

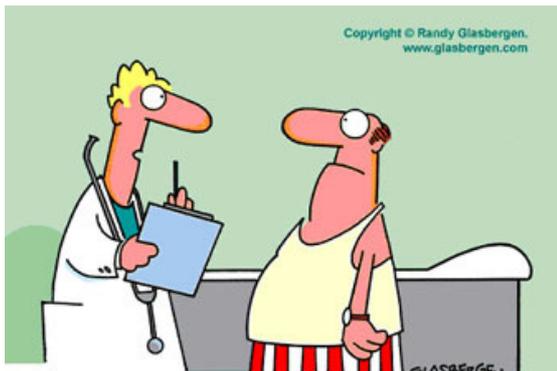
# Kennedy Chiropractic Centre

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 Maree Chilton BSc. (Anatomy), M.Chiro  
Dr Chantal Henderson B AppSc. (Clin) B AppSc. (Chiro)  
Meghan Keleher B.Sc.(Chiro), B.Chiro

## February 2009 Newsletter

### Welcome to the New Year



Copyright © Randy Glasbergen. www.glasbergen.com  
"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

As always the start of a new year brings about resolutions and changes. We hope that taking your health seriously is part of your resolution but more importantly part of your life.

Did you decide to get fit? – We recommend that you get a tune-up before you go crazy with exercise. It's better for your body to be adjusted before taking on an exercise program so that you don't get "strong and crooked". We want you to get "straight and strong"!

### INTRODUCING DR MEGHAN KELEHER!



We would like to welcome Dr Meghan into the KCC team. The move from Perth went very well and the family is settling in very well.

Dr Meghan has a keen interest in working with babies and children and she and husband Peter have a 3 year old daughter Claire to keep them busy while. Dr Meghan is available Tuesdays, Wednesdays and Fridays.

### and the winner is... Rachel. A!!!

Congratulations to Rachel the proud winner of our drawing competition - she will truly love the teddy. The winner was randomly drawn – but I have to give credit to some very fun entries.



We figured it was so much fun we would have another competition for Easter.

# CHRISTMAS IN JANUARY



Well not everyone can get organised to have a Christmas party before Christmas so this year we decided to have it in January to make sure we were all there.

We welcomed Dr Meghan and husband Pete, we will farewell Kirstie, and we were happy to have Dr Maree and Dr Chantal here from both ends of the coast, and Sandie joined us from NZ while she is on University holidays.

We had a BBQ afternoon with good company and a jumping castle (we figured there were enough chiropractors around to repair any damage).

As you can see Texas was wondering what all the fuss was about – but he enjoyed the BBQ a lot.



## Case History by Dr Hart

Most of you already know that chiropractic does not often “treat” symptoms. By the time that someone sees us as a patient, the symptoms have usually been present for months or even years and have already been rubbed, patted, pampered and dosed with various potions. If the symptoms still persist, it is time to start looking at possible reasons for the problem.

The other day we saw a patient with a persistent ache around the hip joint, similar to the feelings of a degenerated hip joint. Careful checking brought nothing startling to the surface, yet the symptoms remained. Symptoms were enough to prevent the patient sleeping well. What’s this? The opposite shoulder has a problem? Fix the shoulder and the hip seems to improve. No, not seems to improve..... it does improve.

Now the plot thickens, because shoulder problems can be a direct result of various difficulties, including neck, thoracic, lumbar spine and even digestive refluxes.

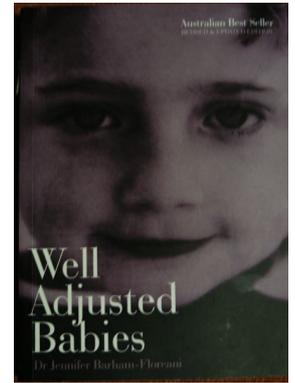
So spare a thought for the chiropractor. His or her brain is analysing your problem to find a cause; to correct it in an efficient manner; and then work out how to stabilize it. Very often the wisest course is to then leave it alone and also to leave everything else alone, too.

If you feel that we are not spending enough time working on your various ailments, please bring it to our attention. There is usually a simple answer, to explain the way we work.

# Are you pregnant or thinking of having a baby??

Well let us know (before the start if possible so we can give you more information). We will take the time to discuss your health while pregnant and how chiropractic can be part of that journey.

