

April  
2012



NEWSLETTER  
TO PATIENTS, FAMILY & FRIENDS OF THE  
**Chiropractic Care and Longevity Center**

## April 22<sup>nd</sup> is Earth Day- Things We Can Do:

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**Become better informed and active.** Find sources of sound environmental and natural resource information and access them regularly. Attend local public meetings and become active in your community. Understand your local environmental challenges and accomplishments. Protect your local open spaces. Learn about local watershed initiatives. Volunteer.

**Participate in a local environmental education or Earth Day experience.** Visit a new or nearby nature center, science center, park, cooperative extension office, museum or conservation district office. Ask questions.

**Get your hands dirty!** Participate in a river cleanup, pick up litter or plant a flower garden.

**Enjoy nature!** Sit and rest in the woods or along a stream. Take a hike, go biking, try camping, have a picnic, go fishing, look for hawks, rent a canoe, investigate a cave, look for fossils, fly a kite, take photographs, paint some scenery - enjoy the outdoors!

**Protect water quality!** Clean up after pets. Test wells annually for bacteria and nutrients. Don't dump used oil, paint, coolants or other chemicals into the ground,

storm drains or garage drains. Participate in stream bank and wetlands restoration projects and local watershed management planning.

**Use products that produce less waste and pollution.** Substitute water-based products whenever possible when buying paints and household cleaners or, switch from chemical-type cleaners to natural products like soap and water, vinegar and water or **Shaklee Get Clean products.** Use fertilizers and pesticides properly and reduce use by implementing biological and mechanical controls. Read and follow instructions and precautions for all such products and dispose of them properly (and not into storm drains or the ground). Buy products in bulk or with minimal packaging materials.

**Recycle!** Purchase products that contain recycled-content materials as often as possible.

**Save energy!** Turn off unneeded lights and appliances. Replace standard light bulbs with energy efficient fluorescents to reduce carbon dioxide emissions. Buy energy efficient household appliances and yard tools. Consider energy efficient construction and building design when building, buying, or adding on to a home

or office.

**Use your car less and take good care of it.** Keep the car tuned and leak-free, and get it inspected regularly. Keep tires properly inflated and dispose of used motor oil and cooling fluids at designated recycling centers. Try using mass transit, carpooling, walking or riding a bike as often as possible. When shopping for a new car, look for the most fuel-efficient and investigate models that accommodate use of other fuels besides gasoline.

**Conserve water!** Install flow restrictors on all faucets and use low-flow shower devices. Do not let the water run wastefully when washing anything. Water the lawn in the early morning or late afternoon. Run washing machines and dish washers only when full. Repair leaky pipes, faucets and toilets.



Earth day began in 1970 as an annual day of recognition of the wonders and beauty of our planet and over the years has grown to a weeklong celebration.

Celebrate the health of our planet by not only using these tips on Earth Day and Earth Week but continue to use them all through 2012

Save our Earth by recycling, reducing and reusing.

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[www.chirolongevity.com](http://www.chirolongevity.com)

## Egg News – Happy Easter!

The definitions of "free-range" are such that the commercial egg industry can run industrial farm egg laying facilities and still call them "free-range" eggs, despite the fact that the birds' foraging conditions are far from what you'd call natural. True free-range eggs are from hens that roam freely outdoors on a pasture where they can forage for their natural diet, which includes seeds, green plants, insects, and worms. Large commercial egg facilities typically house tens of thousands of hens and can even go up to hundreds of thousands of hens. Obviously they cannot allow all of them to forage freely. These confined animal feeding operations, also known as CAFO's, are where the vast majority of commercially available eggs come from. But while flimsy definitions of "free range" allow such facilities to sell their products as free range, please beware that a hen that is let outside into a barren lot for mere minutes a day, and is fed a diet of corn, soy, cottonseed meals and synthetic additives is NOT a free-range hen, and simply will not produce the same quality eggs as its foraging counterpart...

