

WOMEN

ARTICLE WRITTEN BY JO SEXTON

What's the greatest lesson a woman should learn? That since day one, she's already had everything she needs within herself. It's the world that convinced her she did not." - Rupi Kaur

On March 8th each year we celebrate International Women's Day. I'm a mum of three kids - two boys and a girl. You could be forgiven for thinking that this day is most special for me and my daughter. Whilst it is true that I make sure I celebrate Pip's awesomeness, it's probably more important to me that I use the opportunity to talk about female empowerment with my sons.

In a world where storytelling permeates every aspect of our lives, from the media we consume to the conversations we have, it's crucial to recognize the

profound impact that narratives have on shaping our perceptions and beliefs.

This is particularly true when it comes to issues of female empowerment and gender equality. The stories we tell ourselves and others about women play a significant role in shaping societal attitudes and norms.

Historically, women's narratives have often been limited to narrow stereotypes and roles dictated by patriarchal structures. However, the feminist movement has long recognized the power of storytelling as a tool for empowerment and social change.

Feminist narratives challenge conventional gender roles and offer alternative perspectives that celebrate the diversity, strength, and resilience of women.



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By amplifying the voices and experiences of women from all walks of life, these narratives disrupt traditional power dynamics and pave the way for greater equality and representation.

Moreover, storytelling serves as a means of reclaiming agency and asserting autonomy over one's own narrative. Through memoirs, literature, films, and other forms of media, women have shared their stories of struggle, triumph, and resilience, inspiring others to do the same.

These narratives validate women's experiences, affirm their worth, and empower them to challenge the status quo.

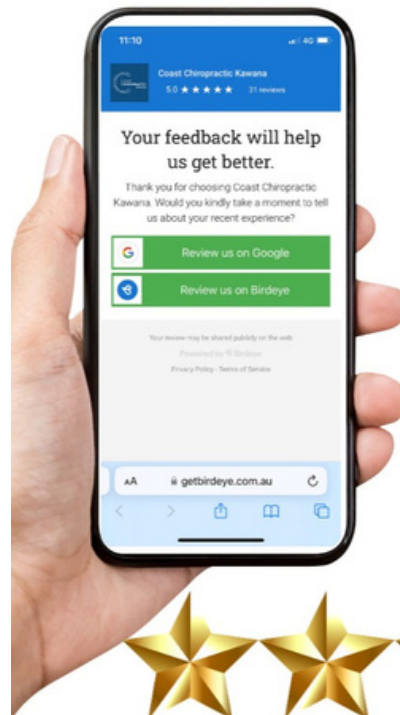
Women supporting women is a beautiful thing. Yet I feel like one of the most important things I can do is raise sons who empower women too.

As we celebrate International Women's Day and continue to champion the rights and empowerment of women, let us be mindful of the power of storytelling in driving social change. By sharing our stories and listening to the voices of women around us, we can collectively work towards a more inclusive, equitable, and empowering future for all.

With love,

- Jo

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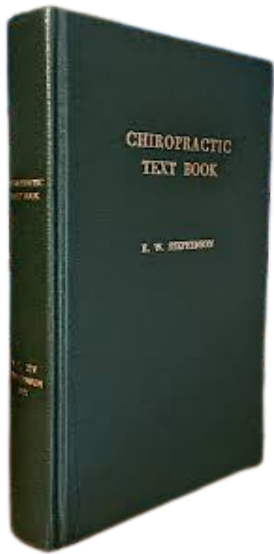
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The 33 Principles Series

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 #15

No Motion without the Effort of Force

Matter can have no motion without the application of force by Intelligence.

In Other Words...

Since the act of motion is itself not visible, how do we know motion exists?! By witnessing an object upon which force is acting, change. Change of matter is evidence that a force was applied by Intelligence.

For Instance...

Looking from the window, how do you know if it's windy? Of course, by watching things blow in the wind! For a tree's leaves to blow, an application of force by Intelligence upon the leaves must occur. Movement of the leaves is evidence of the force.

As Applied To You...

The messages traveling through your nerves are only able to do so, because a force of motion was applied. Evidence of this force? Your body's detectable response to the message!

-Ralph W Stephenson D C 1927



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JACKIE'S RECIPE OF THE MONTH

Hot Cross Buns

Enjoy our Hot Cross Buns at Easter (or any time, really!) Delicious as they are or toasted with butter. Have you read the ingredients on the store-bought buns? Once you do, you will never buy them again. And why would you, when these buns are just as quick and easy to make as running to the store? Feel free to replace the sultanas with cacao chips!

