

LOVE

ARTICLE WRITTEN BY SALLY BATTLE

“Well - being blooms where love is planted.”

It's February and what better way to start the year than to celebrate LOVE and the impact it has on our overall health and wellbeing.

In this newsletter we will explore not only the love we cultivate for ourselves, but the joy derived from sharing love with others, the fulfillment found in the love of life itself and how Chiropractic care fits into a loving and vitalistic life.

1. Love of Self: A Foundation for Well-Being

Self-love is the cornerstone of holistic health and well-being, encompassing physical, mental, and emotional facets of life. Cultivating a positive self-image and embracing personal worth boosts resilience, reduces stress, and enhances immune function. Nurturing self-love fosters healthier relationships, as one learns to set boundaries and prioritise self-care. It forms a protective shield against anxiety and depression, promoting a more fulfilling and balanced life.

Embracing self-love is not just a luxury but an essential investment in one's overall health, fostering a foundation for lasting happiness and vitality.

“You yourself, as much as anybody in the entire universe deserves your love and affection.” - attributed to Buddha.

2. Sharing Love for Others: The Ripple Effect

The act of sharing love with others not only enriches their lives but also creates a ripple effect that positively influences your own well-being. Studies have shown that acts of kindness and social connections are linked to enhanced mental and emotional health.

As you extend love and kindness to those around you, you foster a sense of community and belonging. The more you give, the more you receive, creating a beautiful cycle of positivity.

“The best way to find yourself is to lose yourself in the service of others.” - Mahatma Gandhi



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3. Love of Life: Finding Fulfillment in Every Moment

Cherishing and finding joy in the journey of life itself is a profound source of well-being. "Someone to love, something to do, something to look forward to" encapsulates the essence of a fulfilled life. These elements are not just components of happiness; they are integral to overall well-being.

Research supports the idea that having a sense of purpose and meaningful goals contributes to mental and physical health.

"The purpose of life is not to be happy. It is to be useful, to be honourable, to be compassionate, to have it make some difference that you have lived and lived well." – Ralph Waldo Emerson

4. Chiropractic Care: Enhancing Well-Being from Within

Chiropractic care plays a crucial role in promoting overall well-being, positively influencing love and relationships. Research suggests that spinal adjustments can reduce stress hormones and enhance mood, contributing to emotional balance.

Improved nervous system function from chiropractic care may positively impact mental health, fostering a more harmonious and loving environment.

As physical well-being improves, individuals often experience increased vitality and a greater capacity for emotional connection, reinforcing the link between chiropractic care and overall well-being.

5. Tips for Cultivating Love and Well-Being

- Practice self-care: Dedicate time each day for activities that bring you joy and relaxation.
- Share acts of kindness: Extend love to others through simple gestures and acts of compassion.
- Cultivate a sense of purpose: Identify meaningful goals that contribute to a sense of fulfillment.
- Prioritise chiropractic care: Ensure regular care to support optimal spinal health and overall well-being.

As we embark on this journey together, let's celebrate the transformative power of love in all its forms. Your well-being is a reflection of the love you cultivate within and share with the world.

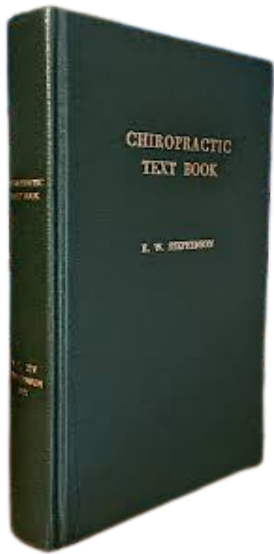
Wishing you a spectacular year ahead filled with love, joy, and vibrant well-being.

- Sally



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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 #14

The Universal Life

Force is manifested by motion in matter; all matter has motion, therefore there is Universal life in all matter.

In Other Words...

ALL matter is made of atoms, vibrating at specific frequencies. How do atoms move?!
By the force of motion. Universal Intelligence created atoms, AND created force. Universal Life is therefore present in all matter; without Universal Life, nothing would exist.

