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The Life Adjustment

ARTICLE WRITTEN BY TYLER MORTON

The Chiropractic Adjustment is the name given to the action that chiropractors make in caring for your spine and nerve system. Every time that the chiropractor touches you it will be in the form of an adjustment. But let's take this term a little bigger and look at the dynamics of adjustment as a process of making changes to one's lifestyle or behaviour in order to optimise well-being.



The goal of adjustment in a chiropractic paradigm is to achieve a state of optimal health and well-being, which involves not only the absence of disease but also the presence of positive physical, emotional, and social health. Adjustment involves identifying areas where changes can be made, setting goals for improvement, and taking concrete steps to implement those changes.

For example, someone who is looking to improve their physical health may need to adjust their diet by reducing their intake of unhealthy foods and increasing their consumption of fruits and vegetables. They may also need to adjust their exercise routine by adding more physical activity into their daily routine. Additionally, someone who is looking to improve their mental health may need to adjust their stress management techniques by incorporating relaxation techniques, such as meditation or yoga, into their daily routine.

Adjustment in the chiropractic viewpoint is a continuous process, as there is always room for improvement in one's overall position in life. It requires self-awareness, motivation, and a willingness to make changes to achieve optimal health and well-being.



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Adjusting your life can be difficult, especially when you may not be motivated to do so. However, there are several strategies that can help to adjust your life, even when you don't feel like it:

Identify the reasons for the adjustment: It's important to understand why you need to adjust your life. This can help to provide motivation and make the adjustment feel more meaningful. Are you doing it to propel you towards what you want or away from what you don't want. Both are valid – just make a choice.

Break it down into smaller steps: Making big changes can be overwhelming, but breaking them down into smaller steps can make them feel more manageable. Focus on one step at a time and celebrate each small victory.

Find support: Surrounding yourself with people who support and encourage you can be helpful when making adjustments. Consider joining a support group, talking to a trusted friend or family member, or working with a coach or therapist.

Make it enjoyable: Find ways to make the adjustment enjoyable, such as incorporating activities you enjoy into your routine or finding a workout partner.

Focus on the benefits: It can be helpful to remind yourself of the benefits that come with making the adjustment. Focusing on the positive outcomes can provide motivation and help you to stay committed.

Ultimately, adjusting your life requires a willingness to change and a commitment to your well-being.

While it can be challenging, the benefits of making adjustments can be significant and well worth the effort.

Tyler



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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 #4

The Triune of Life

Life is a trinity having three necessary united factors, namely: Intelligence, force and matter

In Other Words...

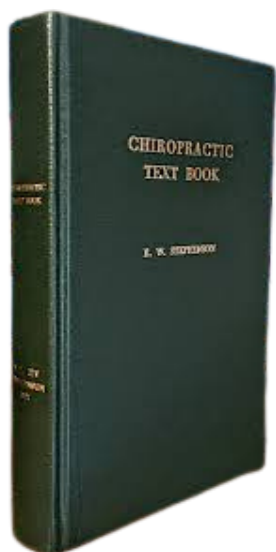
Without Intelligence, NO living thing exists. A living thing comes into existence because Intelligence works through force, organizing physical matter to become the living thing, or "end product". All three are necessary!

For Instance...

Achieving a flame from a match requires the joining of a match (matter), with kinetic energy (Intelligence), via a force that unites the two. Your striking the match is the force that unites the Intelligence of the kinetic energy, with the match. The result? A flame! All three Intelligence, force and matter- are needed.

As Applied To You...

Your life requires a joining of your body (matter), with your Innate Intelligence, via a force that unites the two. The movement of messages through your nervous system is the force that unites your Innate Intelligence with your physical self, giving you life. All three Intelligence, force and matter- are needed.



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JACKIE'S RECIPE OF THE MONTH

Banana Bread

A crowd favourite all year round! The humble Banana Bread is an easy recipe to whip up. I love to make it gluten free and refine sugar free, or add nuts or dark chocolate.

Ingredients

- 1/3 cup melted coconut oil
- 1/2 cup honey or maple syrup
- 2 eggs
- 1 cup mashed ripe bananas (about 2 1/2 medium or 2 large bananas)
- 1/4 cup milk of choice or water
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon, plus more to sprinkle on top
- 1 3/4 cups whole wheat flour or a combination like 3/4 cup gluten free flour + 1/2 cup buckwheat flour + 1/2 cup rice flour. Create your own mix!
- Optional: 1/2 cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit. We love chocolate chips!
- 1 banana sliced in half to put on top of mixture before baking.



Method

1. Preheat oven to 165 degrees 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 place the halved banana on top. Sprinkle lightly with cinnamon.
5. Bake for 50 to 55 minutes, depending on your oven. Test with a toothpick inserted into the centre. Will come out clean when cooked. Let the bread cool in the loaf pan for at least 10 minutes.

Delicious warm with butter!

Store in fridge if not eaten in 2 days.



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CCK Vacation Notices

Mark & Jackie - 17 March - 13 April
Sally - back 3 April

Sally has set the bar high! The pressure is on for Mark and Jackie to send us back some cool holiday snaps.

While Mark and Sally are away, the rest of the amazing CCK team will keep you well adjusted! If you haven't already met Bridget and Hamish this will be a great opportunity to do so. Sally will be back April 3rd and Mark April 13th.

[BOOK NOW](#)



shazs.shares



What's inside will come out .

Think of a speck of sand if the sand gets in the human eye it causes irritation, then infection and if not not cared for eventually loss of vision, but put that same speck of sand in an oyster it causes irritation, then secretion, and eventually that oyster forms are pearl. Was the sand the primary cause of the result in the eye?

Was the sand, the primary cause of the results in the oyster?

No, if it were, the results would be the same.

The sand was an agent that revealed the inner properties of the eye, and of the oyster.

In real sense, when life causes you irritation, you can let it develop into an infection, or you can allow it to become a pearl.



Sally is in Antarctica!



Notice of Fee Increase

As of the 1st March 2023, please be aware that our prices will be increasing by \$5.00 for all services. Please see our team if you have any questions or concerns.



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