

Kennedy Chiropractic Centre

130 Russell Street
Toowoomba 4350
(07) 4639 1060
Email: newsletter@kennedychiro.com
www.kennedychiro.com

Dr A.O. Hart Kennedy D.C. (Canada)
Dr Tracy Kennedy-Shanks B. Sc (Anatomy), D.C. (USA)
Dr Chantal Henderson B AppSc. (Clin) B AppSc. (Chiro)
Meghan Keleher B.Sc.(Chiro), B.Chiro

September 2009 Newsletter

Missing in action

I know we asked last month but we are still missing books.

We know our library books are loved and appreciated but unfortunately there are a few that have not found their way back to the office. Please check your bookshelves and we could appreciate any lost books back. (In particular the Butekyo Breathing System and video have not made their way home again).

Many thanks

PREGNANCY & BIRTHING – BEING INFORMED Part two Making yourself more Comfortable by Dr Meghan

- Watch TV while kneeling on the floor, over a beanbag or cushions, or sit on a dining chair.
- Use yoga positions while resting, reading or watching TV - for example, tailor position (sitting with your back upright and soles of the feet together, knees out to the sides)
- Sit on a wedge cushion in the car, so that your pelvis is tilted forwards. Keep the seat back upright.
- Don't cross your legs! This reduces the space at the front of the pelvis, and opens it up at the back. For good positioning, the baby needs to have lots of space at the *front*
- Don't put your feet up! Lying back with your feet up encourages posterior presentation. (lie down instead)
- Sleep on your side, not on your back (use a body pillow).
- Avoid deep squatting, which opens up the pelvis and encourages the baby to move down, until you know he/she is the right way round.
- Swimming with your belly downwards is said to be very good for positioning babies - but lots of breaststroke and front crawl. Breaststroke in particular is thought to help with good positioning, because all those leg movements help open your pelvis and settle the baby downwards.

Half an Hour to Health Workshop – Free Sessions Why is your health important???

Tuesday Evenings 6pm



Help us celebrate the Carnival of Flowers week 19th of September – 27th September by bringing in a flower from your garden. We will have plenty of vases on hand to create a wonderful floral display.

We will also be running a colouring-in competition for the kiddies, during Carnival Week and to help us decorate we will be hanging them in the practice. There will be a prize for the best!

Drugs vs. no drugs during Labour for pain relief by Dr Meghan

The choice to have pain relief during labour is a personal one, but in this article I will give you the facts and perhaps some information regarding the non-pharmacological options available that you may not be aware of. As mentioned previously the aim of these articles isn't to scare you or tell what is right and wrong, but to make sure you are informed enough to make the right choice for you.

Preparation for birth should include mentally preparing for the challenge and pain, remembering that the pain has a purpose. Try and put the focus on pain management not comfort management.

Non-Pharmacological Methods of Pain Relief

- A WHO report for care in normal childbirth emphasizes that **support during child birth** is the most important factor in pain perception in childbirth. I will talk more about care options in the next article.
- Research has shown that **Breathing techniques, relaxation exercises, acupressure, massage, and hot/cold therapy** (including water baths) can decrease pain experienced in childbirth. However they were not effective for all women so you should learn a whole range of techniques prenatally.
- Research has also shown that change in position and upright positions in the first stage of labour decrease the length of labour.

Outside of your hospital prenatal classes Toowoomba also offers an independent prenatal education classes called BaBs, which go through some of the techniques and can also steer you to further information.

<http://www.birthingandbabies.org.au/toowoomba.html>.

If you don't have the internet please ask Dr Meghan for more information.

Pharmacological Methods of Pain relief

- Systemic drugs including, **Pethidine, Diazepam and Gas (Nitrous Oxide)** provide reasonable pain relief but side effects for mother include; nausea, vomiting, dizziness and orthostatic hypotension (lowered blood pressure when standing causing dizziness/fainting)
- All of the above except for Gas has been shown to cross the placenta and cause decreased rate of breathing and behaviours such as reluctance to breast feed in the newborn. Diazepam has also been shown to cause decreased muscle tone, hypothermia and drowsiness in the newborn
- Research shows that the most effective pharmacological pain relief comes from an **epidural**, and is useful in complicated labours.
- Epidural effects for the labouring mother include increased risk of forceps or vacuum delivery, longer second stage of labour, more likely to need contraction stimulation drugs, unable to move legs post birth, fever, blood pressure drops, and risk of allergic reaction, or spinal headache post treatment. The mother is also confined to the bed with electronic foetal monitoring and therefore unable to move and reposition baby if needed.
- As the epidural medication also crosses the placenta it has also been shown to cause drowsiness and difficulty in suckling in the newborn

Confidence is powerfully related to decreased pain perception. So prepare mentally for the challenge and empowering task of childbirth.

Tracy & Glen go to Cuba



Dr Tracy & Glen had a very interesting trip to Cuba. It is a unique country and probably the only one in the world not influenced by the USA (yet). There are no McDonalds, or fast food chains, no junk food, no Starbucks, and no advertising. It was like being in a time warp from the 1950's with all the old cars and simple no-stress way of life.

While in Cuba Dr Tracy had the wonderful experience of hearing 2 special chiropractic stories. It is always great to hear positive stories and experiences about Chiropractic and it happens all around the world.

