

Lotus Spring Newsletter 2010

A Change of Heart for Lotus

As most of you know, it's been my long term dream to own a sustainable purpose built healing centre. Two years ago when Michael and I bought the old Kindergarten in the village, from the parents of one of our practice members, it seemed as though we were getting closer and that my dream would become a reality.

After two years of red tape, council permits and going to VCAT for change of use, finally things were ready for building. Michael had designed the facade and given the basic drawings to local architect, Bruce Dawe to bring to life. To Shannan's dismay, the old kindergarten (Shannan and Lacey's home) was knocked down in readiness for the new Lotus.

Then last year, our lives changed dramatically when something far more precious came along. Little Eve Amelia Doherty was born in November and all of my biggest goals no longer seemed so important.

I'm sure you will all agree that Jo and Caroline have done an amazing job running Lotus and taking care of you all whilst I had 6 months off with Eve. In April, when I returned to work for a few hours a week, I imagined I would steadily increase my hours over the next few months. To my surprise, I just couldn't bear to be away from her for long.

After much soul searching I have decided that I don't want to go ahead with the new building....Just how to break that news to my husband was the question.....

Initially Michael was in shock!! After all his hard work and persistence, it seemed like a huge slap in the face. He was happy that I had made a decision to put Evie's needs and our family first.

I realised that I was already in that dream practice... With two amazing Chiropractors working by my side and four fabulous staff, I really didn't need to keep expanding. My Lotus team is already perfect...

We will be doing some work up until Christmas to transform things into a more functional design for the Chiropractors and staff. Our alterations will make it easier for 2 Chiropractors to work at the same time as well as freshening the place up to start the new year.

I am so grateful to Jo, Caroline, Shannie, Cara, Audrey and Andrea for their love and support during my pregnancy and for taking such care of Lotus whilst I was on maternity leave. I feel so blessed to have this opportunity to spend more time with Eve and the boys. I have realised how precious this time is whilst the children are little and that I can't get it back again. My decision to stay in our beautiful Lotus space is definitely the right one.

Thank you to all our loyal practice members who make us smile every day as they share their lives and families with us. It is such a pleasure to have you as part of our practice and we look forward to serving you for years to come.

With Love and appreciation

Kimberlie

SPRING NEWSLETTER 2010

Lotus Chiropractic



Which nappy to use?

Traditional Disposable, Cloth or Biodegradable

There is much debate over regular disposable nappies, cloth nappies and biodegradable nappies. There are many points for parents to consider; the environment, the cost, the convenience and of course what is best for the baby in terms of comfort and health. There are so many options out there and so many opinions.....

The Health of your Baby There's no doubt that your baby's health is a priority. It is a little known fact that there has been some health concerns with traditional disposable nappies. These nappies are not naturally white but are bleached using chlorine, this results in trace amounts of dioxin present in nappies. Dioxin is a by-product of the bleaching process and can affect the baby's skin possibly leading to nappy rash particularly when there is prolonged wetness and lack of air circulation.

Effectiveness Many people worry about the risk of leakage with *cloth* nappies, others claim that it's not an issue. Regular disposables seem to provide the least risk of leakage, however many biodegradable nappy brands now claim that their nappies don't leak.

The convenience Many parents love the convenience of disposable nappies, it has been recently suggested that the environmental footprint from nappies in landfill waste is similar to the energy produced and greenhouse gases created when cleaning cloth nappies (1). Over time cloth nappies are becoming more convenient with little Velcro tabs attached instead of safety pins and the option of using flushable liners inside the nappy. There are also fitted and pre-folded cloth nappies available.

The environment Disposable nappies presently make up 1% of all the waste in landfills (4). It is estimated that 'It takes around 36,000 Kg of plastic and over 200,000 trees a year to manufacture the disposable nappies for Australian babies alone.' (2)

It can take up to 500 years for disposable nappies to break down and it is estimated that in Australia alone in one year we use 800 million nappies (2). Approximately 95% of Australian parents use disposable nappies (2). That's roughly over 700 kg of solid waste per baby (6).

Disposable nappies contain different types of plastics and have some oil-based ingredients, a non-renewable source. In fact, "7 billion gallons of oil are used annually to make diapers" (3). Oil in itself is non-renewable source adding to the already detrimental environmental effects of these nappies.

Biodegradable Nappies It would seem the perfect middle path is biodegradable nappies. Biodegradable nappies have the convenience of regular disposable nappies but they are not bleached so they don't contain the chemicals that regular disposables do. Many biodegradable nappies can be composted and biodegradable wipes and nappy bags are also available. Some are made from recycled materials and are kinder to the environment during production and decomposing (2).

