

Kennedy Chiropractic Centre

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Dr Meghan Keleher B.Sc.(Chiro), B.Chiro

November 2010 Newsletter

Melbourne Cup Day

Melbourne cup day is yet another excuse for us to dress up. We had a picnic lunch and a sweep. Maree won even though she forgot her hat (she made one out of a scarf). Hope everyone had a great day and maybe even picked the winner!



We have a hole in the fence!

We can see the neighbours – During some recent neighbourly renovations we have uncovered “Mt Russell”. The blue stone rock mountain was built by Dr Hart when the family lived in ½ the office and the side area was the ‘backyard’. Originally Mt Russell was a waterfall that joined with a water feature that went through the front garden. It has many ‘placed’ rocks, kilos of cement, and dozens of tubes of silicone to hold it together. ‘Gnome’ was uncovered when the vines were removed – he has been quietly living under there for years.

Bacon burgers

Thanks to the Tanzer family for including us on their Bathurst weekend tradition. Apparently it is a family tradition that Bacon & egg burgers are the snack of choice to munch during the race. We didn't wait that long and ate them for a mid morning snack while working on Saturday morning. Thanks – they were great.



Happy Birthday Dr Chan and Maree!



USA versus Australia health care by Dr Tracy

On my recent trip to the USA, I had the opportunity to speak with many friends about the problems with the American “health” system. Did you know that the leading cause for bankruptcy is due to the spiralling healthcare costs associated with a long term illness or a sudden accident. Of the people I spoke with, one story stood out about the duplicity that is in the system.

One of my friends went to the chiropractor for some post pregnancy low back pain issues. She was referred to a “spinal imaging company” for an MRI (magnetic resonance imaging) of the low back. Her insurance company would only cover x-rays and the cost of the MRI would be \$2500 with no refunds.

Here in Toowoomba we have an MRI available to us as Chiropractors and all medical practitioners to refer to directly. The cost to the patient is \$250.00 for the same images of the low back.

My question: Why the big difference in cost for the same product?



Monday the 8th of November is the 115th Anniversary of the discovery of the X-ray. Where would we be without them?

November Recipe – Mango Fool

Ingredients (serves 4)

- 150g low-fat ricotta cheese (see note)
- 1/2 cup low-fat vanilla custard
- 2 large ripe mangoes, peeled, roughly chopped
- 8 pieces almond bread

Method

1. Place ricotta in a food processor. Process until creamy. Pour in custard and pulse until just combined. Transfer to a large bowl. Wash and dry food processor bowl.
2. Process mango until smooth. Reserve 1/3 cup mango puree. Fold remaining mango puree into ricotta mixture.
3. Half-fill four 1-cup capacity glasses with mango-ricotta mixture. Spoon over reserved puree. Cover and refrigerate for 15 minutes or longer, if time permits. Serve with almond bread.



Notes

- Use low-fat or regular ricotta from the deli for this recipe (not spreadable ricotta in tubs). Ricotta is a soft, fresh cheese with a short shelf-life, so it's best used within 3 days of buying.

