

December  
2010



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

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5 Gore Street West  
Perth, ON K7H 2L5  
PH: 613.264.0616  
Visit our website at  
[www.chirolongevity.com](http://www.chirolongevity.com)

***Our once a year Christmas gift certificate  
program is back!***

Do you know anyone who you would like to benefit from chiropractic care and would like to come to our office?

Just in time for Christmas we are offering to give any of your friends or family, who haven't been a chiropractic patient at our office, a gift certificate for their initial appointment at **no cost to you**.

*This gift certificate has a value of \$70.00.*

If you know anyone who would like us to help, please give the front desk staff their name and address and we will send them their gift certificate in the mail.

**This year give your loved ones  
A Gift of Health**

**Holiday Gift Ideas**

*All prices are taxes included*

**For Everyone:**

Xocai Chocolate – “The Healthy Chocolate”  
Nugget - \$2.00 Box of 100 - \$155

Bio Ice - \$25.31

Traumeel Cream - \$25.55

B-Complex - \$25.71

Shaklee DR Immune System Enhancer - \$29.49

Ice Pack – starting at \$4.66

Gift Certificates - for all services – any value

Recovery Kit – Accelerate healing and recovery  
Includes: Traumeel cream, Traumeel tablets and  
a cold compress - \$44.84

Colostrum Cream – Rejuvenates and restores  
skin - \$36.16

**For The Man in Your Life:**

Wellness Essentials - Month supply of  
support for enhanced vitality for men: \$93.30

Clinical Nutrients for Men - Men's multi  
vitamin - \$33.90

**The Woman in Your Life:**

Inner Peace Package - Includes Nervoheel,  
Neurexan and a sleeping mask - \$35.44

Vita Lea with iron – Woman's multi vitamin -  
\$43.79

**The Children in Your Life:**

Vita Lea Ocean Wonders – Children's multi  
vitamin - \$35.88

Mighty Smart DHA Chews - \$42.04

## 8 Weeks to Wellness – Soon to be offered at our office!

8 Weeks to Wellness® will change the face of healthcare in North America by taking the focus off of sickness care and placing it on wellness care.

8 Weeks to Wellness® is a comprehensive wellness program. 8 Weeks to Wellness® will optimize what you think about, how you eat and supplement, and how you exercise and care for your body through a specific, comprehensive 8-week program.

### Learn about 8 Weeks to Wellness and how to live a happy, healthy life.

One by one, family by family, community-by-community – 8 Weeks to Wellness® will empower individuals to take responsibility for their own well-being and positively impact their innate health potential.

Join us for a free informational seminar. Contact the front desk staff for more information to reserve your seat at our next session. Prefer not to wait? Infomercial and testimonials can be viewed online at: <http://www.8ww.com/chiropractic.html>

### What services are included in 8 Weeks to Wellness?

#### Chiropractic Care for 8 Weeks to Wellness:

The primary role of the nervous system is to relay information in the form of energy to the brain. Then, the brain sends information back to the body through the nervous system to adapt the body to its environment. It is a feedback loop that is happening in your body right now in response to temperature, visual stimuli, sounds, smells, what you have eaten recently, body positions and many other environmental stimuli. How successfully your nervous system controls this process will determine your level of health.

Your brain is protected by the skull, and your spinal cord by the 24 moving bones of the spine called vertebrae. Many everyday activities can cause these bones to lose their normal position or motion. This can result in interference to the nervous system and effect how the body is communicating with itself. Ultimately, this will result in ill health. Chiropractic is a healing art, science and philosophy that deals with the removal of interference to the nervous system.

Interference to the nervous system can be caused by structural problems such as arthritis or poor posture; chemical interference such as improper diet or toxic overload from drugs, sugar, cigarettes, alcohol; or mental interference from stress, depression, lack of love and many other destructive mental states. Chiropractic is not so much concerned with the treatment of disease, although we often help many conditions where other treatments have failed. Chiropractic is about maximizing your health potential by removing interference to the greatest healer that has ever existed, the healer inside you.

#### Exercise for 8 Weeks to Wellness:

- Statistics covering health and wellness in America are shocking. The CDC (Centers for Disease Control) states that over 60% of adults are overweight and over 25% or 1 in 4 is obese. - The CDC also gives an equally alarming statistic

on the growing trend that 40% of adults in America never engage in any type of physical activity. **These two facts combined says the CDC are linked to an increased risk in a variety of chronic health conditions, including heart disease, high blood pressure, arthritis, cancer, diabetes, and osteoporosis.**

#### On our program you will work with your own professional personal trainer in a program designed specifically for you and your goals.

