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# Structure

ARTICLE WRITTEN BY KAREN

Structure and posture are closely related to overall health and well-being. The body's structure, including alignment of the spine and other joints, plays a crucial role in maintaining good posture. Good posture, in turn, helps to support the body's structure and can contribute to overall health.

As infants, we are born as little C-shaped babies; think the fetal position. This shape/position is the first posture we assume in life, and we call it the 'primary curve' which forms a full-spine kyphosis. As we develop musculoskeletally and neurologically, we start lifting our cute little baby heads, a 'secondary curve' forms in our neck (cervical spine); this time in the shape of a lordosis. Finally, when we begin moving around the house (via crawling and walking) a second 'secondary (lordosis) curve' develops in our low back (lumbar spine). Now we have a lordotic curve in our neck and low back, while we have a kyphotic curve in our mid back (thoracic spine) and we can walk! Having these curves in our spine gives us proper body posture to support all of our internal organs as well as angulate all of our muscles in the correct positions to give us the ability to walk. This developmental stages of infancy and early childhood have a very important purpose.



Posture is an important thing as without it, we get injured. Think of the human musculoskeletal system (muscles and bones) as the greatest architectural creation to ever exist. Every curve, dent and hole in a bone (206 bones in the human body) equates to a lot of different curves, dents and holes) has a specific purpose of existing due to our evolution and adaptation over millions of years.



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Every muscle, ligament and tendon is attached to one or more of these bones (in very specific locations) and has multiple blood and nerve supplies. It is very complicated! When you start to now consider that the process of movement originates in the brain (as hormonal and electrical impulses) and travels down the spinal cord, out the nerves of the spine and to the muscle, things become almost incomprehensible! All in all, it is the human structure that allows us to stand-up straight and walk.



The body can be thought of as a house, building or bridge. Something specifically and meticulously designed to stand the test of time and to protect what is inside. There is not one house, building or bridge that doesn't eventually need to be upgraded or repaired (ie: repair the roof, replace leaky taps, etc.) because we use them so much. With use comes damage, it is inevitable! Now imagine if you could physically feel that damage...well, you can, that's what your body goes through! Your posture is the house, building or bridge for your body. Your posture protects what is important inside of you and it is your posture that takes the brunt of the wear and tears of the environment to your body.



The point? Posture and supporting your structure are extremely important! The human body is designed to be most functional and work at its best when a correct posture/position is maintained (good structure = good function).

What is a 'good posture?' This is where things get a little more complicated because posture is a dynamic concept, meaning it is always changing as we do different things. However, a general idea remains that if you promote and consciously have an intent to maintain the ideal which promotes and supports the natural curvature of the spine, you can use your bones and muscles in the ideal form/position they were created/designed to operate in, thus minimizing the risk of injury. Stacking your body well up against gravity and reducing forward pitch and twisting compensation patterns will assist you to be in your best optimal structural position.

Overall, maintaining good structure and posture and a healthy body structure are important for promoting health and well-being.

With Love,

*Karen*



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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 #6

### The Amount of Intelligence in Matter

The amount of Intelligence for any given amount of matter is 100%, and is always proportional to its requirements.

In Other Words...

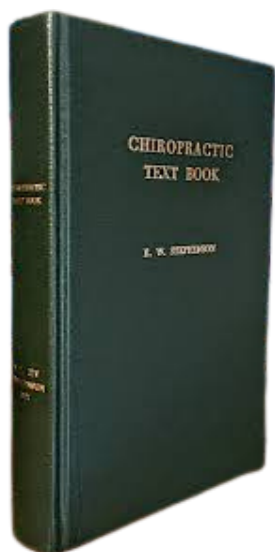
Both living (organic) and non-living (inorganic) matter possess 100% the Intelligence required to maintain integrity, and at every point in time. While this 100% is always present, a limitation of matter can prevent the Intelligence's full expression.

For Instance...

Ever hear musical glasses?! A set of drinking glasses played as an instrument by running one's finger around the rims. Each glass is filled with the amount of water required to create a certain pitch; in other words, each glass has 100% its Intelligence to create a specific musical note.

As Applied To You...

The amount of Intelligence provided to your body is perfect! Each and every part of you possesses 100% the Intelligence it needs, within its own being, to function optimally. Your Intelligence is expressed at 100% until it meets a stress, or a limitation of matter.



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JACKIE'S RECIPE OF THE MONTH

# Nigella's Chocolate Guinness Cake

WITH A GLUTEN FREE, REDUCED SUGAR & REPLACED CORN FLOUR WITH TAPIOCA FLOUR!



recipes source: <https://www.nigella.com/recipes/chocolate-guinness-cake>

As most of us cooks know Nigella Lawson is known for her amazing cakes and desserts. One of our beautiful practice members shared some of her gluten free, reduced sugar, and replaced corn flour with tapioca flour version of this famous cake of Nigella's with us last week. This will be my go-to for an amazing chocolate cake recipe going forward.

