

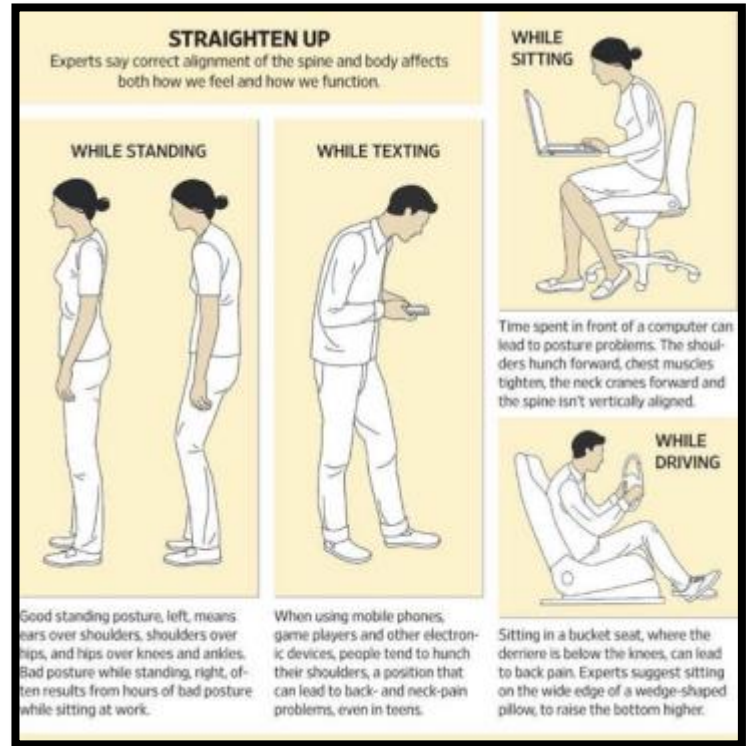


# Kennedy Chiropractic Centre September Newsletter

## Is Your Phone Ruining Your Posture and Your Mood?

Next time you are in a public place, look around: How many people are hunching over a phone? (Especially with the recent excitement of 'PokemonGo'). Technology is transforming how we hold ourselves, contorting our bodies into a hunch. (aka text neck) The smaller the device, the more you must contract your body to use it, and more shrunken and inward your posture.

The average head weighs about 5 kg, and is 8% of our body mass. When we bend our neck forward, like using our phones, the stress on our neck increases up to 30 kg. Imagine if you have a broomstick and put a bowling ball on the top. How heavy would that bowling ball be if you rolled it a few inches forward and still try to keep it in balance?

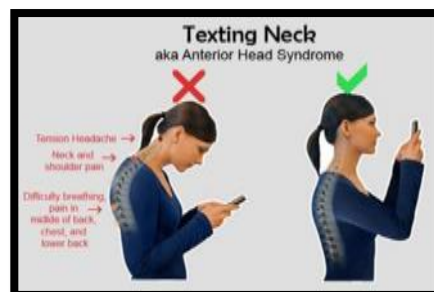


What can you do, to undo, the stress created of constantly using your phone?

- Ask the chiropractor to take a posture photo holding your phone.
- Ask the chiropractor to give you specific homework exercises for your posture challenges
- Keep your head up and your shoulders back when looking at your phone even if that means holding it at eye level.
- You can massage the shoulder muscles (the trapezius) to help reduce tension if you have been on the phone / computer, too long.



Your physical posture sculpts your psychological posture, and could be the key to happy mood and greater self-confidence.



## Where is 'Red Ted'?

Red Ted's adventures have taken him in for an adjustment. We love it when children 'help' the chiropractors adjust.



Good advice-By Tom 'Choose before its to late'



## Carnival Loud Shirt competition (17 – 24 September)

For the week of carnival we make a special effort to brighten the office with our "Loud Shirt" competition. Last year, Sue had to wear shades to protect her eyes from her own shirt. Lets see who wins the brightest shirt award this year ☺

## Dr Chan with her new book – congratulations!





# Staff Update

**Dr Hart**



Dr Hart thinks there is 'a god' at the post office and has absolute proof. The other day he received a large envelope from England. It contained some valuable transfers. It was addressed to Hart Kennedy, my street address, Murphy's Creek, AU. 4352. Nothing else. Although he had sent a complete address, there was no mention of Queensland, or Australia on the envelope, other than the abbreviation AU. He feels very humble.

Dr Hart is at work on Monday and Thursday.

**Dr Tracy**



Dr Tracy is looking forward to the loud shirt competition again this year during Carnival of Flowers week. This season also means the cherry blossom will be in flower at the front of the office with the amazing pink flowers (they are starting to bloom down the range already). Thanks to Helen for keeping a bit of colour in the hanging baskets at the front of the office.

**Dr Chan**



Dr Chan had a short trip to Melbourne to catch up with some University friends and spend time with her dad. She worked with a friend in Wangaratta and managed a trip to the snow for some snowshoeing at Dinner Plain as the snow was not good enough to ski. Dr Chan's Patagonia Book arrived and there is a copy in reception for your perusal. In September Dr Chan is taking a trip to Alaska. Stay posted for pics

Dr Chan works Friday & Saturdays each week.

**Dr Tara**



This Month Dr Tara is pretty stoked to have gained a new, beautiful little niece, Georgia Jean. She's enjoyed a few lovely birthday parties and a 'hens party'. She is looking forward to a busy September, with a course in Brisbane, a wedding in Montville and of course, the Toowoomba Carnival of Flowers!

Dr Tara works Tuesday, Wednesday, Thursday, Friday and Saturdays.

