

Introducing Our New Look ...

We are all about Transformation here at Coast Chiropractic Kawana (CCK).

We recognise that all systems are in constant state of adaptation and evolution.

So it makes sense from time to time we sit back and assess our "system" and ask are we communicating who we are clearly to our community? Are we expressing ourselves authentically?

We have had so much fun and gained beautiful clarity on our purpose, vision and mission working with the wonderful Abby from Clever Little Schmidt Ltd, and as a result ... we have a new look!

You will see our fresh branding slowly integrating its way into all things CCK. We have found the process refreshing and energising and we hope you LOVE it as much as we do.

What a beautiful reminder of what can be gained by letting go of what is no longer useful, clarifying your vision and inviting transformation into your life.



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Thank you in advance... Your review helps us improve and continue delivering excellent service and products.



Want a regular Coast Chiropractic Kawana fix?



Follow us on Facebook and Instagram and enjoy regular posts and keep yourself up to date with a varied mix of posts from inspiration, motivation, education and funny pictures.

GROWTH

Ever heard the phrase "Pressure makes diamonds"...? It's a metaphor for transformation and resilience and growth, highlighting how immense pressure over time transforms coal (or more accurately, carbon) into valuable and brilliant diamonds.

Of course we all strive to grow and develop and transform ourselves into more successful, more capable, more independent, smarter, richer, fitter, healthier humans. But how do we do it?

Often the difference between what we do and what we want to do is simply fear of the unknown or an imagined fear of the worst case scenario. Fear can make us stop dead in our tracks but it can also alter our paths, limit our potential and cripple our growth. Fear is a primal instinct and it keeps us in our hindbrain (the back of our brain, the bottom), it is an ancient survival mechanism but it isn't particularly smart. It will keep us alive and inform us of danger but it's important to understand when we are using fear to limit areas of our life that are not in danger.

This is where courage comes in. Courage is the ability to face fear, pain, uncertainty, or difficulty despite feeling afraid. It is the inner strength that enables us to take risks, embrace challenges, and persevere in the face of adversity.



Intentionally putting ourselves under pressure by facing our fears, and having the courage to do it anyway is how we make diamonds of ourselves. Choosing to do things that are scary but not dangerous is applying pressure to our life in a good way. It builds resilience and it manifests transformation and growth.

Stepping out of your comfort zone is the surest way to grow. We can do it for ourselves and as parents it's our job to apply pressure for our kids, to build resilience and inspire courage. When we lead by example and do hard things, our kids witness our struggles and determination and see the benefits. Sometimes the outcome is not what we plan, but the journey and the push is where the growth is.

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- A baby's brain is a quarter of the size of an adult brain, but it doubles in size in the first year of life.
- A child's brain produces more than a million neural connections each second.
- 60% of a baby's energy goes to its developing brain.
- A 3-year-old's brain is twice as active as an adult brain.

Did You Know?



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There are many ways to provide pressure for our kids. For our young children resilience is learned through exploration and games, discovering themselves in a world of activity and other people. As parents we install boundaries around learning for them to push against. With older adolescents it can be more about being in the background and offering support to a child who is floundering but not stepping in to fix things, just being there while they work it out, so that they can experience the transformational affect that growth brings.

As many of you know, my family and I moved here to the Sunshine Coast from Melbourne two years ago and recently my eldest son has made the move back to Melbourne to go to university. It's been a big step for him to step out of his comfort zone and leave home and go off and fend for himself. This transition was a major milestone, not just for him but for our entire family. Watching him embrace independence, navigate study, work and share house, and step into his future with confidence has been a beautiful reminder of how growth is both an internal and external process.

There are so many ways in which we witness growth in our practice here at CCK. Thank you for being part of our growth. It is through tricky situations, challenging conversations, and difficult problems to solve that we strive to be better. Pressure does indeed make diamonds and if we can mindful about our fear and step forward and do it anyway we will have an abundance of sparkle.



MOVE it or LOOSE it!

If we don't continue to move, our bodies, our brain, our balance and our muscles start to fatigue. We accelerate ageing. Simple movements practiced everyday nourish the brain and body.

We challenge you to try this everyday:

1. **Start standing.**
2. **Sit down cross legged onto the ground unassisted.**
3. **Stand back up unassisted.**



Shaz Shares

The slight edge is about focusing on progress, not perfection.



