

Kennedy Chiropractic Centre

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October 2010 Newsletter

Where is Chiropractic after the first 115 years? By Dr Tracy Kennedy-Shanks



"I'll have someone come in and prep you for the bill."

During my recent trip to the USA, I spend time with my colleagues that practice there. It gave me a renewed look at the attitudes to health in both the United States and Australia, as well as highlighting the differences in chiropractic practices. Let me cover the basics, and express my gratitude that both Glen and I are fortunate enough to live in Australia (the lucky country).

The biggest difference is the American system is run by the insurance companies. They tell you who you can see and who you can't, how many times you can see the chiropractor and what level of treatment you receive. In Australia, those decisions are made between the patient (you!) and your chiropractor, not the insurance company policy.

During these times of political change, we are in the process of some interesting challenges in health care, both here and in the United States. The Australian system is not 'broken' but it will be 'broke' if we continue the way we are. The way I see it, the health reforms (both here and in the USA) talk about sickness management and not about health. If we were talking about health, we would be more active about healthy lifestyle education like "Move well", "Eat, well", "Think, well"¹. Health is about building and keeping up good habits like exercise, brushing your teeth, getting chiropractic adjustments, eating a balanced variety of fresh food, and keeping a happy positive attitude.

Disease is an accumulation of small things that the body cannot manage on its own and therefore starts a break down in function. It is not black or white – it is the shades of grey that, over a period of time, changes those body functions. The body becomes less of a self-healing, self-regulating organism that it was designed to be.

Both the Australian and the American governments are talking about health reform and prevention, but what they actually mean is early diagnosis and management of disease. This does not include prevention as we know it. There is a BIG difference!

For 30 years, we have had a poster on the back of the toilet door called "the dangerous cliff". Is it better to put a fence at the top of the cliff or an ambulance down in the valley? This is a metaphor for health management – Is it better to create and nurture good health habits starting early or do we wait until we are 'broken' and in a disease state to activate emergency medical situations?

Reference:

1. eatwellmovewellthinkwell.com [homepage on the internet]. Victoria, BC: Eat Well Move Well Think Well Wellness Lifestyle Corp; c2010 [cited 2010 Oct 2]. Available from: <https://www.eatwellmovewellthinkwell.com/default.cfm>

My food looks funny

By Dr Tracy ☺

I am always amazed at how many things I find 'funny' in the USA, that the locals think are normal. When eating out in Texas, we were asked "What side would you like with that? Baked potato, mashed potato, or fries?". If you add ketchup does that total four servings of vegetables? When eating out at restaurants, the portions are enormous.

Exhibit A:

"The kitchen sink" - brisket, pork shoulder and ribs for \$26 (where are the vegetables)?



Exhibit B: Chicken fried steak for breakfast. \$4 for Scrambled eggs, hash browns, steak in batter, sausage gravy (the white stuff) – with a token green garnish.



For more funny food facts check out Ari's blog -

<http://sensiblebites.blogspot.com/>

- Review of September –
Pictures from Kids Need Checking too Event



Office Calendar October 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 October Dr Hart Kennedy	5 October Dr Meghan Dr Maree Chilton (for Dr Tracy)	6 October Dr Meghan Dr Maree Chilton (for Dr Tracy)	7 October Dr Hart Kennedy Dr Meghan (for Dr Chan)	8 October Dr Chantal Dr Meghan	9 October Dr Tracy Dr Meghan
11 October Dr Hart Kennedy	12 October Dr Meghan Dr Tracy	13 October Dr Meghan Dr Tracy	14 October Dr Chantal Dr Hart Kennedy	15 October Dr Chantal Dr Meghan	16 October Dr Chantal Dr Meghan
18 October Dr Hart Kennedy	19 October Dr Meghan Dr Tracy	20 October Dr Meghan	21 October Dr Chantal	22 October Dr Chantal Dr Meghan	23 October Dr Meghan Dr Tracy
25 October Dr Hart Kennedy	26 October Dr Chantal (for Dr Tracy) Dr Meghan	27 October Dr Chantal (for Dr Tracy) Dr Meghan	28 October Dr Hart Kennedy Dr Chantal	29 October Dr Tracy (for Dr Chantal) Dr Meghan	30 October Dr Tracy Dr Meghan
1 November Dr Hart Kennedy	2 November Dr Meghan Dr Tracy	3 November Dr Meghan Dr Tracy	4 November Dr Hart Kennedy Dr Tracy	5 November Dr Meghan Dr Tracy	6 November Dr Meghan Dr Tracy

October Recipe - Bocconcini 'eyeball' tarts with olive 'bugs'

Boo! Halloween is almost here, so put on your scariest outfit and invite everyone around for these terrifying treats. Makes 24.