You will perform both cardiovascular and resistance training exercise. Each program is tailored to your own ability taking into account you age, previous exercise history, your percentage of body fat and your heart rate. Whether you are 18 or 80, you will find this program a match for you.

#### Massage Therapy for 8 Weeks to Wellness:

Once considered to be pampering for the rich and famous, massage therapy is now finding enormous popularity among millions. Massage provides relief to people from all walks of life- the weekend athlete, the home gardener, the stressed executive, secretaries, waitresses, computer programmers and labourers. Virtually anyone can feel the need for massage sooner or later! We live in a sedentary world where your muscles pay the price for your inactivity.

Massage is not a luxury. Like a sponge that is squeezed, a tight muscle cannot hold much fluid to pass through it. This decreases your circulation and increases the strain placed on your heart. This can leave you feeling fatigued and sore, reducing your precious energy reserves. Massage therapy releases contracted muscles and pushes venous blood toward the heart, easing the strain on this vital organ. Massage therapy has been shown to reduce waste products such as lactic acid that build up in muscles that are overworked. Massage therapy loosens tight muscles preventing formation of adhesions that restrict your range of motion and cause arthritis to set in.

Far too many of us face our daily lives with chronic pain due to chronic conditions and injuries. Massage helps to stimulate the release of endorphins (the body's natural pain killer) into the nervous system to reduce your feelings of pain and discomfort without the use of unnatural and risky drugs. It stimulates your body's natural pharmacy, which is always dosage specific and target specific. This is why our 8WW® program includes one massage each week.

#### Meditation for 8 Weeks to Wellness:

Meditation is taking control of your mind by directing its awareness towards something else, like your breath. Remember we are trying to strengthen our PEACE of mind muscles. This can't be done without peace. It's like trying to lift weights without the weights. Meditation is the mind-body tool that will remove fears, reduce cravings, strengthen self-awareness, and increase our ability to make proper choices when perceiving a stressful event. With 8 Weeks to Wellness achieve an INCREASE in physical and mental relaxation, in alertness, in the capacity for more intimate and quality contact with others, in creativity and productivity, and in personal satisfaction with life and work.

Stress is an integral part of everyone's life. It seems

the more you try to avoid stress, the more stress finds you. Stress is not something to be managed. Stress is an everyday fact of life. What needs to be managed is our response to stress. One of the most powerful ways to do this to learn how to meditate.

#### Healthy Eating for 8 Weeks to Wellness:

The 8 Weeks To Wellness program will show you how to eat for the rest of your life. This is not a quick fix diet, a liquid diet, a starvation diet, a low carb diet, etc. It is simply a eating program that will teach you, maybe for the first time, how to eat properly.

Every day You will enjoy healthy meals and Ultra Meal® a meal replacement product designed to improve body composition. UltraMeal® promotes the loss of body fat while helping to maintain lean muscle mass. UltraMeal® also supports healthy heart function. Diets low in saturated fat and cholesterol may also reduce the risk of heart disease.

#### Choices

As part of the 8 Weeks to Wellness® Program, you will learn how to read a food label, determine proper portion control, eat more frequent, smaller meals, and you will learn about your body's need for proteins, carbohydrates and fats. It is all about choices...healthier food choices will make a healthier you!

UltraMeal® is designed for those who want to improve body composition, UltraMeal® promotes the loss of body fat while helping to maintain lean muscle mass. UltraMeal® also supports healthy heart function by providing 15 grams of soy protein per serving. Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. A delicious and satisfying high protein/low-glycemic index meal that ensures sound nutrition in the form of a convenient and delicious shake. (Glycemic index of 36 when referenced against glucose.) Nutritional Information Delivers 17 mg of isoflavones per serving to nutritionally support estrogen balance. Provides a heart-healthy source of optimal, foundation nutrition with all essential vitamins and minerals. A dairy-free source of calcium for bone health. Features ActiFolate, for healthy methylation. Advanced Nutrition Features PharmaSoy®, a technologically advanced nutritional blend of superior soy protein, isoflavones, and dairy-free calcium. Comes with a comprehensive Patient Guide for complete program guidelines. Also reap the benefits of [EPA-DHA Extra Strength Enteric-Coated](#) omega 3 fish oil with concentrated Essential Fatty Acids for daily maintenance.

