

NEWSLETTER

NOVEMBER 2024



WELCOME TO NOVEMBER

ARTICLE WRITTEN BY JOSEPHINE SEXTON

Having grown up in Melbourne, this month will be forever linked with the Melbourne Cup and all the festivities that surround it. In recent years, this event has been more controversial, but for me it conjures memories of a mid-weekday off (let's face it- a long weekend!) hanging with my grandparents, sweeps with chocolate prizes and fun with cousins. It was also my earliest introduction to the concept of "luck"

Luck or good fortune is often presented as a mysterious, supernatural phenomenon, attributed to improbable events to make sense of them. It is deeply nuanced in almost every society that exists. People often have lucky charms, totems or rituals. My brother, who is the last of five children, will always bet on horse number 5 race 5. In the years that he's been doing this, he's come out on top. When I was a nervous exam student, I would always listen to the first song played on the radio when I got in the car on my way to the exam. If it was a good song, it meant it would be a good exam.

It was a game that all my friends ended up playing with me and we would spend the trip to university debating the nuances of lyrics, looking for a way to make them positive.

I now like to think of luck as a self-fulfilling prophecy. Like a placebo effect, positive thinking can lead to a more positive response to events, improving outcomes. In personality psychology, people can be distinguished by four key aspects, beliefs in luck, rejection of luck, being lucky and being unlucky. Those who believe they are lucky tend to be more positive, happy and successful. Those who believe they are unlucky tend to experience more anxiety and are less likely to take advantage of unexpected opportunities. One study in 2010 found golfers who were told they were playing with a lucky ball performed better than those who were not. I know what I'll be getting Mark for Christmas this year- a lucky golf ball!

Richard Wiseman, a professor of the public perception of psychology at the University of Hertfordshire did a ten-year study into the



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nature of luck that revealed that, to a large extent, people make their own good and bad fortune. His research demonstrated Lucky people generate their own good fortune via four key principles. They are skilled at:

1. Creating and noticing chance opportunities
2. Making lucky decisions by listening to their own intuition
3. Using positive expectations to create self-fulfilling prophecies
4. Adopting a resilient attitude that transforms bad luck into good

“You become what you focus on”

Psychological research has shown that our attention is finite and limited. This means that where you direct your focus has significant implications for your mental and emotional wellbeing. This is the phenomenon of attention bias. And it is powerful.

At the heart of understanding this is the realisation that your brain grows through experience. Every time you experience something, about 100 billion neurons are waiting and ready to be fired.

The number of neurons that are recruited for a given experience will depend on the type of experience. When neurons are fired, connections are made, and synapses start growing. The more often a pathway is fired, the stronger the connection made and the more reflexive it becomes.

This is as true for a postural pathway as it is for an emotional one.

Experiences matter, but so does the framework you give them. Your brain will build and change whether you like it or not. You have the opportunity to build it in the direction you want to build it. When you can change your framework to a more solution oriented outlook and pair that with a little persistence, (I can still hear my Dad saying “the harder I work, the luckier I get”) you are able to transform failure into feedback and obstacles into opportunities.

If it all seems to be a bit too difficult, just bet on number 5, race 5.

With love,

Jo Sexton



Our People Speak

*Thanks for Visiting Us.
Please share your experience.*

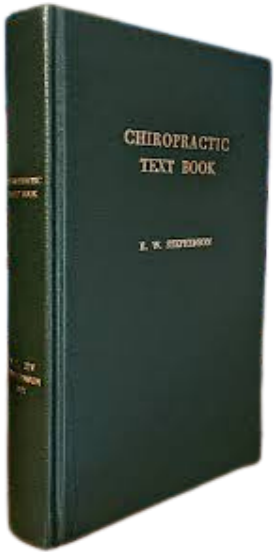


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The 33 Principles Series

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 #23

The Function of Innate Intelligence.

The function of Innate Intelligence is to adapt Universal forces and matter for use in the body, so that all parts of the body will have coordinated action for mutual benefit.

In Other Words...

All energy is created by Universal Intelligence. This new energy “waits” in the universe, until assigned a purpose. Enter... Innate Intelligence! The Intelligence of living beings, it takes some of this free-floating energy, gives it the ability to adapt to the environment, and organizes it into YOU!

For Instance...

How was the galaxy formed? Many scientists believe that at some point, the universe was an infinite uniform space. Energy was there, although not visible to the eye. They believe that following “The Big Bang”, an Intelligence organized some of this “unclaimed” energy, into our galaxy.

As Applied To You...

Every one of your cells is comprised of even smaller parts, including a nucleus, ribosome and lysosome. Each part has its own function. Your Innate Intelligence created every cell by taking non-living energy in the universe, and combining it into a living cell, with adaptive abilities that the cell itself will use.

-Ralph W Stephenson D C 1927



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JACKIE'S RECIPE OF THE MONTH

Chicken, Noodle and Asparagus Frittata

Its asparagus time! One of my favourite vegetables and here is a delicious frittata recipe that could be for brunch, lunch, dinner or a picnic! Thank you to www.womensweeklyfood.com.au.

The Woman's Weekly - an amazing source of wonderful recipes for as long as I have been cooking and before!

Ingredients:

- 350 gram fresh singapore noodles
- 1 tablespoon peanut oil
- 300 gram chicken tenderloins, sliced thinly
- 175 gram asparagus, trimmed, chopped coarsely
- 2 clove garlic, crushed
- 2.5 centimetre (1-inch) (15g) piece fresh ginger, grated
- 2 green onions (scallions), sliced thinly
- 8 eggs
- 1 cup (80g) bean sprouts
- 30 gram snow pea sprouts
- 2 tablespoon kecap manis

**Method:**

1. Preheat oven to 220°C (200°C fan forced).
2. Place noodles in large heatproof bowl, cover with boiling water, stand until tender. Rinse under cold water, drain.
3. Heat oil in 25cm (10-inch) ovenproof frying pan, cook chicken until browned. Add asparagus, cook, stirring, until tender. Add garlic, ginger and onion, cook, stirring, about 1 minute or until fragrant. Cool 5 minutes.
4. Whisk eggs in large bowl, stir in noodles and asparagus mixture. Season. Carefully pour mixture into same cleaned, oiled pan. Cover with foil, bake 15 minutes. Uncover, bake about 10 minutes or until set. Serve frittata topped with combined sprouts, drizzle with kecap manis.

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The hard work puts you where the good luck can find you.



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Team News



Welcome to Charlotte!

We are so excited to welcome Charlotte to the Coast Chiropractic Family.

Charlotte has multiple hidden talents, from carpentry to beauty therapy and receptionist in between, Charlotte brings enthusiasm, efficiency, and a warm smile to add to our exceptional CA Team.



CCK | 2024 CHRISTMAS CHARITY DRIVE



**connect
kids**

PLEASE HELP US MAKE A DIFFERENCE!

Help Connect Kids this Christmas in supporting Sunshine Coast's youth and families. Their mission is to break the cycle of disadvantage through mentorship, education, and job support.

With 18% of children in Australia living in poverty, they're dedicated to fostering potential and brightening futures, powered by community volunteers and your generous donations. Let's uplift our children together!

SOME GIFT IDEAS

- Fun activity passes or, \$s towards, (Aussie World, Sea Life, Australia Zoo, Ten Pin Bowling etc)
- Fun activity passes (Australia Zoo, Sea Life, Ten Pin Bowling)
- Small toys or board games
- Colouring pencils or books

Ages 6-18yrs old, but donations for younger siblings, parents & guardians are also gratefully accepted

**PLEASE HAVE
DONATIONS TO US BY
TUESDAY 17TH DECEMBER**

