Welcome winter - the season of scarves and beanies. As Toowoomba town starts us off with a chilly winter we have decided to embrace the cold here at the office. We hope you enjoy the fake snow we have provided for you in the lounge and that we inspire you to keep the winter chill away with chiropractic. We are so excited about the change of season that we have all gotten out our scarves and beanies and are proudly putting them on display. Don’t seize up – get adjusted!

Let’s get cooking!

It’s inevitable – Master Chef TV fever has taken over at KCC. Well of course, everyone has been captivated by the antics on the popular television show, so we hope all of you who come into our office love to cook. Because...

It has inspired us to compile our own cook book for everyone to contribute to. We love the idea of good old fashioned or favourite recipes, so send them in and we can share them with everyone!

Dr Hart can BBQ some fantastic chicken, Dr Meghan can bake a great birthday cake, Dr Chan can cook a mean roast lamb, Dr Tracy can only assemble food, like cheese and crackers but her current specialty is toast with a cuppa tea.

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 or give us a copy
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 by the middle of July.

What’s the deal about Health reform?

Well if you have been following Dr Tracy’s travels over the last 12 months then you know she has been working with the Chiropractic Association on health reform and chiropractic. We (chiropractic and nine other health professions) are going to national Registration starting 1st July 2010.

What does this mean for you, the patients? Well the registration board is there to register the professions and sets guidelines for public safety. This is a good thing and was prompted by the bureaucratic mess around the issues with Dr Patel in Bundaberg. What it means for us (as chiropractors) we need to get our story straight about what it is and what we do. We are responsible for attending continuing education to keep up with the latest information in chiropractic. This is most commonly in the form of seminars on the weekends where we have a chance to network with other professionals as well as exposure to new health information. Our official requirement has increased for the future, but I am pleased to announce that chiropractors take further education very seriously and are always well over the basic requirements for our professional development.
Frequently asked questions:

What can I do to keep the dreaded flu away this season?
With all the hype over the past year about the swine flu I am often asked about why we get the flu. Well it has nothing to do with the ‘bugs’ and everything to do with the host. We are all exposed to the bacteria and viruses that cause the common cold as well as the more serious flu. The difference is everything to do with your health and immune system. When your immune system is ‘asleep’ then the ‘bug’ becomes opportunistic and takes over the system. Normal immune function should notice the invading ‘bugs’ and mount a response.

Products that help your immune system:

- NET flu immune spray
- multi vitamins

Review of May – National Chiropractic Care Week

Chiropractic care week is over for this year but the colouring in competition is open until the end of June. You can send them in directly or you can leave them here and we will send them the last week of June. There are two great Spartan backpacks as prizes in each of the two age groups.

You can also visit the Chiropractors’ Association of Australia’s new website: www.whatsyourposture.com.au for the low down on common postural problems, including self assessment tools and information on how chiropractic care works to help people maintain a healthy spine for a healthier life.

We know that bad posture leads to bad function so do yourself a favour and book the whole family in for a chiropractic check up.
### Health Talk Times June 2010

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 Dr Hart</td>
<td>8 Dr Meghan Dr Tracy</td>
<td>9 Dr Meghan Dr Tracy</td>
<td>10 Dr Hart Dr Chantal</td>
<td>11 Dr Chantal Dr Meghan</td>
<td>12 Dr Chantal Dr Tracy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>15 Dr Meghan Dr Tracy</td>
<td>16 Dr Meghan Dr Tracy</td>
<td>17 Dr Hart Dr Chantal</td>
<td>18 Dr Chantal Dr Tracy (for Dr Meghan)</td>
<td>19 Dr Chantal (for Dr Meghan) Dr Tracy</td>
</tr>
<tr>
<td>Holiday for Queen’s Birthday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr Meghan away 17th June to July – Dr Maree Chilton will be working Tuesdays &amp; Wednesdays</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21 Dr Hart</td>
<td>22 Dr Maree (for Dr Meghan) Dr Tracy</td>
<td>23 Dr Maree (for Dr Meghan)</td>
<td>24 Dr Hart Dr Chantal</td>
<td>25 Dr Chantal Dr Tracy (for Dr Meghan)</td>
<td>26 Dr Chantal (for Dr Meghan) Dr Tracy</td>
</tr>
<tr>
<td>28 Dr Hart</td>
<td>29 Dr Maree (for Dr Meghan) Dr Tracy</td>
<td>30 Dr Maree (for Dr Meghan) Dr Tracy</td>
<td>1 July Dr Hart Dr Chantal</td>
<td>2 July Dr Chantal Dr Tracy (for Dr Meghan)</td>
<td>3 July Dr Chantal (for Dr Meghan) Dr Tracy</td>
</tr>
</tbody>
</table>

---

**June Recipe - Roast Winter Vegetables**

These roast winter vegetables make a wonderful side dish and pair well with roast beef, roast chicken, pork or fish recipes.