For Instance...

Ever observe bacteria under a microscope? What do you see? Yep... motion! Like all matter, bacteria is comprised of tiny vibrating particles. The force of motion is joining the Universal Intelligence that made the atoms, with the atoms, to create the bacteria; Universal Life will always be present.

As Applied To You...

YOU are also made of vibrating atoms. Your body's Intelligence "found" a group of atoms in the universe, and via forces of motion, organized them into you. Since Universal Intelligence created the atoms, as well as the force, Universal Life will always be part of you.

-Ralph W Stephenson D C 1927



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JACKIE'S RECIPE OF THE MONTH

SALMON AND SWEET POTATO BITES

WITH SPICY GUACAMOLE

This recipe comes from one of my favourite sources, Changing Habits. The recipes are always delicious and healthy. Changing Habits is here on the coast and a great source of amazing products. If you haven't already checked out what they offer here is the link - <https://changinghabits.com.au/>

**Ingredients:****Salmon and Sweet Potato bites**

- 2 fillets salmon (skin removed)
- 2 cups sweet potato grated
- 3 shallots diced [Changing Habits Seaweed Salt](#) to taste
- Cracked [Changing Habits Pepper](#) to taste
- 1 tbsp [Changing Habits Vegetable Stock Powder](#)
- 1 egg
- 6 tbsp almond meal

Spicy Guacamole

- 2 avocado
- 1 tbsp jalapenos chopped
- 1 tbsp sour cream
- Juice of 1 lime
- [Changing Habits Seaweed Salt](#) to taste to taste
- Cracked [Changing Habits Pepper](#) to taste to taste

<https://changinghabits.com.au/recipes/salmon-and-sweet-potato-bites-with-a-spicy-guacamole/>

Method:**Salmon and Sweet Potato bites**

1. Preheat air-fryer to 200 degrees Celsius.
2. Remove skin from salmon and place salmon in a food processor and blitz until smooth. **Feel free to keep the salmon skin and place in the air-fryer while cooking the bites, for a crunchy little addition!
3. Transfer salmon into a bowl with the rest of the salmon bites ingredients and mix well.
4. Roll the mixture into small balls.
5. Place in the air-fryer on baking paper and cook for 7 minutes on each side.

Spicy Guacamole

1. Place all guacamole ingredients in a food processor and blitz for 5 seconds.
2. Transfer into a small bowl.
3. Serve the bites on a platter with the guacamole and enjoy!

**shazs.shares**

The dream is free however the Journey isn't, to get anywhere in life you have to pay a price.



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Christmas Charity Drive

Gordon Barratt, AOM, CEO and Chair of Connect Kids wanted to thank everyone for their contributions. It was their biggest Xmas yet thanks to the wonderful support they received from Coast Chiropractic Kawana. Below is a message from one of the mentors who works with some of the kids:

I am writing to say a very big Thank You to Connect Kids and the Businesses who displayed such generosity through the Christmas program last year.

I know that the children and parents were overwhelmed with delight to be part of such a wonderful initiative, especially as Christmas can be very stressful for families under financial pressure. The gifts were an absolute blessing to so many, I know as a mentor myself, it was such a wonderful surprise to be given gifts for me to gift to my young mentee.

I hope that your Christmas program will continue to grow and spread love and kindness to the Connect Kids families and mentors.



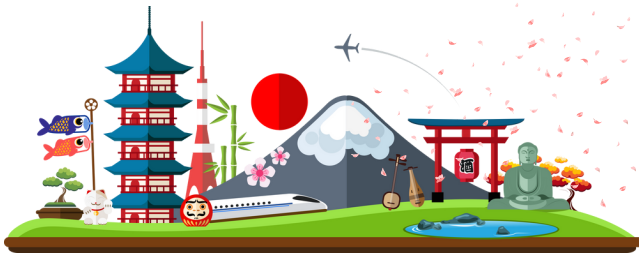
TEAM MEMBER PHOTOS



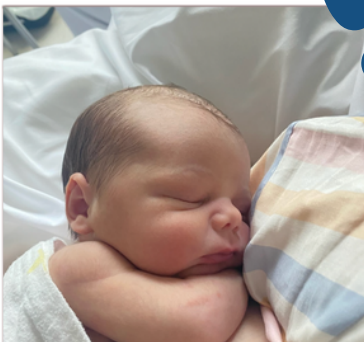
SHAZ DOES L.A.



more on team update..



