



# OPTIMISING LIFE

ARTICLE WRITTEN BY MARK POSTLES

We are so proud of what so many of our lovely CCK people have achieved this past year. We saw so many of you becoming happier, more robust, better educated and wiser as your health became stronger throughout 2023. Well done.

As we wind up 2023 and gear up for the adventure that is the New Year, the buzz about this thing called balance is louder than ever. There's a reason that 'The Silly Season' is named as such. During this time there is a tendency to try and fit everything in. To have everything balanced. Hmmm, good luck.

In the realm of New Year resolutions and goal-setting, it's the tightrope we're all expected to gracefully dance upon.

Let's reflect on our past, look into the future and embark on a light-hearted exploration of the upsides and downsides of balance as we sketch our plans for the upcoming year.

Ah, the promise of a harmonious life, where work and play, dreams and responsibilities, seamlessly

waltz together like old friends at a reunion. In the optimistic realm of New Year planning, achieving this utopian balance feels like the key to unlocking a stress-free existence. But, reality often interjects with unexpected twists that challenge the very notion of perfect equilibrium. Your meticulously crafted plan may find itself doing the cha-cha when life decides it's time for a tango.

Enhanced productivity is another shimmering gem in the treasure chest of balance. The idea that a perfectly balanced schedule will transform us into productivity superheroes is undoubtedly appealing. However, life has a curious way of injecting spontaneity, and suddenly, your perfectly aligned to-do list resembles more of a doodle than a roadmap to success. Maybe, just maybe, the occasional detour is the secret ingredient to a truly productive year.

Amidst the optimistic New Year's glow, let's not forget the potential downsides of this pursuit of balance. The pressure to conform to societal expectations can turn our New Year resolutions into a rigid checklist rather than a celebration of



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# JANUARY 2024

personal growth. What if your version of balance involves a week-long deep dive into your favourite hobby? Is that not a valid, enriching way to spend your time?

Moreover, the relentless effort to keep all the balls in the air might turn our life into a juggling act that rivals a three-ring circus. The search for the perfect balance may leave us feeling like a juggler desperately trying to prevent a cascade of chaos. Perhaps, in 2024, we can embrace the idea that life's messiness is where the true magic happens.

Zooming out to a meta perspective, let's view '23 and '24 as a cosmic comedies where life is the ultimate jester. In this grand play, balance becomes a whimsical paradox. Everything is in balance, yet nothing is. Time unfolds as a dance of unpredictability, with change as the only constant. The more we try to restore equilibrium, the more life tosses curveballs, inviting us to laugh along with the cosmic joke.

As we embark on the journey of 2024, balance remains the tightrope we're encouraged to tread.

It's a dance where we wobble, slip, and sometimes fall, but perhaps, therein lies the beauty. The upsides and downsides of balance are the witty punchlines in the comedy of life, and we are the actors navigating the scenes.

So, in the face of the unknowns and unexpected twists that 2024 may bring, let's adopt a laughter-fuelled approach. Life might not be perfectly balanced, but it sure knows how to keep us entertained on this thrilling roller coaster ride.

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Give gratitude out to the year just gone. All of its lessons are a blessing. Cheers to a year of joy, growth, and the delightful

surprises coming up. These will embrace the sweet unpredictability of it all!

At this point I want to make a huge shout-out to our amazing team who have been hard at work making sure that you get amazing results and are cared for with the best attention we can provide. Thanks to every one of these darling people.

So, as we embark on this journey of a joy-filled and prosperous 2024, let's raise our mugs to the art of making lemonade from the lemons we are given. Imbalance is not a flaw; it's our secret weapon. The ability to navigate the rough seas, welcome wind changes, and celebrate every event will be our compass.

May your heart be ever full and your spirit even fuller on your thrilling adventure called life!

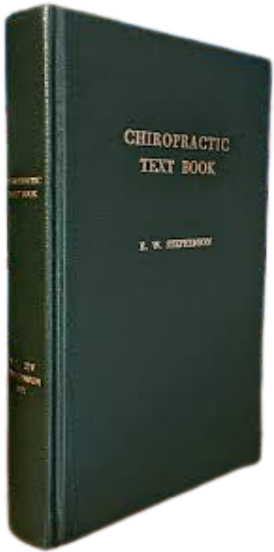
Love and good tidings,

**Mark and the team at CCK**



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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 #13

### The Function of Matter

The function of matter is to express force.

