

Kennedy Chiropractic Centre

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September 2010 Newsletter

Kids can benefit from Chiropractic Too!

Here at Kennedy Chiropractic we believe chiropractic is an important health option for you and your children. We recommend to all our parents that their children be checked and adjusted from the minute they take their first breath. In fact, we suggest you organize an adjustment as soon as the 'bubs' are born – it is a good idea to check new Mums and their babies.

Chiropractic is a gentle and safe health care option for families and checking your children may help them avoid health issues in the future. In a recent study (1), the majority of parents reported that chiropractic had improved the condition that they had brought their child in for. Additionally, other positive outcomes were seen, specifically improvements in **sleeping, behaviour and immune function**.

What parent isn't looking for a ways to improve those things?

We believe that chiropractic care is an important part of health. We want to give parents the opportunity to bring your children in for a **Complementary "check up and tune". We will be doing this on Monday the 20th of September during the school holidays.**

We welcome new children, those we haven't seen in a while, or an extra check up for those families we see on a regular basis. Give us a ring at 4639 1060 or book in when you are in the office next.

Reference: 1. Alcantara J, Ohm J. The Safety and effectiveness of pediatric chiropractic: results from a practice based research network [document on the internet]. 2008 May [cited on 2010 Sep 1]. Available from: http://icpa4kids.com/research/published_papers/Safety_Practitioners_ECU_2008htm.html.

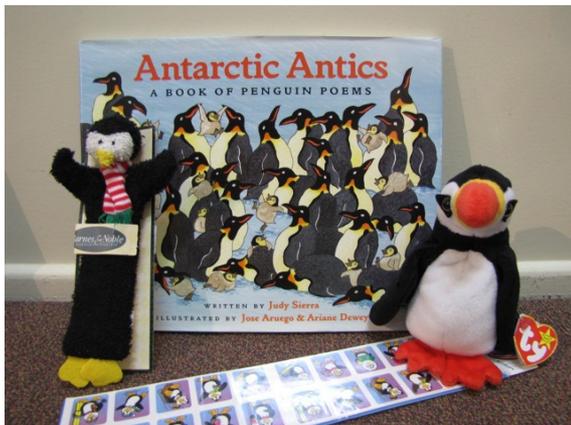
"Chiropractic works when traditional methods fail."

Yes, let's look a bit closer.

1. Is your original stress still present? If physical, chemical or emotional stress is still present in your life, the likelihood of chiropractic working is less assured.
2. Limitation of matter. In the same way we can't re-grow lost fingers and toes, there are limitations to what is possible based on age, conditioning and your willingness to make lifestyle changes.
3. Are you invested in your recovery? Are you fully committed to healing?

It might be more accurate to say, "Chiropractic *often* works when traditional methods fail."

Winter colouring in competition - continued by popular demand



We are continuing the kids colouring competition inspired by 'Happy Feet' the movie. It's about penguins (if you haven't seen it), which is why we have these prizes.

Colour this in or additional sheets are available in the office now, so bring your kids in for an adjustment and a chance to win!

Captain Posture

- ▶ Always carry your school backpack on both shoulders
- ▶ Put the heavy items - like your lunchbox - in the back of your backpack
- ▶ Clip the belt on your backpack around your waist. This makes it easier to carry.
- ▶ Be sure to tell Mum or Dad if your back hurts after carrying your schoolbag.



COLOURING-IN COMPETITION

Office Calendar September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 th August Dr Tracy (for Dr Hart)	31 st August Dr Tracy Dr Meghan HHH	1 st September Dr Tracy Dr Meghan	2 nd September Dr Tracy (for Dr Hart) Dr Chantal	3 rd September Dr Chantal Dr Meghan	4 th September Dr Tracy Dr Chantal
6 th September Dr Tracy (for Dr Hart)	7 th September Dr Meghan Dr Tracy	8 th September Dr Meghan Dr Tracy	9 th September Dr Chantal Dr Hart (first day back after holidays)	10 th September Dr Chantal Dr Meghan	11 th September Dr Meghan Dr Tracy
13 th September Dr Hart Kennedy	14 th September Dr Meghan Dr Tracy	15 th September Dr Meghan Dr Tracy	16 th September Dr Chantal Dr Hart Kennedy	17 th September Dr Chantal Dr Meghan	18 th September Dr Chantal Dr Tracy (last day before holidays)
School Holidays					
Carnival of Flowers 18 th September to 25 th September					
20 th September Dr Hart Kennedy	21 st September Dr Meghan Dr Maree Chilton (for Dr Tracy)	22 nd September Dr Meghan Dr Maree Chilton (for Dr Tracy)	23 rd September Dr Maree Chilton (for Dr Chantal) Dr Hart Kennedy	24 th September Dr Chantal Dr Meghan	25 th September Dr Meghan
School Holidays					
27 th September Dr Hart Kennedy	28 th September Dr Meghan	29 th September Dr Meghan	30 th September Dr Hart Kennedy Dr Meghan (for Dr Chantal)	1 st October Dr Chantal Dr Meghan	2 nd October Dr Meghan
4 th October Dr Hart Kennedy	5 th October Dr Meghan Dr Maree Chilton (for Dr Tracy)	6 th October Dr Meghan Dr Maree Chilton (for Dr Tracy)	7 th October Dr Hart Kennedy Dr Meghan (for Dr Chantal)	8 th October Dr Chantal Dr Meghan	9 th October Dr Meghan Dr Tracy