Karen and her family enjoyed a few weeks in the land of the warm toilet seats! Japan was an incredible experience for us all. We visited many temples, ate many delicious meals and had an absolute blast skiing. Our trip was even extended by being very close to the epicentre of Japan's recent earthquake and unable to leave. We can tick being in a large earthquake off our bucket list, with the hope off never experiencing one again! A great time had by us all, and we were very happy to come home to such a wonderful part of Australia.



I have arrived!

NEWS FLASH!

A warm welcome to Beau Eric McGeorge. Born 11:08 am Friday 2nd February weighing in at 3.23 kg (7.02 lbs).
 Congratulations to Hamish and Ella!

Advanced health care class



Are you stressed?

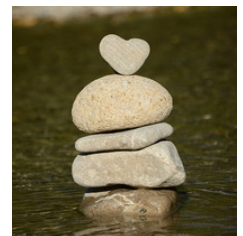
Do you want more balance?

We often get asked – what can I do between adjustments to feel better?

We're doing a short class on balancing your nervous system including better ways to sit, stand and sleep, where you can learn more.

It's a complimentary class, so feel welcome to bring any family or friends who might benefit from learning some tips on posture correction and improvement.

Look forward to seeing you there!



WHEN: Wednesday 21st Feb, 2024 @ 7.00pm

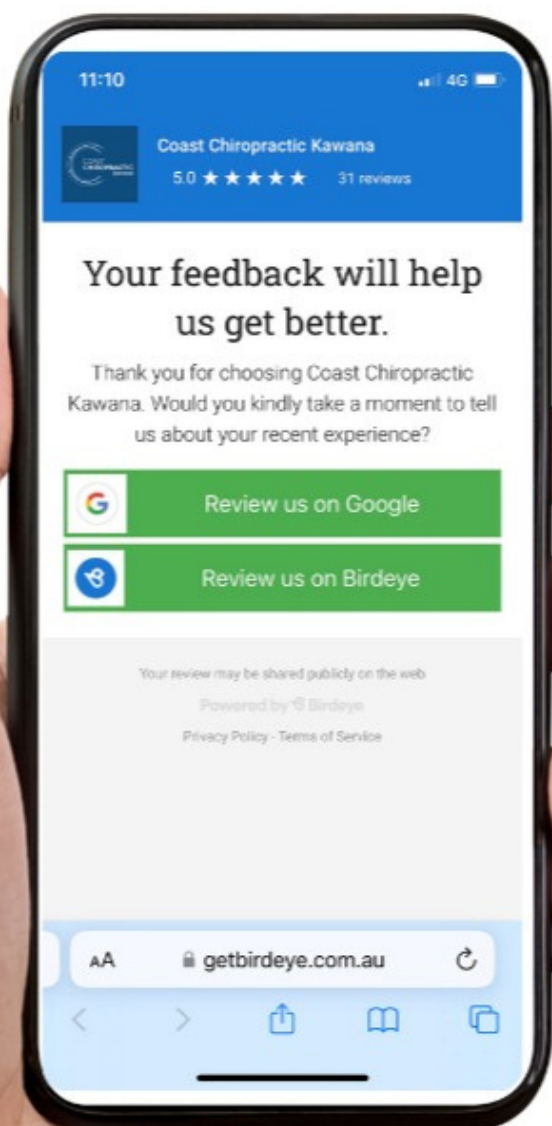
**WHERE: Coast Chiropractic Kawana
Complimentary**

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OUR PEOPLE SPEAK

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