



# UNLOCKING THE POWER OF STRATEGY FOR YOUR HEALTH.

ARTICLE WRITTEN BY MARK

When it comes to our health, it's easy to get caught up in the chaos of everyday life. We often find ourselves overwhelmed by countless obligations and responsibilities. However, by simply incorporating a well-thought-out strategy into your healthcare routine can bring about tremendous benefits.

As a practice member at CCK, you have a unique opportunity to embrace a holistic approach that encompasses chemical-free living, mental and emotional freedom, and physical movement that very few people enjoy.

First, chemical-free living. Our bodies are remarkable creations which thrive when given the right internal environment. By nourishing ourselves with wholesome, organic foods, we can optimize our health. Think of it this way: you wouldn't fuel a race car with low-grade fuel and expect it to perform at its best, would you? Similarly, your body functions optimally when you provide it with the nutrients it need and no

extra stuff. Ditching the processed junk food and indulging in nature's buffet of fresh fruits, vegetables, and lean proteins let your taste buds dance to the rhythm of health!

But it's not just about what we put in our bodies; it's also about what surrounds us. To truly embrace a chemical-free lifestyle, we must consider our environment. Take a look around your home—swap out harsh cleaning chemicals for eco-friendly alternatives, free your living space from toxins, and let Mother Nature's freshness flow through your windows. Remember, a clean and chemical-free environment is the key to unlocking your body's innate healing potential.

Now, let's address the importance of mental and emotional freedom. Life can be a rollercoaster ride, filled with ups and downs that challenge our emotional well-being. It's crucial to take care of your mental health just as you do your physical health. Find your own unique way to unwind and destress—whether it's through meditation, journaling, or dancing around the house to your favourite tunes.



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# JULY 2023

Embrace humour and laughter, as we spoke about last month. It truly is the best medicine. They say that a good belly laugh is like an internal massage for your organs, it increases oxygen uptake and lets you see life from a different perspective. So, go ahead, join the children and giggle away the stress—science has shown that people can truly laugh their way to wellness!

Of course, no strategy for optimal health would be complete without addressing the importance of your brain, spine and nerve system. Every part of our body is designed to move. Engaging in regular physical activity not only helps us maintain a healthy weight but also keeps our muscles strong and our joints supple. So, shake off that sedentary lifestyle and find activities that make you feel alive. Whether it's a brisk walk in the park, a dance class, or playing a sport you love, let movement be your superpower!

The thing that brings all the above together is the philosophy, science and art of chiropractic. Just as a musical instrument needs tuning to play harmoniously, your body requires adjustments to maintain

optimal function. Getting checked and adjusted if necessary on a regular basis ensure that your brain, spine, and nerve system are in sync, allowing your body to operate like a well-orchestrated symphony.

Whether it's the chemical, mental/emotional or physical, don't wait until things are falling apart and you HAVE to do something about it. The smart strategy is to do something about it before you have symptoms. Developing a strategy for your healthcare is like crafting a recipe for a vibrant and fulfilling life. Embrace chemical-free living, nourish your mind and soul, get moving, and prioritize regular chiropractic adjustments.

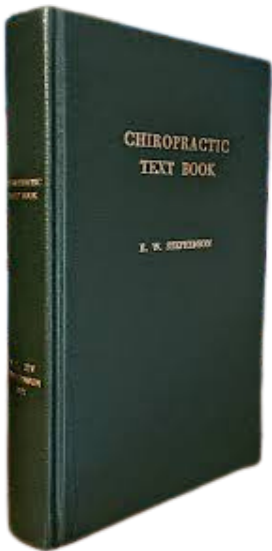
Remember, your health is your greatest wealth, and with the right strategy, you can unlock the door to a healthier, happier you. So, embrace the power of the right health strategy, and savour the journey towards optimal well-being. And remember to laugh lots along the way.

- Mark



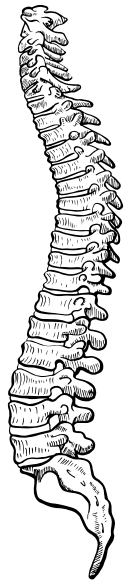
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# The 33 Principles Series

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 #8

### The Function of Intelligence.

The function of Intelligence is to create force.

In Other Words...

Your body’s Intelligence follows a certain set of natural scientific laws, or forces. How do these laws, become laws in the first place?! By Intelligence. Intelligence takes unorganized energy in the universe-in the form of free-floating particles-and organizes it into purposeful forces. Wow!

