



# EMBRACING AGING

ARTICLE WRITTEN BY JO

If you look closely at the fourth finger on my left hand, just above where my wedding rings sit, I have grown a callous. I couldn't tell you when it first began to form, but I first noticed it about two years ago. It made me smile.

It's not surprising that it's there; I wear my rings constantly and I have a hands-on job. Its existence was always a matter of time, a natural consequence of the decisions I have made decades ago.

I realise that at 43 years old, to some I seem ancient. I had a child in the practice size me up the other day and guess that I was 27 as if this was the biggest number they could perceive someone living to. They were gobsmacked when I told them my age. Others might consider 43 to be young, with a good dose of naivety that goes hand in hand with inexperience. I don't feel old enough to be an expert on aging and yet the good folk that keep CCK running thought it was a topic for me.

I'll admit, I more than smirked when I saw my name next to it.

And yet, there isn't another age I would rather be. Like most of us, as a kid I couldn't wait to be a "Grown up." This was especially true for my teenage years. I was routinely asked for my ID well into my twenties. It used to make me mad until the day they stopped.

Aging gets a bad rap- just consider the phenomenal market for anti-aging potions and tricks. Lately, I've begun trying to embrace the ageing process rather than run from it. I'm comfortable with my grey streak (my streak of wisdom). I love the growing number of crow's feet in the corner of my eyes- they are proof of my happy life.

I think how well we age is a function of the decisions we make, especially the ones we stick to. At every age we have a choice to make health promoting decisions. The earlier we embrace them, the more their benefits compound.



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After one week of giving up smoking, your sense of taste and smell improves. After one month of exercise, improvements in mood, strength and aerobic capacity are noticeable. After one year of eating more vegetables, you can expect to see improvements in many of the biomarkers for lifestyle diseases such as diabetes and cancer.

This year, I have implemented a simple system to help make good changes to my lifestyle stick. Every three months, I commit to adding in a healthy (or healthier) habit. So far this year, I have incorporated into my routine regular running, regular saunas, and seed cycling. It's nice to give myself three months to incorporate a good change. I don't want to overwhelm myself with alterations, but if I can

make four changes a year to improve my quality of life, then that can be very powerful over several years. I don't doubt that there will still be callouses. Hopefully they will be ones I'm willing to live with.

It's easy to think of the callous as unsightly, but I honestly cannot. I love being a chiropractor, working with my hands, and helping people. I also love being married to my husband and the sparkle that the rings give is a gentle reminder of the importance of our commitment- one I want to have and actively choose to have constantly.



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Life will give you 100 reasons to cry, but while ever you have a heartbeat you'll have 1000 reasons to smile and laugh.

Sylvester McNutt



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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 #10

### **The Function of Force.**

The function of force is to unite Intelligence with matter.

### **In Other Words...**

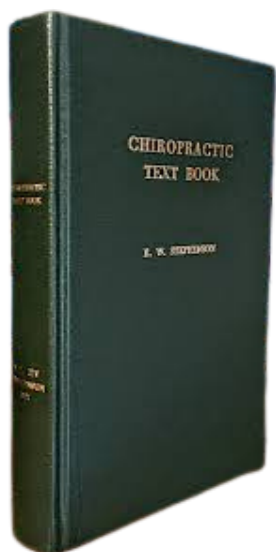
Your body’s Intelligence provides and maintains your life; but, how? What is the bridge between the physical matter of your body, and the Intelligence Directing your body’s functions? Force! Force Propels your nervous system’s messages, through which your body’s Intelligence is expressed.

### **For Instance...**

A bowling ball is full of Intelligence, ready to roll it down the aisle. How Exactly does this Intelligence become “activated”? By your putting a force into the ball. Your force unites the ball’s Intelligence, with the physical matter of the ball, catalyzing the transfer of potential energy, into kinetic energy.

### **As Applied To You...**

A chiropractic adjustment entails a highly specific force being placed within your body. This force unites your body’s Intelligence, with the physical matter of your body; it’s a vehicle through which Intelligence can now direct the correction of your subluxation.





JACKIE'S RECIPE OF THE MONTH

# Banana, Walnut and Chia Seed Muffins

NATURALLY SWEETENED | GLUTEN FREE | DAIRY FREE

Super simple Banana muffins. These are free from dairy and gluten and naturally sweetened by the bananas. They freeze well and make a delicious, healthy lunch box snack!



## Ingredients

- 1 cup almond or hazelnut meal
- 2 large, ripe bananas
- 3 tsp Changing Habits Ceylon Cinnamon
- 4 tbsp chia seeds
- 1/2 tsp Changing Habits Seaweed Salt
- 2 tsp aluminium free baking powder
- 2 organic, free-range eggs, beaten
- 2 tbsp coconut oil
- 4 tbsp coconut milk, additive free
- 1 tsp vanilla essence
- 3 tbsp shredded coconut
- a handful of Changing Habits Dates roughly chopped (optional)
- walnuts to sprinkle on top

## Method

1. Preheat oven to 180C and grease and line a muffin tray.
2. Add all ingredients (except walnuts) to a food processor or thermomix and blitz until combined.
3. If you are adding the dates in, mix through now.
4. Spoon the muffin mixture into the muffin tray evenly and sprinkle with the walnuts.
5. Place in the oven and bake until golden brown, roughly 15-20 minutes.
6. When ready, remove from the oven and enjoy!

Recipe Source: <https://changinghabits.com.au>



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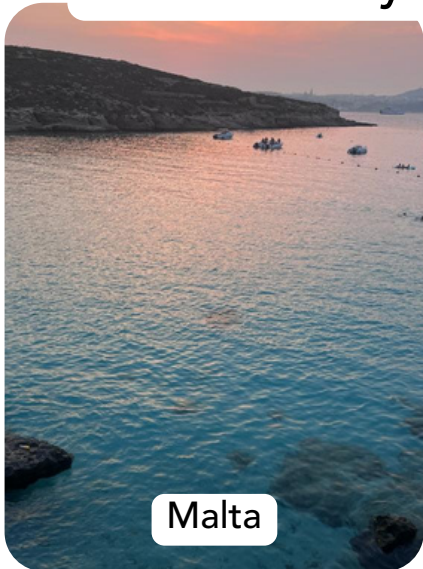
A FEW CCK TEAM UPDATES



Mallorca



More from Tyler's Adventures...



Malta



And a little  
cameo from  
Emma!

Please send my love to everyone! I'm currently in Sorrento, Italy. I've been to Malta, Mallorca and saw Emma and heading to Berlin next. Malta was absolutely gorgeous! I think it's my new favourite place! Hope everyone is going well. Miss you all! ❤️❤️ Tyler



Hamish's newest addition to the family - Honey!



And a Happy (belated) Fathers Day to all the CCK Dad's out there!