Ingredients:**Buns**

- 1 cup full cream milk (or milk of your preference)
- 1/2 cup [Changing Habits Rapadura Sugar](#)
- 1 tbsp dried yeast
- 4 cups [Changing Habits Emmer Wheat Flour](#)
- 1 1/2 tsp [Changing Habits Cinnamon](#)
- 1 1/2 tsp nutmeg
- 1 tsp allspice
- 1 pinch [Changing Habits Seaweed Salt](#)
- 70 g butter, cut into cubes and left to soften
- 1 egg, whisked
- 1/4 cup sultanas or [Changing Habits Cacao Chips](#) (feel free to add more!)

For the X

- 1/4 cup plain flour
- 1 pinch [Changing Habits Seaweed Salt](#)
- 1/4 cup milk or water

Sugar Glaze

- 2 tbsp [Changing Habits Rapadura Sugar](#)
- 2 tsp water

Method:

- Line a baking tray with baking paper and set aside.
- In a medium saucepan add milk, sugar and yeast and heat on low until sugar dissolves and yeast mixes through.
- In a bowl rub the butter into the flour until crumbly and then add the rest of the dry ingredients.
- Make a well in the middle of the dry ingredients and pour in milk mixture. Combine a little and then add the whisked egg. Mix together until it forms a dough.



- Tip the dough out of the bowl onto a floured board or mat and knead with your hands for approximately 5 minutes until you have a smooth dough. Add sultanas (or cacao chips) and knead the dough again until all the sultanas are evenly combined through.
- Place dough into an oiled bowl, cover with a clean tea towel and leave in a warm place for approximately an hour or until the dough has doubled in size. The dough really needs to double in size otherwise your buns will turn out really dense. If it's a cool day, proving can sometimes take longer than an hour.
- When the dough is ready, place onto a mat and punch it down. Divide into 12 equal balls (more if you would like smaller buns).
- Place balls close together onto prepared baking tray and leave to rise again while you prepare the mixture for the X's topping.
- Preheat oven to 180c.

For the X

- Place flour, salt and milk in a bowl and mix until combined.
- Pour mixture into a piping bag and pipe crosses on top of all the buns.
- Bake for approximately 20 minutes or until buns are golden.

Sugar Glaze

- Place water and sugar in small saucepan and heat on medium heat until sugar dissolves.
- Using a pastry brush, apply hot sugar glaze over buns while they are still warm.
- Allow to cool a little before enjoying them warm with butter!

<https://changinghabits.com.au/recipes/hot-cross-buns/>



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We grow through what we go through. It's never too late to try again and start over.



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Hi CCK Family, my name is Ali and I'm so excited to be joining the team in April. Some of you may remember me in my CA days at CCK before I headed off to New Zealand in 2006 to study Chiropractic. I found more than my beloved career over the ditch, I fell in love, started a practice, started a family and just like that it's almost 20 years that has gone by.

Now it's time for a new adventure, I have had a strong desire to come "home" and spend more time with my family here on the Coast and have an opportunity to practice alongside and learn from my dad, Mark. So, myself and my husband Jay along with two energetic and adventurous boys Noah and Harvey are on our way over from Auckland.

Throughout my career as a locum, an associate and as a practice owner, I often refer and draw on the magic that CCK holds - the passionate team, the inspiring practice members and the vibrant family feel. I am so grateful to have the opportunity to come and play within these walls and care for you and your family.

Chiropractic has been all I have known when it comes to health care from the day I was born. It is an honour to be a part of bringing chiropractic into your life and for you to experience the endless possibilities it holds for your health and your amazing life. Look forward to meeting you all soon.

- Ali



Hi everyone! My name is **Lily**, I'm 20 years old and I am a first year Chiropractic student! I have been coming to CCK to get adjusted by Sally for quite a few years now and noticed the difference of life with regular chiropractic care. I love people and have been so interested in my health and the innate workings of the human body. Well not always! I actually couldn't look at a picture of muscles or bones a few years ago! That's growth! After numerous conversations with not only myself, but friends and family, I decided to take the leap and enrol into University! I am beyond excited to be amongst some amazing Chiropractors to learn from and more importantly meeting you all! You will see me floating around the practice on Tuesdays helping out, feel free to come say hi if I don't beat you to it! Take care!



Mark is currently in the UK speaking at a chiropractic seminar. He then goes on to San Anton in Austria where he will be conducting a workshop for other chiros and, of course, skiing!