For Instance...

Following a hot summer’s day rain, what do you see, rising from the pavement? Steam. What exactly is steam? Evaporation! And how did evaporation come into effect? By Intelligence! Intelligence created the force of evaporation by giving organization and purpose to previously unorganized energy.

As Applied To You...

Your nervous system is an amazing network of nerve “highways”, through which messages travel between your brain and every cell, tissue and organ. The movement of messages throughyout nerves is propelled by force; force was created by Intelligence.



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JACKIE'S RECIPE OF THE MONTH

# Pumpkin Sticky Date Pudding

WITH CARAMEL SAUCE



paleo friendly  
free of gluten;  
dairy and  
grains!

A winter staple; The humble Sticky Date Pudding, with a pumpkin twist!

This take on the family favourite is paleo friendly, gluten free, dairy free and grain free and is perfect for winter. Serve with some coconut ice cream or cream, drizzled with naturally sweetened caramel sauce

## Ingredients

For the pudding

- 10 Medjool dates, pips-out
- 1 cup hot water
- 1 cup almond meal/flour
- 1/2 cup cassava or tapioca flour
- 1/4 cup coconut flour
- 1 teaspoon cinnamon powder
- 1 teaspoon ginger powder
- 1/2 teaspoon nutmeg powder
- 1 teaspoon baking soda (bicarb soda)
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1 teaspoon vanilla extract

- 1/3 cup coconut oil, room temperature or slightly softened (plus more for greasing the dish, or butter)
- 3 large eggs (at room temperature)
- 400 grams cooked and pureed pumpkin

For the caramel sauce:

- 1 can coconut milk (full-fat), refrigerated
- 6 tablespoons maple syrup
- 1 teaspoon vanilla extract
- A pinch of salt

Recipe by Irena Macri | <https://www.cookedandloved.com/>



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JACKIE'S RECIPE OF THE MONTH

# Pumpkin Sticky Date Pudding

WITH CARAMEL SAUCE

## Method

1. Preheat the oven to 170 C degrees. Lay a piece of parchment paper on the bottom of a 2-litre (about 2-quart, 8 X 8 inches) baking dish and grease the sides with a little oil or butter.
2. Place Medjool dates in a bowl and cover with boiling water. Soak for 10-15 minutes to soften.
3. In a large mixing bowl, whisk together the flours, spices, baking powder, baking soda, and salt.
4. Add the dates and 1/2 cup of hot water they were soaking into a food processor and pulse until fairly smooth. Transfer the paste to a clean mixing bowl. You can also do this with a blender.
5. Add 1/3 cup of softened coconut oil (or soft butter) and beat with an electric whisk until fluffy and well combined. Add in the eggs, one at a time and beat to combine on medium speed.
6. Reduce speed to low and add half of the flour mixture, beating until combined. Add pumpkin and vanilla, beat and then add remaining flour mixture and beat until just combined (don't over mix).
7. Transfer the batter to the prepared dish and bake until the cake is puffed and the toothpick comes out clean, about 40 minutes. The texture might feel a little wetter than a regular cake but the toothpick should still come out clean.



8. Make the caramel sauce while the cake is cooking. Open the can of coconut milk and scoop out all of the thickened cream; it should be about 1/2 cup. Add to a small pot together with 3-4 tablespoons of the more liquid coconut milk, maple syrup, vanilla and salt. Set over medium heat and cook for about 15 to 20 minutes, stirring constantly so that it doesn't burn. When the mixture starts to thicken and turn darker in colour, it's ready. Set aside to cool, and store it in an airtight container in the fridge if making ahead of time.
9. Remove the cake from the oven and pierce a few holes on the top using a wooden or metal skewer or with a fork. Pour half of the warmed-up sauce over the top and allow to soak for 20 minutes. Serve warm with the remaining sauce and a side of whipped coconut cream or dairy-free ice cream of choice.

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It looks like Tyler is having an incredible time in Europe and she was able to attend a seminar that Jo was guest speaking at in Oxford, UK.



Tyler checking out the Eiffel tower (above) before heading off to Monaco (right).



Jo speaking to group of Chiropractors in Oxford, UK (above)



Jo and Tyler met up in Oxford, UK (above)



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Be a Buffalo!

When an incoming storm approaches, cows run away — which ultimately means they spend more time in the worst of it. Buffalo, on the other hand, charge directly into the storm. By running straight through it, they minimise the time they spend in it and the pain they suffer.