

Key Chiropractic

6 Victoria Street
Midland WA 6056

Phone: 08 9274 1471

CLINIC HOURS

Monday

2:00 – 6:00pm

Tuesday

8:00 – 11:00am

Wednesday

2:00 – 6:00pm

Thursday

2:00 – 6:00pm

Friday

8:00 – 8:00am

Saturday

8:00 – 10:00am

THE KEY

MAY / JUNE 2020

Dr Scott is pleased to be able to continue to provide Chiropractic care. He felt fortunate to be able to spend a few hours with his mother before they closed the borders. During Easter he took the opportunity to clean his pantry -living the dream!

Claire would like to say thank you to everyone that has been attending the clinic for being patient and mindful of the protocols implemented as a result of the Covid-19 pandemic.

Kelly has been keeping busy at home doing all those odd jobs that get left because no one likes to do it. Yuck! On the bright side... so fresh and so clean. As an added bonus, the kids are home to help! Much to their disappointment.



And the people stayed home.

And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless,

and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

Attributed to Kitty O'Meara

10 THINGS DR SCOTT HAS LEARNT FROM COVID-19

1. How often I touch my face.
2. I have been washing my hands wrong for 57 years.
3. Things I can do with my feet.
4. How many sheets of toilet paper I need each time I toilet.
5. How time-consuming cleaning is.
6. How important it is to have a "to do" list.
7. How many movies/shows are on Netflix.
8. How expensive hand sanitiser is.
9. Virus' are surrounded by a layer of fat.
10. Spaghetti/Pasta seems to have become a staple food of Australians.



The Master and the Student...

Student: Master, do you believe that some things have divine timing?

Master: Do you believe that some things don't?

WHY SHOULD WE WASH OUR HANDS? (IT MAY NOT BE WHAT YOU THINK!)



Since this whole 'corona' thing started, we have been told to wash our hands and isolate. So why is washing hands so important? The Covid-19 virus is surrounded by a protective layer of fat. This layer keeps the virus viable (alive!). The act of washing our hands is designed to de-nature (break down) the protective layer of fat (just like dish-washing liquid does to fat on dinner plates), and thereby killing the virus. The virus cannot survive without the fat layer. REMEMBER - wash your hands regularly! The proper way!!

For tips on handwashing visit: <https://www.healthdirect.gov.au/hand-washing>

MINDSET

Mindset will make a big difference in your life in these challenging times.

If you find yourself saying "I'm stuck at home", pinch yourself and change it to "I'm safer at home!" That will change your motivation.

Covid-19 is not the only thing that is contagious at the moment! Fear and panic are also very contagious! Fear does not stop death. It stops life. And worrying does not take away tomorrow's troubles. It takes away today's peace. Focussing on the problem creates/prolongs fear. Focussing on the solution creates/strengthens hope.

Be alert, take the necessary precautions and socially isolate. We will get through this together!



The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly. - BUDDHA -

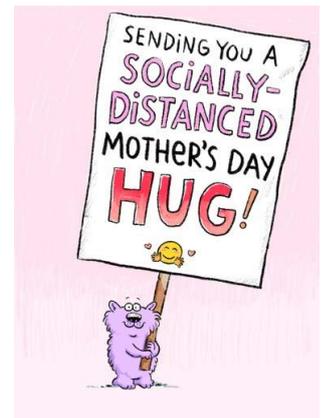


COVID-19 TRAINING

Scott, Kelly and Claire have all completed the Australian Government Department of Health Infection Control Training for Covid-19.

Just in time for Mother's Day...

Based on health advice from the Australian government, from Monday 27 April 2020, indoor and outdoor non-work gatherings of up to 10 people are now allowed." The team at KEY Chiropractic wish all the mums a very HAPPY MOTHER'S DAY!



ANOTHER PUBLIC HOLIDAY!

Key Chiropractic will be closed Monday, 1 June 2020 for WA Day.

HEALTH ENGINE ...

Did you know that you can now book appointments online on the Health Engine App or website www.healthengine.com.au?

If Health Engine indicates there are no available appointments, please call the clinic on 9274 1471 as network issues sometimes do not always show all available appointments.