### Free Range Eggs are More Nutritious

Compared to nutrient data for commercial eggs, eggs from hens raised on pasture may contain: 1/3 less cholesterol, 2/3 more vitamin A, 3 times more vitamin E, 1/4 less saturated fat, 2 times more omega-3 fats, 7 times more beta carotene.

### Where and How to Find High Quality Free Range Eggs

Your best source for fresh eggs is a local farmer that allows his hens to forage freely outdoors. If you live in an urban area, visiting a local health food store is typically the quickest route to finding high-quality local egg sources. Your local farmers market is another source for fresh free range eggs, and is a great way to meet the people who produce your food. With face-to-face contact, you can get your questions answered and know exactly what you're buying. Better yet, visit the farm and ask for a tour. Most will be eager to show off their operation, as long as they've got nothing to hide. Your egg farmer should be paying attention to proper nutrition, clean water, adequate housing space, and good ventilation to reduce stress on the hens and support their immunity.

You can tell the eggs are free range by the color of the egg yolk. Foraged hens produce eggs with bright orange yolks. Dull, pale yellow yolks are a sure sign you're getting eggs from caged hens that are not allowed to forage for their natural diet.

### How to Eat Your Eggs for Maximum Health Benefits

Public health organizations will advise you to thoroughly cook your eggs to lower the risk of salmonella, but eating eggs RAW is actually the best in terms of your health. While this may sound like a scary proposition for many, it's important to realize that salmonella risk comes from chickens raised in unsanitary conditions. These conditions are the norm for CAFO's, but are extremely rare for small organic farms. In fact, one study by the British government found that 23 percent of farms with caged hens tested positive for salmonella, compared to just over 4 percent in organic flocks and 6.5 percent in free-range flocks.

So, as long as you're getting fresh pastured eggs, your risk of getting ill from a raw egg is quite slim. According to a study by the U.S. Department of Agriculture, of the 69 billion eggs produced annually in the United States, some 2.3 million are contaminated with Salmonella—equivalent to just one in every 30,000 eggs<sup>1</sup>.

Heating the egg protein actually changes its chemical shape, and this distortion can easily lead to allergies. If you consume your eggs in their raw state, the incidence of egg allergy virtually disappears. Eating eggs raw helps preserve many of the highly perishable nutrients such as lutein and zeaxanthin, which are powerful prevention elements for age-related macular degeneration, which is the most common cause of blindness.

Fresh raw egg yolk actually tastes like vanilla. The egg white is usually what most people object to when they say they don't like the texture of raw egg. If this is an issue, consider discarding the egg white, or simply blend the whole raw egg into a shake or smoothie. Beware of consuming raw egg whites without the yolks as raw egg whites contain avidin, which can bind to biotin. If you cook the egg white the avidin is not an issue. Likewise, if you consume the whole raw egg (both yolk and egg white) there is more than enough biotin in the yolk to compensate for the avidin binding.

If you choose not to eat your eggs (or just egg yolk) raw, soft-boiled would be your next best option. Scrambling your eggs is one of the worst ways to eat eggs as it actually oxidizes the cholesterol in the egg yolk. If you have high cholesterol this may actually be a problem for you as the oxidized cholesterol may cause some damage in your body.

### Cautionary Note for Pregnant Women

Please beware there's a potential problem with consuming the entire raw egg if you are pregnant. Biotin deficiency is a common concern in pregnancy and it is possible that consuming whole raw eggs might make it worse. If you are pregnant you have two options:

Measure for biotin deficiency. This is best done through urinary excretion of 3-hydroxyisovaleric acid (3-HIA), which increases as a result of the decreased activity of the biotin-dependent enzyme methylcrotonyl-CoA carboxylase

Alternatively, take a biotin supplement, or consume only the yolk raw (and cook the whites)

### Eggs Won't Harm Your Heart

There is a major misconception that you must avoid foods like eggs and saturated fat to protect your heart. While it's true that fats from animal sources contain cholesterol, this is not necessarily a health hazard. Your body actually requires cholesterol, and artificially driving your cholesterol levels down is nearly always doing far more harm than good. Every cell in your body needs cholesterol. It helps to produce cell membranes, hormones, vitamin D and bile acids that help you to digest fat. Cholesterol also helps in the formation of memories and is vital for your neurological function. In other words, dietary cholesterol is your friend, not your enemy.