One lady from London sees her chiropractor regularly for wellness care. She had an accident when she was 10 years old, when a bus she was travelling in crashed and rolled with all the passengers not wearing seatbelts. After 4 years the Doctors told her parents she would need surgery to fuse her spine and then she would need drugs the rest of her life. Her uncle suggested going to his chiropractor (40 years ago) as a last resort. Thankfully her parents were willing to try something different; unfortunately her medical doctors condemned them for doing so. With Chiropractic care her health improved. She didn't have surgery, she is drug free, and she is still fit, active and pain free.

One couple from Australia had a challenging experience with their 2nd child. He had a slow birth and he cried and screamed from birth unless he was being nursed by his mother. When the baby was 18 months old they took him to the chiropractor. After he was adjusted he was quiet and slept for 9 hours. (The parents thought he might be dead as he had never been quiet that long before). The parents were so grateful for Chiropractic care changing the life of the baby and themselves, they said they don't understand why the medical doctor didn't suggest chiropractic care for them so they (the child and parents) didn't need to suffer for so long.

Dr Hart wins an AWARD!

For 50 years of service to the chiropractic profession at the Parker Seminar in Melbourne



Why do we use the ACTIVATOR? (affectionately referred to in our office as the 'clicker')



The Activator is a hand held, spring-loaded instrument that delivers an extremely gentle and specific adjustment to the spine, ankles, knees, shoulders and wrists. This technique allows your body to be perfectly relaxed during the adjustment making it gentle and effective for our smallest newborns to our great-grandparents. This unique hand-held instrument was scientifically designed to give you a very specific, "low-force" adjustment.

One of the unique features of the Activator is that we can zero in on the exact area of the body that is causing your health problems.

The Activator instrument delivers a controlled, light, and fast thrust, without causing undue strain to patients.

Activator adjustments are so quick and controlled, your body's muscles are less likely to resist, allowing for a more precise and exact adjustment.

Chiropractors Update

Dr A. O. Hart Kennedy

Dr Hart was recently honoured by the Australian Spinal Research Foundation and the Parker Seminar group with an award for 50 years in practice this year. He received a small spine trophy to thank him for a HUGE 50 years of dedication to the Profession of Chiropractic, and the people in our community that have shared the benefits of his expertise as a Chiropractor. Dr Hart is the founder and "wise" man for Kennedy Chiropractic Centre, as we all often turn to him for an opinion. Congratulations

Dr Hart works on Mondays and Thursdays.

PS. Happy Birthday to Dr Hart 14th of this month. We thought we would celebrate with a cake and party for you

Dr Tracy Kennedy-Shanks

Dr Tracy is back from her August holiday in USA, Mexico, and Cuba. Many thanks to Dr Helen for filling in at the office and for everyone involved in keeping the office working smoothly while she was away. Glen is still away in Texas for the month visiting friends as well as enjoying the golf and summer weather. Dr Tracy will be doing another fast trip to Dallas the end of the month to attend a Parker Seminar and accompany Glen home!

Dr Tracy is working Tuesdays & Friday afternoons, as well as Wednesday & Saturday morning in September.

Dr Chantal Henderson

Dr Chantal enjoyed a quiet two weeks holiday hanging out at the beach and riding her bike. She has been doing lots of study of NeuroLink technique – new and very exciting. Dr Chan works Thursdays, Fridays, and Saturday each week.

Dr Meghan Keleher

Dr Meghan had a small holiday in August and had a nice relaxing time at home with her husband Pete and daughter Claire. Clarie had her 4th birthday and ordered a special ladybug cake with freckles on top. (We had no idea Dr Meghan could cook ladybugs)

Dr Meghan will be attending a rally in Canberra in September to promote the choice of homebirths. She experienced a very special homebirth with Clarie and wants to keep that 'right' for mothers to have the choice. She will be in Sydney and Canberra for the weekend and we wish her all the best for a successful outcome. Dr Meghan is interested in helping pregnant mums and new bubs to get the best health.

Dr Meghan works on Tuesday, Wednesday and Fridays.

Dr Helen Silkman

Thanks Dr Helen and farewell again (for now).

Dr Helen re-joined (we call her the boomerang) the practice for the month of August while she was home in Brisbane visiting family and her brothers wedding. Tomas enjoyed catching up with his old kindy friends and even managed a few days with them in grade 1.

Dr Helen has returned to Salmon, Idaho. Now that she has been granted a USA Chiropractic licence she will be starting work in Misoula, USA.

We wish her the best, we miss her and we hope to see her again soon.

PS She said she will miss us all.

Chiropractic Assistant Update

Jill, Sue, Maree & Glen



Congratulations to all the Chiropractic Assistants for their commitment and enthusiasm when attending Parker Seminars last month. They were all involved in learning and sharing how they can be better at what 'we' do as a team.

Jill: has been promoting a colouring competition for the kids in September for carnival of flowers week.

Maree: is our resident 'flower girl'. You may have noticed we now have flowers in the office. Maree buys the flowers at the markets each week and the proceeds of what we sell here at the office are donated to Spinal research.

Past Employee Emma McIntyre

– **getting married:** We want to Congratulate Simon and best wishes to Emma on their upcoming wedding later in September. Yes we will have pictures.

Any comments?

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.

Chiro Funny

The chiropractors often get called 'interesting' names by the children in our practice - but this one takes the cake.

Child says to mum: "Mum where are we going?"

*Mum replies: "To see Dr Tracy"
Child replies: Ohhh you mean to see the 'Pirate-cractor'!*