



# THE HEALING POWER OF LAUGHTER

ARTICLE WRITTEN BY HAMISH

In our pursuit of well-being, we often overlook the power of humour and its ability to positively impact our overall health. At Coast Chiropractic we love to have a good laugh, giggle, roar or even the odd snort, especially in Jo's corner!

Humour is not often something that is recognised or thought of consciously very often. But have you ever sat back and thought just how much laughter can have a positive impact on our bodies physiology and overall mental health?

Laughter has long been regarded as nature's medicine, and its positive impact on mental health is undeniable.

You may have heard chiropractors in our practice talking about the importance of shifting your body from a sympathetic overdrive state (associated with stress) to a parasympathetic state (associated with relaxation and healing).

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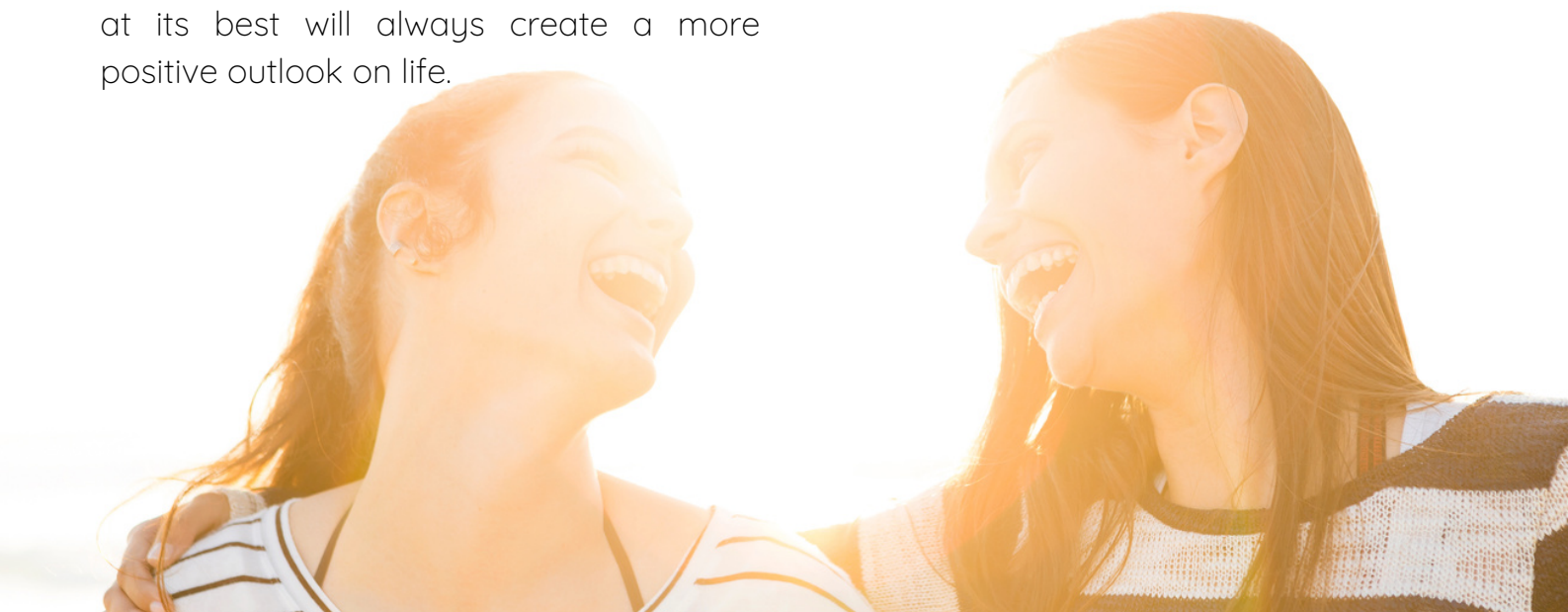
When we are in this relaxed parasympathetic state it can be a lot easier to have a positive outlook on life rather than being in an uptight stressed state. Here are some of our favourite ways to harness the healing power of laughter:

1. Share laughter with others: Spend time with loved ones who bring laughter into your life. Engage in activities that promote shared laughter and create lasting memories.
2. Embrace positivity: Create a positive outlook and find humour in life's absurdities. Smile often, laugh at yourself, and create a positive atmosphere wherever you go.
3. Incorporate humour into daily life: Seek out sources of comedy such as funny movies, humorous books, or engaging with online platforms dedicated to laughter. Surrounding ourselves with humour cultivates joy and light-heartedness.
4. Get regular chiropractic adjustments: A body functioning at its optimal and feeling at its best will always create a more positive outlook on life.

The benefits of laughter go beyond just a feeling of joy and happiness. Laughter engages multiple muscle groups, promoting relaxation and reducing muscular tension. It also enhances blood flow, delivering vital nutrients and oxygen throughout the body along with releasing endorphins, our body's natural feel-good chemicals. These endorphins enhance mood, reduce pain perception, and create an overall sense of well-being.

By incorporating humour into our journey of wellness, we can effectively transition from a state of stress and tension to one of relaxation and healing. Embrace the healing power of laughter, and let chiropractic care support you on your path to having a happy and healthy spine. My challenge to you now is to try and have a good laugh at least once a day and try to make someone else smile!

