

On Tuesday evenings we hold an "introduction to health" session at the office.

How does this benefit you?

In the month of January we will give you a copy of the book "Vision for Vitality" as a thank you for bringing a friend along to our introduction session. We think your health is important and we believe that the more you know, the better you can choose the right things for you.

Our mission

"Helping people live happier healthier lives through chiropractic"

Tuesday	5 th January	First back after holidays
Tuesday	12 th January	6.00 PM start
Tuesday	19 th January	6.00 PM start
Tuesday	26 th January	Holiday – Australia Day
Tuesday	2 nd February	6.00 PM start

NOTES FROM A LEGEND - JIM ROHN'S LESSONS IN LIFE

1. Learn to be happy
2. Discipline yourself - the most critical ingredient of success.
3. 2 pains in life are the pain of discipline or the pain of regret.
4. Embrace change – you can change all things for the better when you change yourself.
5. Live Well. Life is worthy if you try your best, plan, & give. Design your own life or someone else will.
6. Let others lead small lives but not YOU!

Join the Army as a Chiropractor

(Interesting - that the USA understands how important it is to care for the people in the military – why is Australia so far behind?)

The US Army Medical Command is hiring chiropractors to fill numerous positions available in medical treatment facilities overseas and in 18 states. Compensation ranges from \$59,000 to \$95,000 annually. Applications are being accepted only until October 19, 2009. For more information www.usajobs.com.

Chiropractors Update

Dr A. O. Hart Kennedy

Dr Hart was surrounded by family for the last part of 2009. Liz's sons were here from England and the eldest (Steven) was married on Hamilton Island. Dr Hart's son, Cameron, and family came for a visit from USA for the beginning of December. Christmas was a quiet time at home on the farm with the local family recovering from all the heat and dancing in the rain. January holds much the same with a quiet reflection to start the New Year. Dr Hart & Liz will take a short local holiday in February once school goes back.

Dr Hart continues to work Mondays & Thursday,

Dr Tracy Kennedy-Shanks

Dr Tracy & Glen were home all of December in the heat of Murphys Creek. We had the usual Christmas tree and decorations and had Christmas breakfast pancakes on the bluff overlooking the Lockyer Valley.

January Dr Tracy will take her first trip for the year to the USA for a Parker Seminar in Las Vegas and to visit with Ari in Los Angeles.

Dr Tracy will be away 10-24 January and then back to the regular Tuesday, Wednesday, & Saturday mornings.

Dr Chantal Henderson

Dr Chantal had 2 Christmases this year: one in Melbourne then one at the sunshine coast. Over the holidays she has been showing and selling her photography at exhibitions, as well as an art stall at the markets in Eumundi.

Dr Chan had a busy year in 2009 and one of her projects has come to completion. Dr Chantal was one of the official photographers for the book "Vision for Vitality" written by the chiropractor Dr David Hendrey. We are promoting this book through January as it is a 13 week program on starting some healthy habits for 2010.

Dr Chantal will continue with her usual Thursday & Fridays here at the office in the New Year and she will be alternating Saturdays with Dr Meghan. Dr Chan starts the year with the first Saturday on January 9th.

Dr Meghan Keleher

Dr Meghan had Christmas in Toowoomba this year with family and friends. She was available to work between Christmas and New Year and was able to help with pre and post Christmas adjustments as well as the few that needed in between 'repairs'. The Chronicle reported the main visitors to the hospital emergency room over Christmas were the adults playing with the children's toys!

Dr Meghan is available on Tuesday, Wednesday, Fridays & every 2nd Saturday.

Side note

Congratulations Dr Helen on your new chiropractic office in Salmon Idaho. We wish you all the best in your USA adventures.

Chiropractic Assistant Update

Glen, Jill, Sue, Maree

Many thanks to Sue for hosting the annual KCC Christmas party this year and even managed to gather together before Christmas (Last year we had the Christmas party in January) We had a very entertaining secret Santa with lots of laughs.

Our goal at Kennedy Chiropractic Centre is to "Help people Live Happier Healthier Lives through Chiropractic" For us, that involves having fun and being happy at work, as well as the more serious side of helping people reach maximum health. Team spirit is the name of the game.

This year we are doing something a little different with a new health theme for each month.

January of course is the start of 2010 Lets start the year right with some positive resolutions and see if we can keep them ☺

A sneak preview of the theme for February is "Realise your potential" It is also the theme for the Dynamic Growth Conference we attend the end of February.

Student Update

Sandie – Congratulations Sandie on entering your final year of chiropractic studies in N.Z. Sandie has been in the College clinic as well as working closely with the Chiropractic research department.

Tressa – Congratulations on completing your final year of Chiropractic studies at RMIT in Melbourne and starting work in Brisbane.

Kirstie – Congratulations on completing your first year of studies at RMIT in Melbourne. **Kirstie is celebrating with a holiday in Africa over the break.**

Kylie's work experience

Congratulations Kylie for having a day of work experience in the office. Kylie is a personal trainer and has a degree in Human Resources but she is looking for a challenge and Chiropractic just might be that.

Does your name belong here on my list of Chiropractic students? Do you know anyone that might like to choose a career in Chiropractic? If so we are always willing to share our experiences of what our profession is all about.

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.