**Dr Sandie**



Last month Dr Sandie attended two seminars. One on 'unsettled babies' in Brisbane and then one on 'tongue-tie' in Melbourne. She took baby Hamish down with her for his first flight on a plane. This month Dr Sandie is having a week away at Kingscliff.

Dr Sandie works Wednesday morning, Friday afternoon and Saturday morning.

**Leiza**



August has been a busy and exciting month for Leiza - expanding her culinary skills into Paleo cuisine especially the Paleo Choc Cake (wheat & dairy free) yummo, is back pounding the pavement (walking) and had a very special visit from her Son. Her fur babies Charlie and Shelley both had adjustments with Dr Tracy and both seem much freer in their movements. Thanks Dr Tracy.

It was a month filled with lots of love laughter and joy.

**Sue**



Sue has had a lovely time catching up with family and friends. She got home just in time to help her daughter Sarah, (who has finally returned home from Canada), celebrate her birthday.

Sue was also very pleased to have an adjustment after sitting on the plane for such a long flight. She thinks it would be a good idea to have a Chiropractor on the International flights.

**Natalie**



Natalie spent August catching up with friends & getting organised at home. She also serviced her car, got new tyres and a car detail...She felt like she was giving her car a chiropractic appointment as she does with her own adjustments. She couldn't do without the service to her body to give her the feeling of new wheels and the holistic feeling that makes her feel like she has just had a massive overhaul just like the car!!!

## Kennedy Chiropractic Centre - Calendar and hours

September 2016					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29 August</b> Dr Hart Dr Tracy	<b>30 August</b> Dr Tara Dr Tracy	<b>31 August</b> Dr Tara Dr Tracy Dr Sandie	<b>1 September</b> Dr Tara	<b>2 September</b> Dr Tara Dr Sandie Dr Tracy for Chan	<b>3 September</b> Dr Tara Dr Sandie Dr Tracy for Chan
<b>5</b> Dr Tracy	<b>6</b> Dr Tara Dr Tracy	<b>7</b> Dr Tara Dr Tracy	<b>8</b> Dr Tara Dr Hart	<b>9</b> Dr Tara Dr Tracy for Chan	<b>10</b> Dr Tracy for Chan
<b>12</b> Dr Hart	<b>13</b> Dr Tara Dr Chantal for Dr Tracy	<b>14</b> Dr Tara Dr Sandie Dr Chantal for Dr Tracy	<b>15</b> Dr Tara Dr Hart	<b>16</b> Dr Tara Dr Sandie Dr Chantal	<b>17 Carnival of Flowers parade</b> Dr Chantal Dr Tara Dr Sandie
School Holidays					
<b>19</b> Dr Hart Dr Tracy	<b>20</b> Dr Tara Dr Tracy	<b>21</b> Dr Tara Dr Sandie Dr Tracy	<b>22</b> Dr Tara Dr Hart	<b>23</b> Dr Tara Dr Sandie Dr Chantal	<b>24</b> Dr Sandie Dr Chantal Dr Tracy
School Holidays					
<b>26</b> Dr Tracy Dr Hart	<b>27</b> Dr Tara Dr Tracy	<b>28</b> Dr Tara Dr Tracy Dr Sandie	<b>29</b> Dr Tara Dr Hart	<b>30</b> Dr Tara Dr Sandie Dr Chantal	<b>1 October</b> Dr Chantal Dr Sandie Dr Tara
October 2016					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b> Queens Birthday Holiday	<b>4</b> Dr Tara Dr Tracy Dr Sandie	<b>5</b> Dr Tara Dr Tracy Dr Sandie	<b>6</b> Dr Tara Dr Hart	<b>7</b> Dr Tara Dr Chantal Dr Sandie	<b>8</b> Dr Chantal Dr Sandie Dr Tracy
<b>10</b> Dr Hart Dr Tracy	<b>11</b> Dr Tara Dr Tracy	<b>12</b> Dr Tara Dr Tracy Dr Sandie	<b>13</b> Dr Tara Dr Hart	<b>14</b> Dr Tara Dr Chantal Dr Sandie	<b>15</b> Dr Sandie Dr Chantal Dr Tara
<b>17</b> Closed for Chiropractic Conference	<b>18</b> Dr Tara	<b>19</b> Dr Tara Dr Sandie	<b>20</b> Dr Tara Dr Hart	<b>21</b> Dr Tara Dr Chantal Dr Sandie	<b>22</b> Dr Chantal Dr Sandie Dr Tracy
<b>24</b> Dr Hart Dr Tracy	<b>25</b> Dr Tara Dr Tracy	<b>26</b> Dr Tara Dr Sandie Dr Tracy	<b>27</b> Dr Tara Dr Hart	<b>28</b> Dr Tara Dr Chantal Dr Sandie	<b>29</b> Dr Sandie Dr Chantal Dr Tara
<b>31 October</b> Dr Hart Dr Tracy	<b>1 November</b> Dr Tara Dr Tracy	<b>2 November</b> Dr Tara Dr Tracy Dr Sandie	<b>3 November</b> Dr Tara Dr Tracy	<b>4 November</b> Dr Tara Dr Sandie Dr Chantal	<b>5 November</b> Dr Sandie Dr Chantal Dr Tracy

### Want an appointment?

Phone: 07 46391060 or email: [healthy@kennedychiro.com](mailto:healthy@kennedychiro.com)

We're on the Web! [www.kennedychiro.com](http://www.kennedychiro.com) or follow us on facebook <https://www.facebook.com/KennedyChiropractic>