Besides, numerous studies support the conclusion that eggs have virtually nothing to do with raising your cholesterol anyway. For instance, research published in the International Journal of Cardiology showed that, in healthy adults, eating eggs daily did not produce a negative effect on endothelial function, an aggregate measure of cardiac risk, nor an increase in cholesterol levels.

### REFERENCES

<sup>1</sup> Risk Analysis April 2002 22(2):203-18)

Testimonials from Services from the Chiropractic Care and Longevity Center

<p><b>Service: Chiropractic</b>                  "Kathy was able to get my arm and right hand working again and now don't have any pain in it. I could go with many things she has helped me to get going again. It was well worth coming for treatment for many years." – G.W. Perth, ON</p>	<p><b>Service: Chiropractic</b>                  "Kathy has a wonderful technique. She uses a computer analysis to make accurate which last much longer than manual adjustments or even with the little clicker gun. She causes no discomfort and goes the extra mile to work on muscles across the shoulders and throughout the limbs whenever there is trouble." – N.S. McDonalds Corners, ON</p>	<p><b>Service: Chiropractic</b>                  "I was diagnosed with Fibromyalgia and Osteoarthritis a few years ago. It has been a downward spiral ever since. I was at the end of my rope, pain and stiffness had taken over my life. A family member recommended I go to see Dr. Wickens. Since my journey started 7 months ago with Dr. Wickens I have been able to cut my medications in half. I no longer suffer constantly from pain and stiffness. I have started doing things I never thought I'd never do again. With continued Chiropractic Care I look forward to regaining more of my health. – M.S., Smiths Falls, ON</p>
<p><b>Service: Chiropractic</b>                  "Dr. Wickens saved my life. When I first came in after my car accident I had given up finding someone to help me. I was in such bad pain I had contemplated some pretty scary things. Not only is she healing me on the outside, her caring and compassion has me on the road to healing on the inside too. I love you Dr. Wickens, thank you for everything that you do." – S.W., Almonte, ON</p>	<p><b>Service: Chiropractic</b>                  "My back was so bad I had to lie on the floor with my knees up. After my first treatment with Kathy I was able to sit in a chair and could walk without difficulty." - P.C., Perth, ON</p>	<p><b>Service: Brain Care (Cranial Adjustments)</b>                  "After having a head-on car accident, I had lost a lot of my cognitive function, ie. problem solving, personality, temper and memory. After just one treatment I'm feeling more like myself. I would and have recommended this to anyone having issues. This treatment has put a smile back on my face." – B.W., Mississauga, ON</p>
	<p><b>Service: Chiropractic</b>                  "I have been coming here for about 13 yrs with Kathy Wickens as my practitioner. She has cured me of my migraines, which is a miracle in its self. Plus all the aches and pains with arthritis and lazy leg syndrome. Wonderful feeling!" – D.B. Carleton Place, ON</p>	

[Try Healthy Easter Treats for Kids!](#)

Traditional sugary treats such as jelly beans and peeps can leave a coating of bacteria and plaque on teeth resulting in tooth decay, not to mention unpleasant visits to the dentist. Don't forget all those extra calories may lead to unwanted weight gain – with pediatric obesity on the rise, this side effect is a definite concern.

