

Kennedy Chiropractic Centre **March Newsletter**

Is your New Year's Resolution on track?

Our "Guide to Weight Loss for Health and Wellness" has been incredibly popular and we still have them available. Who says you can't make a New Year's Resolution in March? (Well maybe wait until after Easter in case you guess the correct number of eggs in the basket)

If you have read it please share how you are doing. Sometimes sharing your progress or lack thereof helps to re-focus.

KCC annual Easter Egg Guess is on!

Kids, keep an eye on your parents, they can only have one guess.
We have lots of fun watching people attempt to calculate the number.
This year Dr Tracy is taking bribes on how many are in the basket 😊



Dr Lindsay Rowe

Recently, Dr Hart attended the funeral of a good friend and mentor, Dr Lindsay Rowe. Lindsay was a chiropractor, then a specialist in chiropractic X-ray procedures, then a medical doctor, then a medical specialist in injury problems, then a medical specialist in X-ray, all during the time he was authoring and revising a classic set of volumes on the Essentials of Spinal Radiography. These books are on the shelves of thousands of chiropractors and X-ray specialists worldwide.

He was a man who was responsible for the better understanding and interpretation of X-rays for all chiropractors and particularly here at KCC. Dr Hart supposes that all who have had X-rays, owe him a debt of gratitude for the thousands of hours he devoted to his study, lecturing and writing.

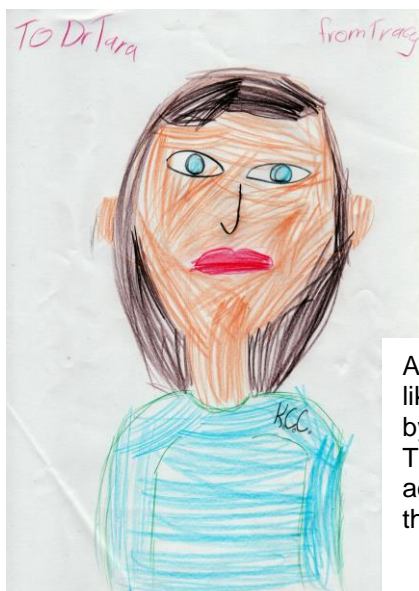
Dr Hart will certainly miss the opportunities to ring up and say, "Lindsay, what do you think of that last set of films, I sent you?".

Dr Hart speaks

At Kennedy Chiropractic Centre we have a policy and plan for adjusting patients. It is simple and effective.

1. Collect evidence of the problem. (And use an indicator)
2. Decide what is the best way (adjustment) to clear the problem (where it hurts is often not the reason for the problem) and make the necessary adjustment.
3. Re-check the indicators to assess if it has changed.
4. If the indicators are clear, don't adjust any further.
5. In the event the indicators have not changed, we will assess further.
6. With chronic problems, we may repeat procedures on subsequent appointments.

What happened in February?



Dr Chantal is off on another South American adventure.



An excellent likeness of Dr Tara by Tracey (not Dr Tracy) – she even added the logo on the uniform!

‘Developing a ‘Wellness Philosophy’: a contribution from a wonderful chiropractic patient Cathy and her family who have all been part of the office since well before Freyja was born.

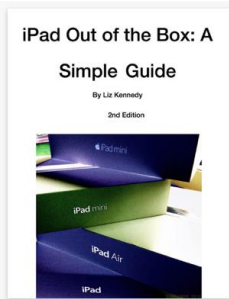
I remember when my mindset first shifted. It was April 2007 at a close friends 50th birthday party with my daughter Freyja who was 23 months old. Our family ate whatever we wanted, with no connection between what we ate and how we felt. My personal focus was low fat so that’s how our family ate. We were also on a very tight budget so didn’t have any extra money for treats.

At the party I gave Freyja a Twistie. She’d never had one before. That night, she was asleep for about 10 minutes before she woke and screamed for 10 minutes. When she finally went back to sleep, it was another 10 minutes before she woke up and screamed again. This went on all night. Freyja had slept through from about 8 weeks old so for me this raised a red flag. It was clear that she had reacted to something she hadn’t eaten before. I’d heard or read something about colours so checked out Twisties and they had a colour in them that can cause behavioural issues in children. So we decided that we would no longer eat anything containing artificial colours in it.



This was our first step in a long journey of discovery. Each year since, there has been a significant change in our family’s health and wellness. Over the years we have developed a ‘Wellness Philosophy’ to steer us in our decision making process for the food we eat, how we make health decisions and even what products we use in our house. This philosophy helps us confront marketing hype and conflicting ‘latest research’.

The rest of the article is available at the office if you want to read more.



Liz may help solve your problems!

iPad Out of the Box: A Simple Guide

Liz has been teaching iPad at U3A for a number of years and has written a free book. Download it from iBooks (or ask your grandchild to do it for you) so you can take advantage of a free simple instruction manual.

Staff Update

Dr Hart



Dr Hart has been busy still modifying his motorbike and sidecar to improve the way it steers around corners. It involves the same procedure as improving the maintenance of human bodies. There is a sequence: check for problems, look for possible solutions, double check the possible and do the work. He will tell you how the bike works after a trip next month.

In 2016 Dr Hart works Mondays and Thursdays.

Dr Tracy



Dr Tracy & Glen enjoyed more visitors, this time from Dallas. They did the usual Brisvegas and Lone Pine but for a bit of interest they ventured out past Texas QLD and on to Lightning Ridge for a real taste of the outback.