September Recipe for KIDS

Berry-Apple fairies

Preparation Time: 5 minutes

Ingredients (serves 2)

- 1 blueberry bagel
- 3 tsp light cream cheese
- 1 strawberry, sliced
- 4 currants
- 50g fresh blueberries
- 1/2 small apple

Method

Cut the blueberry bagel in half horizontally. Toast until golden. Place, cut-side up, on serving plates. Spread the cream cheese over the cut side of each bagel. Place one strawberry slice at the edge of each bagel to make a head. Top each strawberry slice with 2 currants to make eyes.

Divide fresh blueberries between the bagel halves to make a body. Thinly slice apple. Arrange the apple on the sides of the bodies to make wings.



Source: Good Taste - December 2009, Page 73
Recipe by Alison Roberts

Chiropractors Update

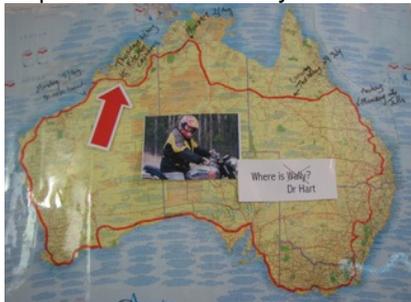
Dr A. O. Hart Kennedy

The happy traveller has returned. Welcome home Dr Hart from your marathon trip around the country. We hear that you had to use the faster bike to keep up the cracking pace.

Back at the office we kept a close eye on your progress with the Where's Wally map in the lounge room. We notice that you skipped the cold southern states just as they were expecting snow in the highlands.



Departure on the Harley



Around the country



Return on the Yamaha????

Dr Hart returns to his normal work Monday and Thursday starting Thursday 9th September.

Dr Tracy Kennedy-Shanks

Dr Tracy had a great August with lots of extra days of work while Dr Hart was away. She figures that she now needs a well-earned holiday in September ☺. She and

Glen are going to a Parker seminar as well as a Chiropractic reunion in Dallas Texas. She will make a short stop to L.A. to visit Ari as well.

**** Stop Press****

Dr Tracy has just been informed that she is the recipient of the Parker College "International Alumni of the Year".

Dr Tracy will soon be back to her usual days Tuesday, Wednesday, and Saturdays.

Dr Chantal Henderson

Dr Chantal is in full swing preparing for her local Southeast Qld photography exhibition. She is not hanging the photos until 2011, but she can be seen out and about in the early hours of the morning taking photos of the sunrise over Toowoomba.

Dr Chantal will take a couple of days off in September so check the calendar for Dr Chan's days this month.

Dr Meghan Keleher

Dr Meghan is back into the swing of work again after her time in Europe. Dr Meghan is planning a special event for the school holidays in September – Kids 'Check-up and tune'. We love it when parents actively seek health for their family and include a chiropractic check up as part of that health regime.

Dr Meghan works on Tuesday, Wednesday, Fridays and every second Saturday. In September Meghan will be working a few extra days while Drs Tracy & Chantal are away.

Dr Maree Chilton

Welcome back one more time to Dr Maree. Dr Maree will work a few extra days this month to cover for Dr Tracy & Dr Chantal.

- Tuesday 21st September
- Wednesday 22nd
- Thursday 23rd

As well as

- Tuesday 5th October
- Wednesday 6th October

Thanks Dr Maree it is good to have you back again.

Chiropractic Assistant Update



Should we make this part of the new office uniform?

Student Update

Queensland needs more chiropractors in the future. We are a state with a growing population of retirees enjoying the sunny quiet lifestyle. If you think you might like a profession that is rewarding and fun then maybe you might consider talking with us about what is involved in becoming a chiropractor.

Sandie

Dr (almost) Sandie made a quick visit home to Australia to visit us and give us an update on her successful studies. Sandie is almost finished with her student clinic and she is looking forward to her last exams in early December.

We expect Sandie will start as a new chiropractor with KCC in January – once she gains Australian registration to practice.

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.