Source: Super Food Ideas - February 2007, Page 36
Recipe by Michelle Lucia

Office Calendar November / December 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 November Dr Hart Kennedy	2 November Dr Meghan Dr Tracy Melbourne Cup day – wear a hat!	3 November Dr Meghan Dr Tracy	4 November Dr Hart Dr Tracy (for Dr Chantal)	5 November Dr Tracy (for Dr Chantal) Dr Meghan	6 November Dr Meghan Dr Tracy
8 November Dr Hart Kennedy	9 November Dr Meghan Dr Tracy	10 November Dr Meghan Dr Tracy	11 November Dr Hart Dr Tracy (for Dr Chantal)	12 November Dr Tracy (for Dr Chantal) Dr Meghan	13 November Dr Tracy Dr Chantal
15 November Dr Hart Kennedy	16 November Dr Meghan Dr Tracy	17 November Dr Meghan Dr Tracy	18 November Dr Chantal Dr Hart	19 November Dr Chantal Dr Meghan	20 November Dr Chantal (for Dr Tracy) Dr Meghan
22 November Dr Hart Kennedy	23 November Dr Meghan Dr Tracy	24 November Dr Meghan Dr Tracy	25 November Dr Chantal Dr Hart	26 November Dr Chantal Dr Meghan	27 November Dr Chantal Dr Tracy
December					
29 November Dr Hart Kennedy	30 November Dr Tracy Dr Meghan	1 December Dr Tracy Dr Meghan	2 December Dr Hart Dr Chantal	3 December Dr Chantal Dr Meghan	4 December Dr Tracy Dr Meghan
6 December Dr Hart Kennedy	7 December Dr Meghan Dr Tracy	8 December Dr Meghan Dr Tracy	9 December Dr Hart Dr Chantal	10 December Dr Chantal Dr Meghan	11 December Dr Chantal Dr Tracy
13 December Dr Hart Kennedy	14 December Dr Meghan Dr Tracy	15 December Dr Meghan Dr Tracy	16 December Dr Hart Dr Chantal	17 December Dr Chantal Dr Meghan	18 December Dr Tracy Dr Meghan
20 December Dr Hart Kennedy Dr Tracy	21 December Dr Meghan Dr Tracy	22 December Dr Meghan Dr Chan	23 December Dr Hart Dr Chantal	24 December Dr Chantal Dr Meghan (½ day only)	25 December Christmas Holiday
27 December Closed Holiday	28 December Closed Holiday	29 December Dr Tracy	30 December Dr Hart	31 December Dr Meghan (½ day only)	1 January 2011 Closed Holiday

Half Hour to Health Classes

This month we will be holding our health class on Tuesday the 9th of November and Tuesday the 7th December . Bring your friends because there will be a free adjustment offer.

Chiropractors Update

Dr A. O. Hart Kennedy

Dr Hart has been waiting on his "new" Ariel to arrive from overseas. He always manages to keep himself busy around the farm on his days off tinkering with his toys. Like everyone else, Dr Hart is out there mowing grass and filling mud holes. What a wonderful change from blowing dust off everything. All his machinery is ready for the next trip on a motorbike, but no decision yet on exactly when or where that will be. Liz will be in London visiting her son and daughter -in-law after Christmas so that presents a window of opportunity. Anyone else want to come along?

Dr Hart is working his usual Monday & Thursdays.

Dr Tracy Kennedy-Shanks

Dr Tracy has been out and about again during October. She had a trip to Cairns with the Chiropractic association where she attended a board meeting as well as a seminar for continuing education credits. At the end of November, APRAH and National Registration cover all the Chiropractors in Australia. This is something that Dr Tracy has been working on over the past few years with the Chiropractic association and it is a good thing for standards across the country.

Dr Tracy is back to working 'almost normal' days in November and December.

Dr Chantal Henderson

Dr Chantal had a planned a country trip to spend some time photographing the wild flowers and local scenery around Western Queensland. The day before her trip, she decided to climb table top. Unfortunately in her haste to come down, she fell and sprained her ankle. It was not broken but instead of being in the wild, she spent her holiday sitting at home with her foot on a pillow.

Also, we wished Dr Chan a happy birthday.

Dr Chantal will be working Thursdays, Fridays & Saturdays from mid November through until Christmas.

Dr Meghan Keleher

After a busy couple of months (September & October) Dr Meghan will be having a quiet November catching up on family time. She will be flying to Sydney to do some more training in adjusting and assessing the little ones at a pediatric seminar in the middle of the month.

Dr Meghan works all day Tuesday, Wednesday & Friday and she alternates Saturdays with Dr Chantal.

Dr Maree Chilton

Thank you Dr Maree for making the trek interstate to come and be with us earlier last month. Dr Maree worked while Dr Tracy was away overseas.

Thank you Dr Maree. We will keep everyone informed when Dr Maree will be back with us to cover more holidays.

Chiropractic Assistant Update

Congratulations to Maree on a birthday last month.

See the picture of her fantastic cake on the first page.

We hope you enjoyed your day as much as we enjoyed your cake.

Ari

Welcome back Ari for some time in November. Ari graduated last month with a masters from Deakin University.



She received her Masters in Health and Human Services Management (Nutrition) and both Drs Tracy and Hart went with her to Geelong for the ceremony.

Ari has been utilising her time in Australia helping Dr Tracy with some research and writing case studies to be submitted for publication. She has also been writing nutrition articles for her blog.

The web address is **www.sensiblebite.com**

Student Update

Sandie

The countdown continues until the final exams for Sandie. She will be officially registered as a Chiropractor, and will start with us in the new year.

Congratulations Sandie!

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.