### In Other Words...

Forces are the vehicle through which your body’s Intelligence expresses itself. How are forces able to accomplish this? By acting through matter. Force needs matter, so it has an actual thing through which to manifest. Otherwise, force would be just force, hanging around, doing nothing!

### For Instance...

Without a bulb through which light energy can manifest, light energy would just “float around” in the air- unable to actualize as light! The bulb serves as a vehicle through which forces of light can be expressed.

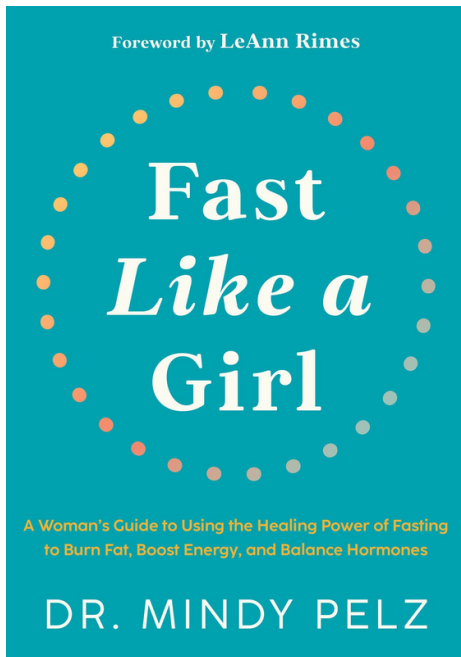
### As Applied To You...

How are the forces responsible for pumping your blood, able to do so? By manifesting themselves through the physical matter of your heart’s vessels. The function of your heart, is to be a vehicle through which your blood-pumping forces are expressed.

**-Ralph W Stephenson D C 1927**



# Book Review



**A go-to fasting manual created specifically to address women's needs based on their hormones and menstrual cycle by Dr. Mindy Pelz, a well-known expert on women and fasting, whose fast-growing YouTube channel has become the destination for women who want to learn about fasting.**

Are you among the many women who feel unheard and unseen by their doctors and health professionals? Have you become exhausted by the promise of quick-fix diets that only leave you disappointed? Well in *Fast Like a Girl*, Dr. Mindy helps you to take back control of your health by using the quickest path back to better health-fasting.

While most fasting advice has been a one-size-fits-all approach that leaves women with more questions than answers, in this book

Dr. Mindy shares the proven strategies, specific protocols to use if you are trying to overcome a condition, fasting hacks, and tools that she has used to help hundreds of thousands of women thrive with their fasting lifestyles.

Dr. Mindy will teach you-

- the right steps on how to go from eating all day to intermittent fasting (13-15 hours)
- how to safely fast longer if you choose to do so (15-72 hours)
- how to time fasting according to your menstrual cycle (although if you don't have a cycle, she has you covered)
- the best foods to break your fast to achieve better metabolic health

This book also includes more than 50 recipes based on the two food plans-ketobiotic and hormone feasting-she created to best support women's hormones. And, it has recipes specifically created to break a fast such as her Coconut Cacao Chia Pudding.

Inspired by the thousands of women she has worked with who have reclaimed their health with fasting, Dr. Mindy wrote this book because, "once a woman knows how to build a fasting lifestyle around her cycle, she becomes unstoppable."



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## JACKIE'S RECIPE OF THE MONTH

# Festive Slice

This has been my favourite Xmas slice for many years now. I make double the recipe and keep it in the freezer. As it takes no time to defrost to eat it is a great back up at this time. My thanks to Organic Sisters and Food Matters for this.