As a reference guide, Dr Jennifer Barham-Floreani had written a book "Well adjusted babies" that we sell in the office.



## Australia Day



This Australia day marked glens 4<sup>th</sup> year as an Australian. Happy 4<sup>th</sup> birthday Glen!



### Half an Hour to Health Classes – Free Sessions

Every Tuesday evening in February 6.00pm

Tuesday the 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

March 3<sup>rd</sup> & 10<sup>th</sup> Tuesdays 6pm

## **Chiropractors Update**

### **Dr A. O. Hart Kennedy**

The proof is in the pictures – you are only as old as you think you are. Dr Hart was seen entertaining the staff at the Christmas party. He has been a lifetime chiropractic patient and is living his potential.

Dr Hart will be working on Mondays and Thursdays.

### **Dr Tracy Kennedy-Shanks**

Welcome home Dr Tracy from a very cold white New York Christmas. Dr Tracy and Glen went to California for the holidays to visit Ari. They went to Disney and Warner Brothers Studio as well as just hanging out with family.

Dr Tracy will continue this year with the Chiropractic Association position and will be working as well.

### **Dr Maree Chilton**

Thanks to Dr Maree for staying home over Christmas to keep the office open. She will be taking some much needed time off in February.

Sadly, Dr Maree has decided that the weekly commute from Lismore to Toowoomba was wearing her out too much and felt that she needed to find an office closer to her home and family.

She didn't want to make a big fuss about leaving because she will miss you all so much and knew she would get upset if she talked about it too much. She hopes that everyone understands. She will be back for 3 weeks in March while Dr Chantal is in Argentina.

### **Dr Chantal Henderson**

Dr Chantal enjoyed a quiet family Christmas this year at the sunshine coast where she lives. Early mornings in Toowoomba you might see her out and about, on her bike or running, as she trains for a triathlons this year. Dr Chan has always been a keen athlete and his year stands a good chance in serious competition. She is competing nationally in Hobart in February

and Perth in March. We all wish you GOOD LUCK!

Dr Chantal continues to work this year on Thursdays, Fridays, and Saturday mornings.

### **Dr Meghan Keleher**

Welcome Dr Meghan, we are glad to have you join our office. Dr Meghan started in the office years ago as a patient and was so impressed with Chiropractic she decided to become one herself. She has a keen interest in working with kids as she enjoys watching her own daughter grow up so quickly.

Dr Meghan will be taking on Tuesdays and Wednesdays and Fridays as well as some other times in the week.

## **Chiropractic Assistant Update**

### **Jill**

Welcome back Jill from your holidays in Sydney. We know you were missed because everyone wanted to know what we had done with you ☺

PS Jill snuck in a birthday in January while she was on Holidays.

### **Kirstie**

Farewell to Kirstie later in the month of February as she heads to Melbourne to study chiropractic at RMIT university.

We will miss having you at the office but wish you all the best in your studies and will hopefully see you back at the office in the future as the newest Chiropractor.

### **Sue**

Many thanks to Sue, for staying home over Christmas to work at the office while the rest of us had holidays. Sue enjoyed Christmas with two of her three girls, as Andrea was home from Chiropractic College in NZ.

### **Glen**

Welcome back Glen from the trip to the USA for Christmas. Glen will resume his duties as chief handyman and X-ray assistant. X-rays are taken in the office on Tuesday afternoons.

**Emma** – past employee

Congratulations on your engagement to Simon.

## **Student Update**

### **Sandie**

Many thanks to Sandie for being available to work over the Christmas season. Sandie was home from Chiropractic College in NZ and returns in February to start classes in the second last year of studies.

### **Tressa**

Congratulations Tressa on going into final year at RMIT. We know you will be a great mentor to Kirstie as she settles into the life of a student there.

### **Andrea**

Congratulations Andrea on going into the second last year of studies at NZCC. Andrea has taken on the extra challenge of a double degree in nutrition at Auckland University.

**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 about.**

## **Stress Response Assessment Update**

Many thanks to Jason for being available to perform the stress tests on Saturdays. As you know it is not the stress that is the factor but the way the body handles it that counts. Are you starting the New Year with a resolution to change things in your life? We can test the area that is of most concern and help work out ways to manage it.

### **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.