



Chiropractic Care & Longevity Center

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August 2017

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Perth, ON K7H 2L5

613-264-0616

www.chirolongevity.com

Our mission at Chiropractic Care & Longevity Center is to be dedicated and successful chiropractors serving the community of Perth and district by offering the finest chiropractic health care services with professionalism, clinical expertise and compassion.

Back to School

4 Reasons Your Child Needs a Spinal Checkup Before School

www.chiropractic.on.ca

Hard to believe, but summer is winding down to an end once more and the kids are heading back to school next month. Dr. Wickens and Dr. Carter would like you to keep in mind that a visit to the office for a spinal checkup can do wonders for your child before the first day back to school and throughout the school year. Here are four important reasons why chiropractic care is beneficial for school-age children:

1. **Backpacks can be strenuous to the body.** Many spinal issues begin during childhood and gradually worsen as the child grows.
2. **Sitting is to the spine as sugar is to the teeth.** We all know how important it is to keep children's mouths healthy and clean by visiting the dentist regularly each year, but do you know it's more important to keep your child's spine healthy by visiting a Chiropractor?
3. **Sleep, sleep and more sleep.** Doctors of Chiropractic are trained to treat spinal problems that can interfere with a good night's sleep.
4. **Brain health.** Regular chiropractic adjustments can help keep the brain functioning properly.

The chiropractors are specially trained in the conditions that can affect the spine and often a single visit can create significant benefits for your child. Send your child off to school the right way... with a visit to the chiropractor. School starts soon, so call us today at **613-264-0616** for your child's spinal checkup!

Back to School Essentials

Thursday, August 24th 6:00-7:00 pm



Learn how Essential Oils can:

- Prevent head lice
- Protect against germs
- Assist with focus, anxiety and nervousness
- Restful sleeps & cheerful mornings
- And much more!

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Perth, ON

613-264-0616

chirocare@primus.ca



Presented by: Ashley F and Sarah

Upcoming Events in Perth:

Lions Club presents the
Annual Garlic Festival
August 12th and 13th
10:00 am – 6:00 pm

Located at the Perth Fairgrounds. It is 2 glorious days of everything garlic! Vendors, food, music and entertainment, cooking demos, beer tent, Birds of Prey, and more.



The Table Community Food Centre presents
BARNES, FARMS & WICKED CHEFS
August 26th
5:00 pm – 10:00 pm

This is the 6th annual summer gala featuring local food, music, beer and wine, all in a beautiful country setting. Showcasing some of the area's finest chefs.

110th Annual Glen Tay Block Race
August 31st – 6:00 pm
This is a 14.7km road race which starts and finishes in Downtown Heritage Perth

The Perth Fair
September 2nd – September 4th
Fun filled weekend for the entire family!



Life-Strip contains:



VIVIX

- Powerful antioxidant protection for your cells
- Laboratory studies show Vivix key ingredients prevent and even repair DNA damage

OMEGAGUARD PLUS

- Combines more than 1000 mg of ultra-concentrated omega-3 fatty acids (DHA, EPA, and others) sourced from wild fish raised sustainably in pure Alaskan waters
- Small softgels are easy to swallow

ADVANCED MULTIVITAMIN

- Provides complete nutrition to support bone, tissue, and cardiovascular health
- Dissolves in less than 30 minutes in the stomach and is designed to enhance absorption of folic acid from the patented micro coating
- Includes heart-healthy coenzyme Q₁₀ and vitamin E

B+C COMPLEX

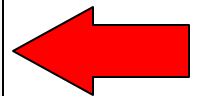
- Helps maintain the body's ability to metabolize nutrients and maintain immune function
- Shown in a clinical study to provide up to 198% greater absorption of B vitamins over 12 hours



**Shaklee®
Life-Strips**

NEW and Improved

- Smaller, easier to swallow OmegaGuard Plus capsule
- 150% more Lutein and 213% more Zeaxanthin to support optimal eye health
- Monthly supply in one box
- Convenient



Available for purchase at CCLC!

CCLC will be closed the following dates:

Saturday, August 5th & Monday, August 7th – Civic Holiday Weekend
Saturday, September 2nd & Monday, September 4th – Labor Day Weekend

The Chiropractic Care & Longevity Center

If you have any comments or suggestions about our Monthly Newsletter please email:

chirocare@primus.ca

Thank you for reading our office newsletter!

We're on the Web!
See us at:

www.chirolongevity.com

Also:



Roasted Beet, Sweet Potato & Kale Salad – submitted by Dr. Elizabeth Carter

Packed with greens, proteins and fiber, plus a rainbow of nutrients, this is the perfect salad that will also double as a complete meal!

Ingredients:

Salad

- 1 large sweet potato
- ¼ cup dried, unsweetened cranberries
- ¼ cup chopped pecans
- 4 beets, peeled
- 1 bunch kale, chopped
- ½ cup cooked quinoa
- 2 tbsp coconut oil
- Salt and pepper

Dressing

- 2 tbsp raw apple cider vinegar
- 1 tsp wasabi
- Juice of a lime
- ¼ cup extra virgin olive oil



Directions:

1. Preheat oven to 350°F
2. Dice sweet potato into 3 cm cubes. Peel fresh beets dice into 3 cm cubes.
3. Toss on a baking sheet with coconut oil, salt, and pepper. Bake for about 40-45 minutes, tossing occasionally until the vegetables are soft.
4. While the vegetables are cooking, blanch the kale to reduce bitterness and soften the greens. To blanch, stir the chopped kale leaves into boiling water for 2-3 minutes, drain, and then run under cold water to stop the cooking process.
5. In a large bowl, toss together the sweet potato, beets, pecans, cranberries, kale and quinoa.
6. To make dressing, place vinegar, wasabi and lime juice in a blender. Blend on medium for 30 seconds. Switch to lowest setting and slowly pour in oil with motor running.
7. Add dressing to salad and toss well.

<http://www.foodmatters.com>