**Ingredients (serves 4)**
- 440g potatoes, cut into 4cm pieces
- 600g pumpkin, peeled, cut into 4cm pieces
- 1 medium leek, trimmed, halved, washed, cut into 2cm lengths
- 1 medium parsnip, peeled, halved, cut into 3cm pieces
- 2 garlic cloves, crushed
- 1 tablespoon chopped fresh rosemary leaves
- 2 tablespoons olive oil

**Method**
1. Preheat oven to 200°C/180°C fan-forced. Place potato, pumpkin, leek, parsnip, garlic, rosemary and oil in a roasting dish. Season with salt and pepper. Toss to coat.
2. Roast for 50 to 55 minutes or until golden and tender. Serve.

**Notes**
- Serve with roast beef or grilled sausages.

**Variations:** Replace the leek with 500g peeled pickling onions.
Chiropractors Update

Dr A. O. Hart Kennedy
Dr Hart has been having extra days off thanks to the number of public holidays in the early part of the year. He has used the time to ‘play’ on the farm and has been delivering bails of hay to all the neighbours on his new tractor. He is preparing to take a bike road trip later in the year, around Australia on one of his vintage Harleys.

Dr Hart works Mondays and Thursdays in the office and will be away for parts of July & August.

Dr Tracy Kennedy-Shanks
Welcome home Dr Tracy from the trip to Canada and USA. Dr Tracy attended a Parker seminar in Montreal, Canada. The seminar focused on the adaptability of chiropractic. It is part of a series Dr Tracy is completing with the final 2 in September and then January. She and Glen also spent time with relatives in Toronto as well as a side trip to Niagara Falls and Quebec City.

Dr Tracy usually works on Tuesday, and Wednesday & Saturday mornings. In June Dr Tracy will also be working on Fridays for Dr Meghan.

Dr Chantal Henderson
Many thanks to Dr Chantal for working on Tuesdays in May, while Dr Tracy was overseas. She has been seen around and about Toowoomba with her camera taking local pictures for a photographic show in Toowoomba next year. Dr Chan has one of her LARGE works on display at the office for us all to enjoy. Thanks

Dr Chantal will be working for Dr Meghan on Saturdays in June. She will also continue with her usual Thursdays & Fridays and Saturdays through June.

Dr Meghan Keleher
Dr Meghan is preparing for a big trip overseas in June /July. She is a Maid of honour for a friend in London. Then she and the family will travel to Italy for a holiday as well as to attend the Parker seminar in Rome. Bon Voyage!

Dr Meghan will be away from 17th June until 15th of July.

Dr Maree Chilton
Welcome back Dr Maree to fill in for Dr Meghan while she is away in June. Dr Maree will be working Tuesdays and Wednesdays for 3 weeks from the 22nd June to the 7th July. Dr Maree still lives in NSW near Byron Bay and we are happy to have her come back for that month. Dr Maree loves to work here in Toowoomba and she is looking forward to catching up with everyone here. Dr Maree has a special interest in neurology so ask her to check your balance.

Dr Alison Holden
You might see or hear from Dr Alison over the next few months while she speaks with people about how chiropractic has changed their life. Dr Holden is a Chiropractor in Belgium and is on an extended stay in Toowoomba so we thought we would put her to work. If you have a story about how chiropractic has changed your life in either a big or a small way then let us know.

Dr Helen Silkman
Congratulations Dr Helen on your engagement to Dale in the USA. We are happy for you and wish you all the best.

Understanding Chiropractic
Dr Tracy has started a weekly session for some of our local pre-chiropractic students. We discuss chiropractic philosophy and principles. Are you interested in joining in? If you are thinking of Chiropractic as a profession then please let us know.

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.