Source: delicious. - October 2009, Page 114
Recipe by Valli Little

Ingredients

- 2 cups (500ml) good-quality tomato pasta sauce
- 12 baby bocconcini, halved
- 12 stuffed olives, halved
- 1 large rosemary sprig, leaves picked
- 12 kalamata olives
- 24 ready-made mini savoury tart cases

Method

1. Place the tomato sauce in a pan over medium heat and simmer for about 10 minutes until thickened, stirring occasionally to prevent catching.
2. Press half a stuffed olive (pimento-side up) into the rounded side of the bocconcini to create 'eyeballs'.

3. To make the bugs, stick 6 rosemary leaves (3 on each side) into the kalamata olives to form legs.
4. When ready to serve, warm the sauce in a pan over low heat. Spoon into pastry cases, then press a bocconcini half into each one. Serve the eyeballs on a platter surrounded by bugs.



Chiropractors Update

Dr A. O. Hart Kennedy

Dr Hart has (sort of) unpacked and organised himself and the machinery (bikes) after the recent trip around Australia. Both Dr Hart and the bikes needed maintenance care upon his return, even though everything, both bikes and body performed very well. Dr Hart REALLY believes in preventive care (both human and machinery). There is nothing worse than a breakdown in the middle of nowhere (bike or body).

He enjoyed the trip thoroughly but thinks the next trip will probably be shorter and done with bikes only. More than likely, a sidecar will be the preferred mode. Bill, a co-tripper, has already put up his hand to go along too.

PS Happy Birthday last month to Dr Hart – after the celebrations last year we think he planned on having his birthday this year on a non work day. Dr Hart is working his usual Monday & Thursdays.

Dr Tracy Kennedy-Shanks

Dr Tracy & Glen are in the USA (Dallas Texas) for the first part of October. Dr Tracy attended a Parker Seminar on Chiropractic. Dr Tracy also received an award for "International Alumni of the year". She also organised a reunion of her graduating class and had a great time catching up with friends from the past. Glen even managed a game of golf (or 2). Upon her return Dr Tracy is working "unusual days" in October. Thank you to the other chiropractors for helping out with my weird schedule at present.



Dr Chantal Henderson

Dr Chantal has gone crazy with the camera through the carnival time in Toowoomba. She is compiling a portfolio of local photographs and her work makes wonderful decoration in the office.

Late Happy Birthday to Dr Chantal – she had a sneaky birthday last month and we think she planned it to have a day off!

Dr Chantal will be taking a couple of days away the end of October & early November but will be back to her normal Thursdays, Fridays & Saturdays from mid November through until Christmas.

Dr Meghan Keleher

Dr Meghan had a wonderful day Monday the 19th September checking and adjusting the children during our special children's day. It was so successful that we have decided to do it again over the next school holidays. We always look forward to the opportunity to help our Kennedy Chiropractic families.

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 for a few more weeks. Dr Maree worked one week in September and another at the beginning of October while Dr Tracy is away overseas. Thank you Dr Maree.

Chiropractic Assistant Update

Jill, Sue, Maree

As we make the transition in to spring (although a little turbulent with the weather) we are doing some spring things at the office.

We unfortunately had to remove the fish tank last month. "Sid" the last fish was not so happy on his own so he has been relocated to a new happy home in Murphy's Creek (no not in the actual creek). We were having problems keeping foreign bodies out of the tank (cars and toys) and challenges with the air hoses and filters being altered (pulled out) by little hands. We are sorry for the loss of entertainment but at least the fireplace is in full elegant view again.

Halloween is on a Sunday this year and maybe that is a good thing after Maree and Jill dressed as witches last year.

Stay tuned for November and some fun on Melbourne cup day.

Happy Birthday to Maree this month as well – but how did she plan it for a Sunday?

Ari

Welcome back Ari for some time in October. We want to congratulate Ari on her upcoming graduation. She will be receiving her Masters in a

ceremony at Deakin University, Melbourne, on 20th October. Drs Tracy and Hart will be accompanying the rest of the family to the graduation and ask to be excused from work for those days ☺

Student Update

Deciding on a career is a challenge at best and a big decision.

As we fast approach the end of the year we are watching some new Chiropractic students prepare to move away from Toowoomba to go to different universities around Australia and N.Z.

Chiropractic courses are offered in Australia at:

- Macquarie University, Sydney
- R.M.I.T., Melbourne
- Murdoch University, Perth
- New Zealand Chiropractic College, Auckland

Chiropractic is a wonderful career and if you know a student that would consider a health profession then we are all happy to share our experience.

Sandie

Yes, we are on a countdown to Sandie's graduation. She is in the final months of studies and student clinic. Then she passes clinic exit exams, board exams, and registers as a chiropractor. The past years have gone very quickly as so many of us remember what fun it was to have Sandie here working as a chiropractic assistant.

Well done and study smart!

Lucy

Congratulations on confirming your plans for attending chiropractic studies in Melbourne starting next year. Lucy has been seen around the office lately taking notes and gaining experience on what it is actually like to work as a chiropractor.

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.