The cost Biodegradable nappies are made from environmentally friendly materials and are produced in an environmentally sustainable manner. For this reason they can be more costly than traditional disposables. However, with growing awareness of environmental issues and interest in healthier options for babies, more companies are producing biodegradable nappies and prices are becoming more competitive.

What to look for when purchasing a biodegradable nappy

- What percentage biodegradable they are. 80% biodegradable is still much better than not at all. There are nappies available now that are completely compostable.
- That they are supported by an environmental organisation like 'Planet Arc', 'Good Environmental Choice Australia' or 'Compost Australia'.
- Made from renewable materials in an environmentally sustainable manner.
- Check the ingredients for substances that may be harmful to your baby's skin. For example, check that they are chlorine free.

CHOICE review have done a trial testing various brands of nappies (2007). It was found that of all the nappies trialled (regular disposables and biodegradable options) Huggies Crawler were the least likely to leak, kept a high level of dryness and fitted well (6). In the same CHOICE trial it was found that of the biodegradable nappies tested, the brand Bambo Nature, rated the best. While they are still more expensive than regular disposables it is the cheaper option for biodegradable.

In conclusion Biodegradable nappies provide the convenience of traditional disposable nappies without the environmental and ecological effects. They also take into consideration your baby's sensitive skin. Since they are not mass-produced like regular disposables and they are produced in a more environmental friendly manner they can be more costly, however as time progresses more biodegradable nappy brands are being released and the price is dropping.

For more information on the options available to you please visit the Lotus notice board for Cara's full article and some handy links to visit.

References

1. <http://today.ninemsn.com.au/article.aspx?id=280392>
2. <http://www.todae.com.au/OrganicBabyProducts/Cloth-Nappies>
3. Mothering Magazine May-June 2010 edition
4. <http://www.snugglers.com.au/environment.html>
5. <http://www.choice.com.au/Reviews-and-Tests/Babies-and-Kids/Food-and-health/Nappies/Disposable-nappies-review-and-compare/page.aspx>

New Faces at Lotus!

Kimberlie has been chosen by the Chiropractic course at RMIT to be a mentor for 5th year students. Hopefully you will get the chance to meet our students; Jacinth Tan and Jessie Askew some time over the next few months. Jacinth works with Kim on Wednesday mornings and Jessie works on Saturday mornings. The girls have been observing, adjusting, doing soft tissue work and giving exercises to gain experience for when they graduate at the end of this year.

We have two students helping Audrey in reception on Wednesday evenings and Saturday mornings during our busiest shifts. Mitchell Pryce is a year 11 Peninsula student and Erin Dalzell-Morgan is a year 11 student from Mount Eliza High. We are hoping they will both become chiropractors and join us at Lotus in the future. For now we really appreciate their help in keeping things running smoothly on the shifts where there are 2 chiropractors at Lotus.

Lotus Children's Christmas Party: Saturday 11th December 8am -12pm

Its time again to mark the date on your calendar and make your bookings for our Lotus Kids Christmas Party, as usual Santa will be visiting and there will lots of yummy food, fun and of course all the Lotus team! Remember no payment is taken on the day only your kind donations for our choice of charity. This year we will be supporting Vinnie's Kitchen Rosebud and preferred donations are items for personal hygiene; soap, shampoo, tooth paste, deodorant, face washers (uni-sex would be best) etc. We would also really appreciate this year if donations could be brought into the practice throughout **November** so we can present our donations in time for Vinnie's Kitchen Christmas Celebrations in early December.



Don't forget to book your kids in early!

Fee Schedule...

Our new fees as from 1st Oct 2010:

- Initial Consult Adult \$90
- Initial Consult Child/student \$80
- Adult regular adjustment \$49
- Child regular adjustment \$42
- Adult Wellness Adjustment \$45
- Block of 10 adult visits—\$450 (save \$40)
- Block of 10 child visits - \$390 (save \$30)
- Our family rates aim to keep Chiropractic affordable for the whole family. More than 3 members of a family as regular practice members: **Family Members \$35 Each.**

Lotus Hours...

Dr Kimberlie Furness

Wednesday 8.45am– 12.00pm

Saturday 8.00am—12.00pm

Kimberlie is away from 16/09/10
returning on 13/10/10.