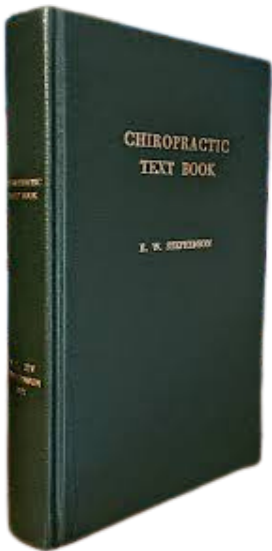
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# The 33 Principles Series



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 #7

### The Amount of Intelligence in Matter

The amount of Intelligence for any given amount of matter is 100%, and is always proportional to its requirements.

In Other Words...

Both living (organic) and non-living (inorganic) matter possess 100% the Intelligence required to maintain integrity, and at every point in time. While this 100% is always present, a limitation of matter can prevent the Intelligence’s full expression.

For Instance...

Ever hear musical glasses?! A set of drinking glasses played as an instrument by running one’s finger around the rims. Each glass is filled with the amount of water required to create a certain pitch; in other words, each glass has 100% its Intelligence to create a specific musical note.

As Applied To You...

The amount of Intelligence provided to your body is perfect! Each and every part of you possesses 100% the Intelligence it needs, within its own being, to function optimally. Your Intelligence is expressed at 100% until it meets a stress, or a limitation of matter.



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JACKIE'S RECIPE OF THE MONTH

# Creamy Cauliflower Soup

WITH CRISPY BACON

dairy  
free!

Winter is definitely here and colder weather means rich, wholesome soups are on the menu!

This cauliflower soup is warming, delicious and dairy free! Serve with crusty bread and enjoy!

## Ingredients

- 1 tablespoon ghee (or 2 tablespoons olive oil)
- 1 medium white onion, chopped
- 1 medium head of cauliflower, core out and chopped roughly
- 3 cloves of garlic, chopped
- 3 cups salt-reduced chicken or vegetable stock
- $\frac{2}{3}$  teaspoon sea salt
- $\frac{1}{2}$  teaspoon ground black pepper
- $\frac{3}{4}$  cup diced bacon
- 1 egg
- A little coconut or macadamia oil to fry bacon in
- Fresh herbs of choice for garnish

## Method

1. In a large saucepan, heat 1 tablespoon of ghee until medium hot. Sauté the onion for 3-4 minutes or until soft and translucent.
2. Add the cauliflower, garlic and stock and bring to boil. Season with salt and pepper. Turn the heat down and cook covered for 8-10 minutes.
3. In the meantime, pan fry the bacon pieces until crisp.
4. At an 8 minute mark, break one whole egg into a smaller saucepan or a metallic mixing bowl that will fit over the larger cooking saucepan. I used a smaller saucepan that I could hold over the steam from the cooking cauliflower soup. While holding the smaller saucepan close to the steam but not touching the simmering liquid, continuously whisk the egg for about 3 minutes until it gets frothy and smooth. It will look almost like a thickened yellowish cream. Set aside.
5. Transfer cauliflower soup contents into a blender or a food processor and puree until smooth. You can use a hand held puree blender as well. Then while the blender is still on, pour in the egg cream. Stop once everything is incorporated. Taste for salt.
6. Serve with fresh herbs like chives, parsley or basil and crispy bacon sprinkled on top and some yummy fresh sour dough bread!

Recipe sourced from within Jackie's personal recipe archives



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## TYLER'S FAREWELL

To the most beautiful CCK community,

I really don't know where to begin, I am so grateful for the time that I have spent in my happy little corner of the office and its with the heaviest of hearts that I am saying goodbye. There have been so many milestones that you have shared with me, the laughs and the tears and everything in between and I have loved every minute of it. Thank you for trusting me to care for your bodies and loved ones and sharing the message of chiropractic.

I am heading off on an adventure of a lifetime, travelling all over Europe, Indonesia, coming back to Australia visiting family in Melbourne and doing some locum fill in work before making my way back to the coast at some point next year. I'm heading over solo and then meeting some friends along the way, with a sprinkle of chiropractors and seminars in there.

The Sunshine Coast feels like my home so I will definitely find my way back but I'm sure I'll have some better stories!

Thank you for being a part of and supporting my journey from student to chiropractor and I know the team here will take great care of everyone.

Until next time,

*Tyler x*



## WELCOME MARIAH!

Hi everybody,

I'd like to introduce myself; my name is Mariah Thom. You may have seen me around Coast Chiropractic Kawana (CCK) getting an adjustment or more recently behind the front desk.

I'm currently a second-year student at CQU in Brisbane perusing Chiropractic studies. I'm very appreciative and excited to be working with the amazing team at CCK and learning from some of the greatest chiropractors I know. This will be a huge advantage to my studies and mindset.

I've been on the coast for a few years now, but I was brought up in a small town called Surat and have an upbringing in hospitality as my parents have owned the local pub, 'The New Royal Hotel', since 2005. Coming from a small town I understand the importance of community and I can already see how valued the community is here at CCK.

In my free time I enjoy being outdoors, exercising or relaxing. I'm always training for my next event or to better my health. I love to participate in triathlons and marathons to push my own limits whilst trying to enrol friends and family to get involved. I am committed and dedicated to working with other people in the team to meet the goals of the business and our clients. I'm always ready to help people in any way possible, I'm passionate about tending to clients' needs on your journey at CCK.

**Excited to meet you all, Mariah! 😊**



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**Posture and confidence. Think of yourself as iron man with the plate on your chest and point your chest to "where the wall meets the ceiling, it's a confident feeling." (Janine Driver)**