**Ingredients:****BASE**

- 1 cup raw almonds
- 1 cup dried dates
- 1/4 cup cacao powder
- 2 tablespoons melted coconut oil

**FILLING**

- 1 cup dried cranberries
- 3/4 cup of desiccated coconut
- 2 tablespoons melted coconut oil
- 1/2 cup raw pistachio nuts
- 1/2 cup coconut cream

**CHOCOLATE TOPPING**

- 1/2 cup of melted coconut oil
- 1/4 cup of pure maple syrup (or natural sweetener of choice)
- 1/4 cup of cacao powder

**Method:**

- Pulse the cranberries, coconut and pistachios in the food processor until chopped (ensure you don't over process).
- Add the coconut oil and coconut cream and pulse again until the mixture is well combined.
- Pour the mixture on top of the base and return to the freezer to set.
- Add the coconut oil, maple syrup and cacao to a small mixing bowl and stir until it is combined and resembles chocolate sauce.
- Spread the chocolate sauce on top of the filling. Make sure the filling is set before you do this step!

**shazs.shares**

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

- Arthur Ward



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# CCK UPDATE



Mark and Jackie hosted a Xmas get together for Sunshine Coast chiropractors in November.

It was a great time to catch up with other members of the profession, some old timers and some new comers to the SC and share some great food.

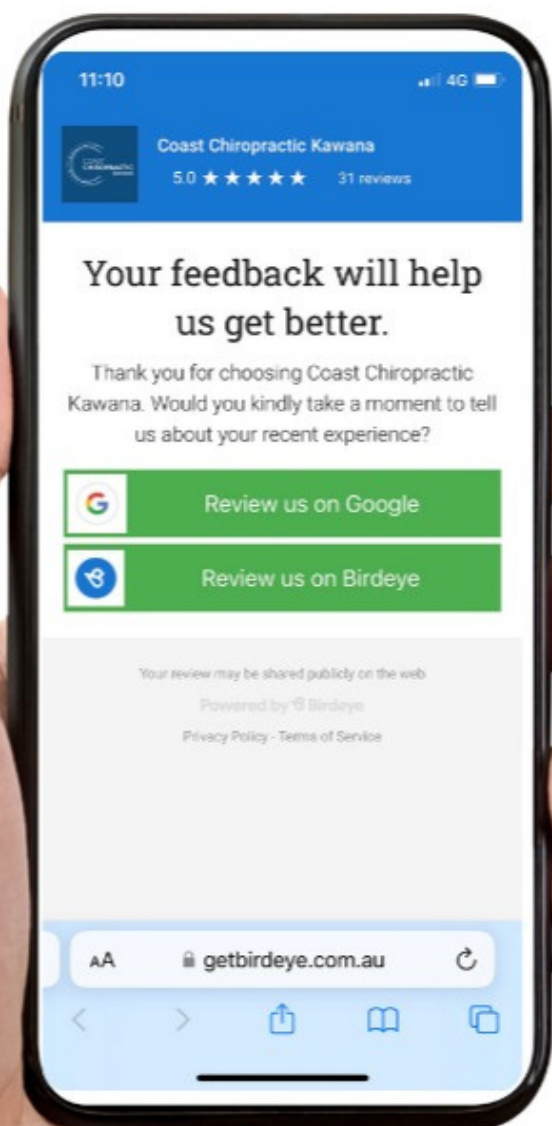


Even Tyler and Lauren were there!



# OUR PEOPLE SPEAK

## We'd love your Feedback!



Thanks for visiting us!  
Please share your experience



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# CCK | 2023 CHRISTMAS CHARITY DRIVE



**connect  
kids**

## **PLEASE HELP US MAKE A DIFFERENCE!**

Help Connect Kids this Christmas in supporting Sunshine Coast's youth and families. Their mission is to break the cycle of disadvantage through mentorship, education, and job support.

With 18% of children in Australia living in poverty, Connect Kids are dedicated to fostering potential and brightening futures, powered by community volunteers and your generous donations. Let's uplift our children together!

## **SOME GIFT IDEAS**

- Fun activity passes or, \$s towards, (Aussie World, Sea Life, Australia Zoo, Ten Pin Bowling etc)
- Fun activity passes (Australia Zoo, Sea Life, Ten Pin Bowling)
- Small toys or board games
- Colouring pencils or books

Ages 6-18yrs old, but donations for younger siblings, parents & guardians are also gratefully accepted

**PLEASE HAVE  
DONATIONS TO US BY  
FRIDAY 15TH DECEMBER**