Why not try healthy snacks or treats for the Easter basket or egg hunt this year! There are quite a few kid-friendly options that are quick and easy to make in no time. The following are a few great ideas for the little ones:

- A small cellophane or zip lock bag with a serving of bite-size fresh fruit or veggies – these foods are crunchy and a natural way to clean teeth.
- Fill medium to large plastic eggs with sliced apples, healthy granola or trail mix, nuts, yogurt covered raisins or even cereal such as Cheerios.
- Dried fruit such as pineapple, blueberries, mango, or yogurt covered raisins or cranberries are also great in eggs or single serving packets.
- Organic treats are a wonderful option as they do not contain preservatives. A few favorites are Peter Rabbit Organics, Heavenly Organics, and Yummy Earth.
- The Chiropractic Care and Longevity Center sells Xocia Chocolate nuggets, which are a healthy alternative to regular chocolate
- Get small toys, puzzles, side walk chalk, bubbles, colouring books for your children instead of snacks



E C U D E R E V I R I B K I I  
 T N A L P J G Y A O Y M Z C O  
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ENVIRONMENT, HABITAT, PLANT,  
 POLLUTION RECYCLE, REDUCE, REUSE,  
 RIVER, WATER, SPECIES

- Rent** items you use infrequently.
- Educate** others about the 3R's.
- Donate** your old clothes to charity.
- Use** cloth or paper bags.
- Compost!**
- Escape** waste by purchasing in bulk.

- Refuse** to purchase over packaged products.
- Earn** extra cash by having a yard sale
- Use** a refillable mug or glass
- Share** your newspapers, magazines and books.
- Establish** a recycling program in your office.

- Rechargeable** instead of disposable batteries.
- Eliminate** the purchase of disposable products
- Consider** packing lunches in reusable containers.
- You** can make a difference.
- Choose** products containing recycled materials.
- Lend** support to local recycling programs.
- Encourage** people to follow your good example.

**YOU MUST BE THE CHANGE  
 YOU WISH TO SEE IN THE WORLD.**

— Mahatma Gandhi

## Fruit and Nut Coleslaw

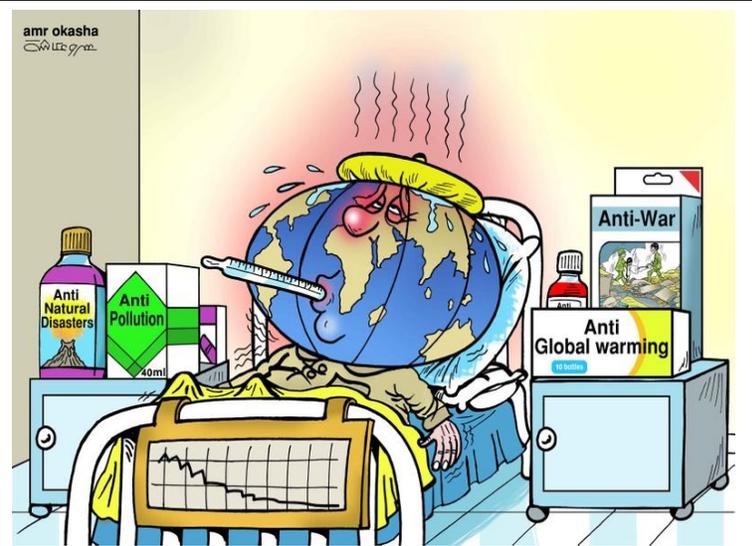
Sweet and tangy tropical fruits mingle with crunchy cabbage, raisins, walnuts and yogurt for a refreshing slaw that makes an ideal sidekick for burgers, ribs and all things barbecue.