Dr Tracy works Mondays, Tuesdays, Wednesdays and Saturdays. AND Fridays for the next 8 weeks while Dr Chantal is away.

Dr Chan



Dr Chan has taken off on her Chile / Argentina adventure for a few weeks. 'The Chile book' was finished, printed and received the day before her flight. A sample copy of the book will be at the practice in April. Dr Chan is doing a road trip with her parents for a few weeks in Chile and then popping over to Argentina to spend time at Peninsula Valdes at her usual Orca (Killer whale) haunt.

Dr Tracy is working on Friday and Saturdays to cover for Dr Chantal while she is away in March.

Dr Tara



February was a busy little month for Dr Tara. She went to a Chiropractic seminar in Brisbane and had a great time catching up with lots of old classmates and getting updated on the latest research. Tara also enjoyed a relaxing weekend away exploring the Noosa hinterland at Pomona with Sue's daughter, Sarah. Tara's "puppy" is growing and growing, now tipping the scales over 30kgs.

In 2016 Dr Tara works Tuesday through the week and Saturdays.

Dr Sandie



Last month Dr Sandie enjoyed a few days at the Sunshine Coast catching up with some friends from the States. She can't believe Easter is just around the corner and keeps trying to work out how many eggs are in the basket ☺
In 2016 Dr Sandie works Wednesday morning, Friday afternoon and Saturday morning.

Sue



Sue has had a very pleasant social month. She has been catching up with friends that she hasn't seen for a while, after being away with family during the Christmas break. She even managed to take in a Car Rally, which was a lot of fun.

Natalie



Natalie is sooooo excited!!! For many many years she has wanted to take her son on a cruise and yahoooo it's actually happening!! So the high seas here they come. No doubt as per usual she can't keep it to herself so I'm sure you have already wished her well...Thank you!! Also thank you to Pat D, she always makes a special effort to make me a birthday card. Thank you so very much :-)))

Brooke



Brooke has had a great month loving every moment of her cruise... She is already started looking at future cruises. She has been enjoying the atmosphere in the office here at KCC and enjoys hearing all the wonderful stories from the patients.

Kennedy Chiropractic Centre - Calendar and hours

March 2016					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 February Leap year Dr Hart Dr Tracy	1 March Dr Tara Dr Tracy	2 March Dr Tara Dr Tracy Dr Sandie	3 March Dr Hart Dr Tara	4 March Dr Tara Dr Sandie Dr Tracy	5 March Dr Sandie Dr Tracy Dr Tara
7 Dr Hart Dr Tracy	8 Dr Tara Dr Tracy	9 Dr Tara Dr Tracy Dr Sandie	10 Dr Hart Dr Tara	11 Dr Tara Dr Sandie Dr Tracy	12 Dr Sandie Dr Tracy Dr Tara
14 Dr Hart Dr Tracy	15 Dr Tara Dr Tracy	16 Dr Tara Dr Tracy Dr Sandie	17 Dr Hart Dr Tara	18 Dr Tara Dr Sandie Dr Tracy	19 Dr Sandie Dr Tracy
21 Dr Tracy <i>Dr Hart takes his annual bike trip this week</i>	22 Dr Tara Dr Tracy	23 Dr Tara Dr Tracy Dr Sandie	24 Dr Tara Dr Tracy	25 March Holiday Good Friday	26 Closed
School Holidays					
28 March Holiday Easter Monday	28 Dr Tara Dr Tracy	30 Dr Tara Dr Tracy Dr Sandie	31 Dr Tracy Dr Tara	1 April Dr Tara Dr Sandie Dr Tracy	2 April Dr Tara Dr Sandie Dr Tracy
April 2016					
School Holidays					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 April Dr Hart Dr Tracy	5 Dr Tara Dr Tracy	6 Dr Tara Dr Tracy Dr Sandie	7 Show Holiday	8 Dr Tara Dr Sandie Dr Tracy	9 Dr Tara Dr Sandie Dr Tracy
11 Dr Hart Dr Tracy	12 Dr Tara Dr Tracy	13 Dr Tara Dr Tracy Dr Sandie	14 Dr Hart Dr Tara	15 Dr Tara Dr Sandie Dr Tracy	16 Dr Tara Dr Sandie Dr Tracy
18 Dr Hart Dr Tracy	19 Dr Tara Dr Tracy	20 Dr Tara Dr Tracy Dr Sandie	21 Dr Hart Dr Tara	22 Dr Tara Dr Sandie Dr Chantal	23 Dr Tara Dr Sandie Dr Chantal
25 ANZAC Day Holiday	26 Dr Tara Dr Tracy	27 Dr Tara Dr Tracy Dr Sandie	28 Dr Hart Dr Tara	29 Dr Tara Dr Sandie Dr Chantal	30 Dr Tara Dr Sandie Dr Chantal
May 2016					
1 May LABOUR Day Holiday	2 Dr Tara Dr Tracy	3 Dr Tara Dr Tracy Dr Sandie	4 Dr Hart Dr Tara	5 Dr Tara Dr Sandie Dr Chantal	6 Dr Chantal Dr Sandie Dr Tracy

Want an appointment?

Phone: 07 46391060 or email: healthy@kennedychiro.com

We're on the Web! www.kennedychiro.com

or follow us on facebook <https://www.facebook.com/KennedyChiropractic>