JACKIE'S RECIPE OF THE MONTH

Banana Bread

Healthy, easy and always a winner!
Can adapt to GF, DF

SERVINGS: 1 LOAF

PREPPING TIME: 10 MIN

COOKING TIME: 55 MIN

Recipe from

<https://cookieandkate.com/healthy-banana-bread-recipe/>

Ingredients

1/4 cup melted coconut oil
1/2 cup honey or maple syrup
2 eggs
1 cup mashed bananas (approx 2 bananas)
1/4 milk of choice (or water)
1 tsp baking soda
1 tsp vanilla
1/2 tsp salt
1 tsp ground cinnamon
1 3/4 cups of flour (GF or regular)
Optional:
1/2 cup of chopped walnuts or choc chips
a pinch of salt

Method

1. Preheat oven to 165 degrees Celsius and grease a 9x5-inch loaf pan.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk.
3. Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean. Let the bread cool in the loaf pan for at least 10 minutes. Carefully transfer the loaf to a wire rack to cool before slicing.

Note: Batter can also be used to make mini muffins perfect for school lunch boxes.

Introducing ... Dr Robbie Parker

Hi! I'm Robbie. You may remember me when I was a student from the ACC in Adelaide doing some placement at CCK in October last year. Since then, I graduated from college and have been gallivanting around Europe for the last few months.

Unfortunately, I learnt that I'm not made for the trials and tribulations of a European winter and I have escaped back to an Australian summer on the Sunshine Coast!

So, a bit about me. I grew up in the southern land of Tasmania and am fortunate to have received chiropractic care since birth as both my parents are chiropractors. Of course, I couldn't do what my parents did, so I moved to Wollongong, NSW, to complete a Bachelor of Health Sciences. However, whilst there I developed a keen interest in the human body and the wonders of the nervous system and realised that one of the most powerful ways that I could help people to live a happier, more fulfilling life was through chiropractic.

With this in mind, I moved to Adelaide to study chiropractic at ACC. Fast forward four busy years of chiropractic school and here I am!

When I'm not in practice, you'll find me outside. I have a deep love for the outdoors and fill my spare time with bushwalking, running, surfing (breaking boards) or really anything involving nature. I also have a passion for cooking and aspire to learn guitar this year, one of my biggest goals for 2025.

You'll see me in and around CCK over the coming weeks as I start to integrate into the practice. Please come and say hello! I look forward to meeting you all and caring for you in the future.

DID YOU KNOW?

There are MANY health benefits of chiropractic attributed to changes in the BRAIN. New study shows improvement in pain, sleep, mood and quality of LIFE!

DrMoKnows.com



Mark and Jackie's Adventuring

Not long back from Mark's skiing adventure, he is now off to New Zealand for a month of tiki touring around with Jackie. They started off on the North Island and spent the weekend in the Coromandel catching up with Ali and family filled with golf, beaching and more golf!

Mark will return to practice on March 24.

Sally's Adventuring

Sally and Paul are off to China for 10 days. You can guarantee that Sal will hike every inch of that wall!

Sally will be away March 9 - March 20.

Team Hours

Monday

6am - 12pm: Sally, Jo & Robbie
2pm - 6:30pm: Mark, Karen, Bridget & Robbie

Tuesday

7am - 12pm: Karen, Bridget & Robbie
12pm - 6:30pm: Sally, Jo & Robbie

Wednesday

1pm - 6:15pm: Karen

Thursday

6am - 12pm: Sally, Jo, Bridget, & Robbie
2pm - 6:30pm: Mark, Bridget & Robbie

Friday

8am - 12:30pm: Karen, Bridget & Robbie
12pm - 6:30pm: Sally & Robbie

Saturday

8am - 11am: Bridget

Jo's Adventuring



Jo is taking 6 weeks off to head to Europe with her eldest son Oscar to kick off his Gap Year travels. She will get to see her sister and some well deserved rest and recovery (don't be surprised if she ends up teaching a seminar or two).

Jo will be away March 31 - May 20.

The CCK team are committed to your continued progress and exceptional care. We are blessed to have a confident and capable Chiro team who ensure nothing gets in the way of you meeting your health goals. Whilst some of the team are away, **Bridget, Karen and Robbie are on deck to care for you and your family.**