### Ingredients

- 1 (8 ounce) can sliced pineapple, drained with juice reserved
- 2 tablespoons lemon juice
- 1 banana, peeled and sliced
- 3 cups shredded cabbage
- 1 cup diagonally sliced celery
- 1 (11 ounce) can mandarin oranges, drained
- 1/2 cup chopped walnuts
- 1/4 cup raisins
- 1 (8 ounce) container orange flavored yogurt
- 1/2 teaspoon salt

### Cooking Instructions

1. Drain pineapple, reserving 2 tablespoons juice. Cut pineapple into thin strips, and place in a large bowl.
2. In a medium bowl, combine reserved pineapple juice and lemon juice. Toss with banana, and add to pineapple. Add cabbage, celery, mandarin oranges, walnuts and raisins; toss to combine.
3. Blend yogurt and salt together, and add to cabbage mixture; toss lightly. Cover, and refrigerate until thoroughly chilled.





## Is Your Home Making You Sick?

You've probably heard of \*sick building syndrome\*—people develop health symptoms, often at a workplace, and no identifiable disease or cause is known. If you use conventional household cleaners at home, chances are you are adding toxins to your home and in turn making it \*less clean\*. As Dr. Herbert Needleman, pediatrician and professor at the University of Pittsburgh Medical Center puts it, "We are conducting a vast toxicologic experiment in our society, in which our children and our children's children are the experimental subject."

We generally spend 90% of our time indoors. Newer homes and buildings are sealed up tightly, which is good economically in terms of heating and cooling costs. However, inadequate ventilation increases the concentration of \*indoor air pollution\*—which the E.P.A. reports is up to five times higher than outdoors.

In addition to elevated concentration of household chemicals in our air, women are particularly at risk, because we often spend

long periods of time working with potentially toxic chemicals, and research suggests that women's physiology is more conducive to absorbing such chemicals. We have seen dramatic increases in the rates of asthma in women over the past decade, and longer exposure to a myriad of household chemicals is believed to be responsible. Asthma rates in children under age 5 have more than doubled since 1980, and in that time, some 20,000 new chemicals have been introduced. On average, one in every 13 school-aged children has asthma. Toxic chemicals in the home also pose a poison risk. Chlorine is the number one cause of child poisonings in the U.S., and is an ingredient in several common household cleaners. Aside from poisonings, 150 chemicals found in many homes can be linked to allergies, birth defects, cancer and psychological disorders. These household items also have a negative impact on our environment. Common cleaners

like chlorine bleach, oven cleaners, toilet bowl cleaners and more are classified by the E.P.A. as household hazardous waste, and when disposed of improperly, can pollute the environment and pose a threat to our health. The average U.S. household generates over 20 pounds of hazardous waste every year! The National Institutes of Health Household Products Database is a useful resource to determine exactly what harmful chemicals are contained in the products you are currently using, as well as those chemicals' toxicity and health information. You can locate this information at <http://householdproducts.nlm.nih.gov/ingredients.htm>. So what can you, as consumers, do? First, be sure and properly dispose of harmful products. Dumping harmful chemicals down drains or in toilets has a negative impact on the environment. Second, find better, safer choices. To learn which products can replace your existing, harmful, chemical-laden ones, check the list below and see what safer, powerful, alternative products you can replace your toxic ones with.

## Shaklee - GET CLEAN and Green

Standing on the pillars of Safe, Powerful, Green & Smart, Shaklee's Get Clean household cleaning products offer concentrated, nontoxic, biodegradable cleaning that use less packaging and less product than other conventional cleaners. Eschewing nasties like chlorine, ammonia, phosphates and formaldehyde, Get Clean is instead powered by natural enzymes and sustainably-derived ingredients, and are never tested on animals. While we can't back up some of their claims, like buying the Starter Kit can save you \$3,400 on equivalent cleaners, will eliminate 108 pounds of packaging waste from landfills and will keep 248 pounds of greenhouse gases out of the atmosphere, we do like to see that you won't need much to get the job done: the product instructions recommends using just 1-2 drops of their Basic H2 Organic Super Cleaning Concentrate per 16 oz. of water to clean windows and mirrors, or just a 1/4 teaspoon per 16 oz. for general cleaning duties, so a little goes a long way. Their product selection includes everyday household cleaner, laundry & dishwashing detergents, scouring paste and more, and they also offer spray bottles, pumps and dispensers for easy diluting and cleaning.

