



## THRIVE IN '25: SETTING THE STAGE FOR A TRANSFORMATIVE YEAR

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As we step into 2025, it's time to embrace a mindset of thriving - to rise above merely getting by and unlock our full potential. To optimise the precious life that we have been given.

At Coast Chiropractic Kawana, our theme for the year is "Thrive in '25," a call to action for living with purpose, vitality, and joy.

Over the coming months, we will explore the powerful themes—Passion, Growth, New Beginnings, Movement, Ecosystems, Time, Nurture, Heritage, Spinal Health, Performance, and Reflection—and discover how an attitude of thriving magnifies each one.

Let's preview the journey ahead and see how this mindset can elevate every aspect of life.

### **Passion: Fuel the Fire Within**

When passion becomes more than a fleeting feeling; When it becomes a driving force we thrive. Passion empowers us to reconnect with what excites us and to channel that energy into meaningful pursuits. Whether it's reigniting a hobby or pursuing a lifelong dream, when we breathe life into our passions we thrive.

### **Growth: Embracing Challenges and Change**

With an attitude of thrive we transform growth from a task into an adventure. It's about seeking opportunities to expand - mentally, physically, and emotionally. With a thriving mindset, challenges become stepping stones rather than roadblocks, fostering resilience and personal evolution.

### **New Beginnings: Welcoming Opportunities**

A thriving attitude encourages us to view new beginnings with optimism and courage. Instead of fearing the unknown, we're inspired to embrace fresh starts as opportunities to learn, grow, and reinvent ourselves.

### **Movement: Energizing Body and Mind**

Movement magnifies your ability to thrive. The ability to easily move every joint from head to toe on a daily basis fuels not only our bodies but also our minds. It encourages us to move with intention, with elegance and to explore new ways to stay active. Movement is a celebration of what a thriving body can do.

### **Ecosystems: Cultivating Connections**

Life is an interconnected web of relationships—with yourself, people, nature, and our community. Thriving inspires us to nurture these ecosystems, fostering



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deeper connections and a greater sense of belonging. It reminds us that thriving isn't just about individual success but also about our contribution to the world.

### **Time: All Things Take Time**

Thriving changes how we view time. Instead of rushing through life, we learn to be present and intentional. Everything takes time. From healing, regenerating, growing, building, saving, learning etc. A thriving mind sees every moment as an opportunity to align our actions with our values, making time feel abundant rather than scarce.

### **Nurture: Caring for Ourselves and Others**

Self-care and care for others are foundational to thriving. It's about prioritizing health, building supportive relationships, and creating environments that allow everyone to flourish. Thriving turns nurturing into a joy rather than a duty. Looking after you and your family's brain, spine and nerve system with good chiropractic care is a necessary part of thriving.

### **Heritage: Honouring Our Roots**

Our heritage shapes who we are, and thriving invites us to honour it with gratitude and pride. It's about celebrating traditions, learning from the past, and passing on values that contribute to a thriving future. Chiropractic has a rich and colourful history that has brought the world a significant contribution to healthy living.

### **Spinal Health: The Foundation of Well-being**

At the core of our physical well-being is our spinal health. Thriving magnifies its importance, emphasizing the role of chiropractic care in maintaining balance, reducing stress, and enhancing overall health. A thriving spine supports a thriving life.

### **Performance: Striving for Excellence**

Thriving redefines performance as the pursuit of excellence, not perfection. It's about pushing our limits, setting meaningful goals, and celebrating progress. Thriving fuels the confidence to reach new heights.

### **Reflection: Learning and Growing**

Reflection is key to thriving, offering moments to pause, evaluate, and realign. It's not about dwelling on the past but learning from it and using those insights to create a brighter future.

### **Thrive in '25: Your Journey Begins Now**

As we embark on this year-long journey, we invite you to adopt a mindset of thriving. With every theme we explore, consider how you can incorporate its principles into your life.

Let's make 2025 a year of transformation, joy, and boundless potential. Together, let's Thrive in '25!

- *Mark*



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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 #25

### **The Character of Innate Forces.**

The forces of Innate Intelligence never injure or destroy the structures in which they work.

### **In Other Words...**

The purpose of your Innate Intelligence is to give you life. Your Intelligence does so by expressing itself through your body, so it needs your body to be healthy! The forces of your Intelligence will therefore never work against your body.

### **For Instance...**

You've hopefully never been sprayed by a skunk! But, if so, you were victim to the skunk's defense mechanism, as created by its Intelligence. The spray will never be released within the skunk to injure the skunk himself!

### **As Applied To You...**

So your brain can function properly, your Innate Intelligence established a range of acid-base balance, within which your blood must remain. The forces of your Intelligence will never operate such that the number is brought out of range, causing brain-damage!

**-Ralph W Stephenson D C 1927**



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## JACKIE'S RECIPE OF THE MONTH

*Burnt Basque Cheesecake*

Here is our new favourite dessert! So easy to make and delicious.

Recipe from

<https://spanishsabores.com/burnt-basque-cheesecake-recipe/#recipe>

**Ingredients:**

- 1 kg Philadelphia cream cheese at room temperature.
- 7 eggs
- 400 g sugar. Note: for a less sweet cheesecake use 1 to 1.5 cups
- 1 tablespoon of flour
- 200 ml heavy cream

**Method:**

1. Preheat oven to 210 degrees.
2. Combine all ingredients in a bowl and, using an electric mixer, mix until smooth and creamy.
3. Line a 25 cm springform pan or round baking pan with enough wax or parchment paper that it extends past the edges of the pan. This will help you remove the cheesecake from the pan later and will prevent it from sticking.



4. Bake on the centre rack for 35-50 minutes. The cake will rise quite a bit but don't worry -- it will settle when it's out of the oven. Check after 40 minutes and, if it isn't quite burnt enough on top, leave for another 5 minutes.

5. When the cake is brown and almost burnt looking, remove from oven. The centre shouldn't be completely set. It will wobble a lot when you move the pan like jelly.

6. Let it start to cool gradually by leaving it out on the counter. After an hour or so, move the cake to the fridge to cool completely.

7. Serve with your favourite cheesecake sides such as a bowl of berries.

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If you can push yourself with positivity, towards a goal and learn to do it with improved self talk instead of put downs, your success will be sweeter.



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Thank you for the generous donations to our 2024 Christmas Charity, Connect Kids. The girls were overwhelmed when they came to collect them prior to Christmas to share them out to the families they work with. The CCK team really appreciate your support of this worthy cause.

Hi everyone! My name is Georgie and I am excited to join the CCK team as a chiropractic assistant. I am 18 years old and currently studying to become a pilates instructor. Before starting this role, I worked in childcare, where I learnt how rewarding building strong connections with others can be. I am excited to continue learning in this role, and I look forward to meeting you all in 2025!



Testing the water temp. 1.5 degrees. It should teach him not to complain about the water temp on a July day here on the Sunny Coast from now on!