Dr Caroline Risby

Monday 7.15am– 11.30am
2.30pm - 7.00pm

Wednesday 2.30pm - 6.30pm

Thursday 7.15am–11.30am
2.30pm - 7.00pm

Saturday 8.00am- 12.00pm (fortnightly)

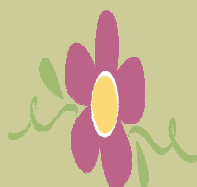
Dr Joanne Dobson

Tuesday 8.00am—11.30am
2.30pm -- 7.00pm

Wednesday 2.30pm—6.30pm

Friday 8.00am—11.30am
2.30pm—7.00pm

Saturday 8.00am—12.00pm (fortnightly)



Lotus Babies

27th December 2009 Alison and Mattias Mazza welcomed their adorable baby girl Hazel to the world. A little sister and play mate for brother Odin.

2nd Feb 2010 Taneha and Robbie Rae welcomed their first-born; a beautiful baby boy named Roman. Congratulations to all.

8th Feb 2010 First time parents Dina Elhassanieh and Johnny Gilgave birth to a beautiful baby girl Sahara. Welcome to the world little one.

3rd Mar 2010 Congratulations to Nicky and Justin Kennedy on the birth of their gorgeous baby girl Poppy.

6th Mar 2010 Congratulations to Heidi and Juan Merchan on the arrival of their beautiful baby boy Elijah, a new brother for Josh and Kaja to spoil.

16th Mar 2010 Well done to Fiona and Gideon Ogle on the happy and safe arrival of their first baby...a boy named Jacob.

18th Mar 2010 To Sam, Steve and big brother Harry Hoadley-Royale, a new addition to their family another gorgeous boy named Tom.

2nd April 2010 Jannae and Aviad Tal welcomed their baby boy Trystan into the world. Congratulations to the whole family.

16th April 2010 Audrey's 2nd grandchild Matilda Belle Stamp arrived safely to Dayna and Duncan, currently living in Darwin. Lucky Nonna Audrey was present for the birth and has subsequently travelled to Darwin for a big baby cuddle on a couple of occasions.

21st April 2010 Brooke and Adrien Picot were very proud to announce the arrival of a beautiful baby daughter Sapphire.

29th April 2010 Beautiful little Summer Lloyd was born to parents Greg and Karen; Big brother Brodie is enjoying his new sisteroo!

31st May 2010 The very proud Hose family. Mum Melissa, dad Frazer and big sisters Ruby and Tia welcomed their new addition Layla into the world. Congratulations to the whole family.

9th June 2010 Well done to Jen and Andrew Hitchman on the safe arrival of their 2nd daughter Zoe. Big sister Jess can't wait till Zoe is big enough to play with her.

11th June 2010 Parents Nerida Zwaan and David Anderson were excited and proud to announce the arrival of first-born Arlo. We are all watching him get taller each week; maybe he's going to be a basketball player just like Dad.

13th June 2010 Congratulations to Rachel Taylor and Stuart Mc Culloch on the birth of their baby boy Edward. Welcome to the world little man.

16th June 2010 Welcome to little gem Tyson Steinbeck first born to Amy and Ryan Steinbeck. We look forward to watching him grow.

21st June 2010 A gorgeous baby boy Archer has been born into the world. Fiona and Damien Denny are thrilled with the arrival of their gorgeous boy.

29th June 2010 Melissa Brownfield and Grant Sievers happily announce the arrival of their newborn son Rex. We are sure he will have fun growing up with his siblings Tyrone, Quinney and Poppy.

15th July 2010 Congratulations to Kimberlie's brother Peter and his wife Vicky on the safe and happy arrival of their first-born son Bradley, big sister Charlie is a great help looking after him already.

4th August 2010 Penny Iddon Tavvry and Julien Tavvry along with big brother Luca are very proud to announce the arrival of gorgeous little Delphine. Congratulations to the whole family including Grandpa George.

10th August 2010 Congratulations on the happy and safe arrival of a precious little girl Eloise to Karen and Glen Griffin. Well done, we look forward to watching little Eloise grow and blossom.

15th August 2010

Kim and Tom Sullivan are thrilled to announce the safe arrival of their beautiful twin boys Sam and James, big sisters Emma and Georgia are very excited to have two little brothers to dote on.

24th August 2010 Carolyn and Ben Smith are over the moon to announce the arrival of baby Maya, adorable little sister for Edward and Joe.

24th August 2010 Proud Mum Tara McCrea welcomed her gorgeous little man Gabriel to the world.

