



CHILDREN

ARTICLE WRITTEN BY BRIDGET

When you plant the seed of a Chinese bamboo tree, you see nothing, absolutely nothing for four years except for a tiny shoot coming out of a bulb. During those four years, all the growth is underground in a massive, fibrous root structure that spreads deep and wide in the earth. But then in the fifth year, the Chinese bamboo tree grows up to eighty feet!

If we extrapolate this out to humans, the first four years are the single digit years in a child's life and the fifth year of the bamboo tree represents the teenage years. All the hard work you've put into nurturing those little people are now the roots holding firm and grounding them as they sway and bend and adapt to the stresses of the world and their environment.

When you have little children, you are in control of what they eat, when they sleep (once they've got the memo on that), how much screen time they get, how much outdoor playtime they get, who they get to

spend time with and you get to plant the seeds of how you would like them to think about the world and their place in it. Those formative years are so important – all that foundational conditioning is pretty much done by the time they are seven.

My children are practically 80 feet tall. They are loud, rambunctious, tower over me and eat enough food to feed a small country. They are also swaying in the wind and I am cognisant that apart from throwing them the odd lifeline and shouting encouragement from the sidelines, their roots are what are holding them firm in the ground.

Laying the foundations means teaching them how to be resilient, how to make good choices, how to create and strive for goals, how to learn, how to be curious and how to be a good human. It's all important. I would suggest that teaching them how to think about their health is also important; teaching them that their bodies are smart and intelligent.



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They have a nervous system and part of that is an immune system, and their bodies are designed to be healthy. Instead of using the word 'sick' we say your body is having a health expression. If you think about it, a fever is your bodies mechanism to raise its temperature to kill a pathogen. Snot is mucus – the way your body gets rid of white blood cells that's its created to kill bacteria. Vomiting is your body expelling a poison or pathogen. Your body is always fighting for you. Sickness is not your body making a mistake, it's your body hard at work championing your healing.

Taking it further, sleep is the way your body regenerates. Hunger and thirst are your body alerting you that you need food or water. If you break a bone, your body will mend that bone back together, with a grazed knee – your body will grow new skin. All of those things are proof that your body is always trying to be the best version of health that it can be. And with every decision that we make around our health is an opportunity to choose to support our bodies or hinder our bodies. These are all basic tenets, but I would encourage you to include this in your conversation, this framework of thinking is

empowering to a child and as well helps create a baseline for teenage decision making when they are no longer listening to everything we say.

When my kids feel unwell, they will ask for an adjustment because they know it makes them feel better and helps their nervous system adapt to the stress on their body. And the same way an adjustment helps with healing, it also helps with optimising nervous system function, ie. better performance. Life is a continuum of events and challenges; we have teenage athletes coming in to get adjusted because they already understand that their bodies function better and more effectively with an adjustment. Likewise, with study and the stress and anxiety of school, when we address posture, we take pressure off. Essentially, a well-adjusted child will be empowered to understand how to really get the most out of life and be in tune, listening to what their body needs.

Enjoy planting your seeds, Chinese bamboo trees are really beautiful trees and hugging them can be really good for the soul.

- Bridget



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The 33 Principles Series

Every month we are featuring one of the 33 Principles of Chiropractic that were published by Ralph W. Stephenson D.C. in 1927 in a book called "The Chiropractic Textbook". Even today these principles are central to chiropractic. Whilst some of the language is a bit old the principles remain solid. Consider the principle of this month and discuss it with us when you visit the practice.

Here's to a greater understanding of life and health.



Chiropractic Principle #9

The Amount of Force Created by Intelligence

The amount of force created by Intelligence is always 100%.

In Other Words...

At its moment of generation, a force created by your body's Innate Intelligence is at 100% of its potential power. The force is diminished in intensity only if encountering a stress within your body.

For Instance...

