

Kennedy Chiropractic Centre

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June 2010 Newsletter

Winter is here!

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.



Dr Meghan, Sue, Jill, Dr Tracy all in pink

“health now available without a prescription - get adjusted!”

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 health 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.

Photos of the month – Even superheroes get adjusted.

Our very own superhero



Buzz protects Dr Tracy – Spiderman comes in for a tune up – Superman flies past for his regular adjustment

Health Talk Times June 2010

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

June Recipe - Roast Winter Vegetables

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.

Chiropractic Assistant Update

Jill & Sue & Maree

The office lounge and reception were decorated this year for Chiropractic Care week in May. Jill is the resident decorator but she is well supported by Sue and Maree. You should see the antics

when we decorate for winter. Sue has her daughter home from Canada for a visit and you might see her around the office in for a tune up while she is here.

Glen

Glen the trusty handyman will be away in Dallas, Texas for June. He will be soaking up the heat, playing golf and visiting friends while taking a side holiday to Galveston. See you in July Glen.

Student Update

Sandie

Sandie (NZCC) is getting ever closer to graduation and re-joining the office as a chiropractor.

Congratulations also to the 4 new chiropractic students from our office that will be starting studies in the new year. We wish you all the very 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.