### The Get Clean Starter Kit contains:

Basic H2™ Organic Super Cleaning Concentrate, 16 oz. (1)  
 Basic H2™ Organic Super Cleaning Wipes, 35 Wipes (1)  
 Germ Off Disinfecting Wipes, 35 Wipes (1) - NEW!  
 Nature Bright® Laundry Booster and Stain Remover, 32 oz. (1)  
 Scour Off™ Heavy-Duty Paste, 9 oz. (1)  
 Hand Wash Concentrate, 32 oz. (1)  
 Dish Wash Concentrate, 16 oz. (1)  
 Dish Wash Automatic Concentrate, 32 oz. (1)  
 Fresh Laundry Concentrate HE Compatible, Regular Scent - NEW! or Fragrance Free, 32 oz. (Liquid) (1)  
 Soft Fabric Concentrate, 32 oz. (1)  
 Soft Fabric Dryer Sheets, 80 sheets (1)  
 Hand Wash Decorator Dispenser (2)  
 Dish Wash Automatic Concentrate Dispenser (empty) (1)  
 Nature Bright® Dispenser (empty) (1)  
 Including all the accessories you need to get really clean:  
 Organizer Caddy (1)  
 Spray Bottles (3)  
 Windows and Mirrors All-Purpose Degreasing - NEW!  
 Basic H2™ Full Strength Dispenser Bottle with Dropper Tip (1)  
 Dropper Pipette  
 1 oz. Dispenser Pump for 32 oz. Bottle (2)  
 Laundry Measuring Scoops (2)  
 Dual Measuring Spoon (1)  
 Cleaning Accessories (4)  
 Super Microfiber Cleaning Cloth  
 Super Microfiber Window Cloth  
 Super Microfiber Dish Sponge  
 Miracle Scrubber Pad

**On Sale this month for \$150+tax!**



**Shaklee**

specializes in non-polluting products, taking care of our world and giving only the best quality. These biodegradable products have various purposes, from house cleaning to nutrition to personal care; these products don't only take care about yourself but also your environment.





Please Note:

The office will be closed Friday April 6<sup>th</sup> –  
Tuesday April 10<sup>th</sup>!

**The First Tuesday of the Month is  
now Senior's Day! Everyone 65 and  
older will receive  
10% off all products!**

To celebrate Earth Week the Chiropractic Care and Longevity Center will be giving you a chance to win a basket of Earth Friendly products! For the first 3 weeks of the month you can fill out a ballot here at the office. For Earth Week the Chiropractic Care and Longevity Center has a table display at the Royal Bank, you can also fill out a ballot there for a chance to win!

Draw date will be May 1<sup>st</sup> 2012.

***The Healing Benefits of Hugging! A Fun Way to Celebrate Earth Day!***

***Hugging is healthy:*** It helps the body's immune system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

***Hugging is all natural:*** It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100% wholesome.

***Hugging is practically perfect:*** There are no moving parts, no batteries to wear out, no periodic check-ups, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payment and no insurance.

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If you have any  
comments or  
suggestions about our  
Monthly Newsletter  
please email them to  
Hanna Murphy at:  
[hmurphy@primus.ca](mailto:hmurphy@primus.ca)  
Thank you for reading our  
office newsletter!

We're on the Web!

See us at:

[www.chirolongevity.com](http://www.chirolongevity.com)

Also:



Just another idea to  
celebrate Earth Day:

For patients who receive a statement every visit, why not after a series of treatments get all of your statements printed out at the same time on the same sheet of paper? Also just a reminder to try to save your appointment cards for your next visits.  
Every little bit helps.

This month you  
will receive 10%  
off all Shaklee  
"Get Clean"  
Cleaning  
products!

Experience the Benefits of Monthly Chiropractic!