A tennis ball! Upon impact, the ball is at 100% of its potential-to-kinetic energy power. If the ball hits the top of the net, the ball transfers some of its force to the net, now sacrificing what its full speed would have otherwise been.

As Applied To You...

A message generated by your body's Intelligence directing your heart to beat is at 100%. If the message meets interference such as a spinal subluxation- as it travels through your nerves to your heart, it loses its full force. Your heart will not properly beat!



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JACKIE'S RECIPE OF THE MONTH

Raspberry Lemon Loaf

LOW FODMAP | GLUTEN FREE | DAIRY FREE



One of our practice members told me about a raspberry and yogurt cake that is great to make now as there are beautiful local raspberries available at the markets at the moment. When cooled dust with icing sugar or, for special occasion, ice with a cream cheese icing!

Ingredients

FOR THE CAKE

- 270g gluten free plain flour
- 2 tsp gluten-free baking powder
- 125g butter, softened (or dairy free alternative)
- 225g caster sugar
- 2 lemons, zested
- 1/2 tsp lemon juice
- 2 eggs, beaten
- 115g yogurt (you can use plain or fruity flavoured yoghurt, dairy free yoghurt works well here too)
- 200g raspberries

LEMON ICING

- 200 g icing sugar
- lemon juice
- pink / red food colouring optional
- a handful of extra fresh raspberries

Method

1. Preheat the oven to about 160C Fan / 180C and line a 2lb loaf tin with non-stick baking paper.
2. Cream together your butter and sugar until pale, light and fluffy.
3. Gradually add the eggs a little at a time, beating thoroughly throughout - at this point also add your lemon zest and juice.
4. Fold in your gluten free flour, xanthan gum and baking powder a little at a time. Alternate this with the yoghurt until both the yoghurt and gluten free flour are fully combined.
5. Coat your raspberries for the cake in no more than a tbs of flour.
6. Spoon in about a third of the cake mix into the loaf tin followed by half the raspberries. Repeat in layers till all the cake mix is added.
7. Bake for about 50-55 minutes (or up to 65 minutes), checking with a skewer. Cover the top with foil if the cake looks to be browning too quickly.
8. Allow to cool in the loaf tin for about 15 minutes before leaving to completely cool on a cooling rack.
9. Next up make your icing. Mix your icing sugar with lemon juice until silky smooth and little thick - not runny or watery! Gradually add more juice as you feel necessary, until smooth.
10. Take a tbs or two of the icing and place it in a separate bowl. Add a drop of pink or red food colouring to the small bowl to create a pink coloured icing.
11. Place your white icing all over the cooled cake, then with a small spoon, add some of the pink icing on top of the white icing and using a skewer, feather it / swirl it around to create a pattern. Allow the icing to completely set.
12. Finish with fresh raspberries on top and enjoy!

Recipe source :<https://glutenfreecuppatea.co.uk/>



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A FEW CCK TEAM UPDATES

50 years married this month! Mark and Jackie on their wedding day, pictured, on 18 August 1973 in Davenport, Iowa, USA while Mark was studying chiropractic.

Their outfits were purchased in Hawaii by Mark's mother on her way from NZ to the wedding. Originally they didn't intend to wear these on the day, but they turned out to be the perfect solution for what to wear on the day!

When asked, "What's the secret to a long, happy marriage?", this is what they each had to say:

"Don't try to change your partner - they are perfect just the way they are and so are you"
- Mark

"Never forget the value the differences, which at times are annoying, brings to your life" - Jackie

Congratulations on the incredible milestone!



**Congratulations
Mark & Jackie**



...and Tyler's European adventure continues!

Since our last update, Tyler has explored Europe extensively and is currently in Spain. Her favourite country so far has been Croatia.



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It doesn't matter how weird or crazy your dream is. Is it even crazy? Or are you just the first one to get there? Obstacles are inevitable, there are no goals worth doing that don't come with challenges or setbacks. Regardless, we only fail when we give up.