Thank you Carla!

## Ingredients

### FOR THE CAKE

- 250 millilitres Guinness
- 250 grams unsalted butter
- 75 grams cocoa powder
- ~~400~~ 300 grams caster sugar
- 150 millilitres sour cream
- 2 large eggs
- 1 tablespoon vanilla extract
- 275 grams ~~plain flour~~ gluten free flour
- 2½ teaspoons bicarbonate of soda

### FOR THE TOPPING

- 300 grams cream cheese
- 150 grams icing sugar
- 2 teaspoons cornflour
- 125 millilitres double cream (or whipping cream)

## Method

1. Preheat the oven to gas mark 4/180°C/160°C Fan/350°F, and butter and line a 23cm / 9 inch springform tin.
2. Pour the Guinness into a large wide saucepan, add the butter — in spoons or slices — and heat until the butter's melted, at which time you should whisk in the cocoa and sugar. Beat the sour cream with the eggs and vanilla and then pour into the brown, buttery, beery pan and finally whisk in the flour and bicarb.
3. Pour the cake batter into the greased and lined tin and bake for 45 minutes to an hour. Leave to cool completely in the tin on a cooling rack, as it is quite a damp cake.
4. Pour the cake batter into the greased and lined tin and bake for 45 minutes to an hour. Leave to cool completely in the tin on a cooling rack, as it is quite a damp cake.
5. When the cake's cold, sit it on a flat platter or cake stand and get on with the icing. Lightly whip the cream cheese until smooth, sieve over the icing sugar and cornflour and then beat to combine.
6. If using double cream, add it and beat until you have a spreadable consistency. If using whipping cream, whisk first to soft peaks, add a couple of spoonfuls into the cream cheese mixture and once this is combined, fold in the rest.
7. Ice the top of the black cake so that it resembles the frothy top of the famous pint.



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After nearly 15 years, it is with a tear in my eye but, many sparkles in my heart that I say farewell to the CCK family and community. It is time to relieve some of the pressures of my work life whilst I continue to study... make life a little more simplistic. I am not sure what the next step is, but I am sure that opportunities will arise as I close this chapter of my life and begin a new one. I would like to take this opportunity to thank everyone... you have shared your lives with me and for this I am forever grateful. The Coast is a small place, so I hope to see you around.

Take Care  
Loads of Love



Farewell Jen! We will miss you and wish you all the best with your studies!

HAPPY  
*Mother's*  
DAY

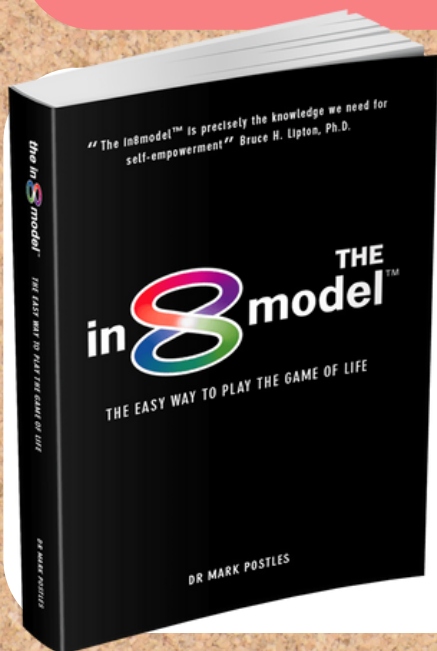
## Win a Pamper Pack for Mum!

For the chance to win a Pamper Pack for your Mum, just add her name and phone number to the jar at the front desk! The raffle will be drawn on Saturday, 13th May and the winning Mum will be contacted by phone.



shazs.shares

If you spend all your time in the weeds you'll miss the beauty of the flowers. Remember, what you water grows.



### THE IN8 MODEL - BY DR MARK POSTLES The Easy Way to Play the Game of Life

"The in8 Model" by Dr. Mark Postles provides a practical eight-step framework for personal growth and transformation. Based on principles from neuroscience, psychology, and spirituality, the book guides readers through a process of self-discovery and empowerment, with exercises and strategies for overcoming obstacles and achieving their goals. The model emphasizes the importance of mindfulness, gratitude, and self-compassion, and encourages readers to cultivate a growth mindset and focus on their strengths. Overall, "The in8 Model" is a valuable resource for anyone seeking to improve their life and realize their full potential.



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**SPINAL HEALTH WEEK**  
22-28 MAY 2023

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CHIROPRACTORS  
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In 2023, the focus of ACA's Spinal Health Week is on the impact headaches have on Australians while providing solutions to elevate headache pain so sufferers can take back control of their health and wellbeing.

If you know someone who could benefit from our care, then rip off the bottom of this page, give them this Friends Of CCK voucher, and have them come in for an adjustment with our team!



## Friends of CCK Invitation

This invite entitles you to:

- Personal History
- Chiropractic Examination
- Report and Recommendations

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\*Does not include  
an adjustment