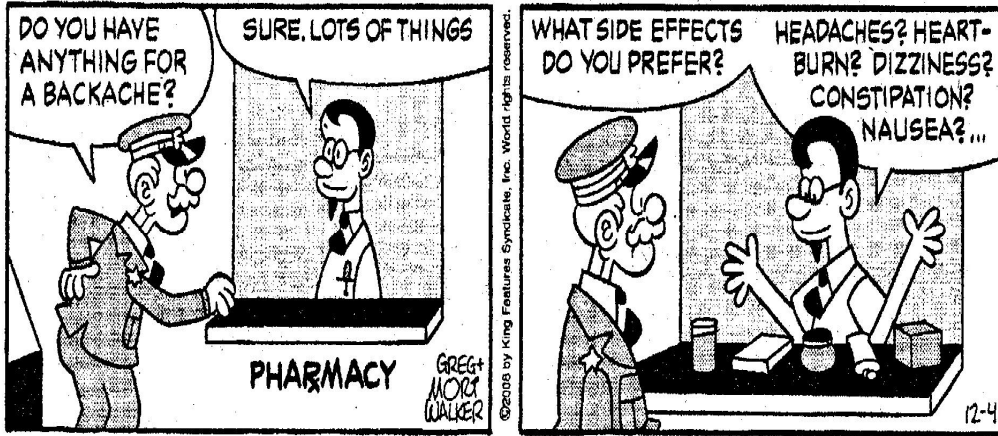
Ask the front desk staff for the next available dates to join us for a 8 Weeks to Wellness Workshop.



8 weeks to wellness

Give us 8 weeks and we'll change the rest of your life.®

Beetle Bailey



Unscramble each word in the first puzzle.  
Then use the marked letters to solve the second puzzle.

BAKC	<input type="text"/>	15
BYOD	<input type="text"/>	8
YHHTLAE	<input type="text"/>	13
TNIUNITOR	<input type="text"/>	11
OPESTRU	<input type="text"/>	4
ERXEEICS	<input type="text"/>	14
MAGASES	<input type="text"/>	5
URAETNUCCU	<input type="text"/>	2
TCRHIACIPORC	<input type="text"/>	6
EUMTANTSJD	<input type="text"/>	10
USTBXALINOU	<input type="text"/>	12
DEAONEGENTRI	<input type="text"/>	7
PISALN CODR	<input type="text"/> <input type="text"/>	9
NEVSRE	<input type="text"/>	3
EWLLSSNE	<input type="text"/>	1



<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1 2 3 4	5 6 7	8 9 10 11	12 13 14 15

## How to Be Miserable

1. Use 'I' as often as possible.
2. Always be sensitive to slights.
3. Be jealous and envious.
4. Trust no one.
5. Never forget criticism.
6. Look for faults in others.
7. Don't give until you get.

## How to Be Happy

1. Be optimistic.
2. Smile.
3. Stay close to your friends and family.
4. Find happiness in the job you have.
5. Don't take things to heart.
6. Practice acts of kindness.
7. Exercise, exercise, exercise.
8. Take a vitamin B supplement.
9. Meditate.
10. Practice forgiveness.
11. Love yourself.

## Walnut Spice Kisses

### Healthy Christmas Recipe

The Walnut Spice Kisses are also delicious, light, have only the healthy fat from the walnuts, and don't even use flour!

#### Ingredients:

- 2 egg whites
- 1/2 cup sugar
- 2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1 cup walnuts, finely chopped
- Walnut halves or quarters for decorations

#### Directions:

Beat the egg whites until stiff. Mix the sugar and spices, and gradually beat into the egg whites. (If you add too much at a time, you lose the stiffness.) Gently fold in chopped walnuts. Drop from a teaspoon onto a well greased cookie sheet. Top with walnut halves (or quarters). Bake at 250 degrees for 35 to 40 minutes.

It's not about what happens. It's about perspective. I may not be able to change what takes place, but I can always choose to change my thinking.

~ Michelle Sedas

## Custom-Made vs. Off-the-Shelf Orthotics

When a patient needs support, there are two choices to consider: custom-made or off-the-shelf? Numerous companies offer a variety of Off-the-Shelf Inserts to support and relieve the foot.

Unlike generic orthotics, Foot Levelers' custom-made Spinal Pelvic Stabilizers are scientifically designed for the individual's unique postural problems -- not just problems with the feet. We believe that correcting imbalances in your feet, in addition to regular chiropractic adjustments, can properly align your spine and pelvis.

Stabilizers offer more than just short-term symptom relief. They also promote whole-body wellness for a lifetime. Take a look at the facts:

### Spinal Pelvic Stabilizers

- 3-arch support balances the feet, balances the body; also provides proper corrections for your specific condition
- Patented Gait Cycle System® offers support through each phase of your gait
- Promotes optimum posture and enhances chiropractic adjustments, resulting in longer-term symptom relief
- Custom made using 16 precise measurements based on digital images or impressions of your feet

### Over-the-Counter

- Only supports 1 arch, and often overcorrects causing more harm than good
- Does not provide custom support throughout the gait cycle
- Does not aid in correcting posture; really just a cushion designed to treat the symptom rather than the underlying problem
- Durability is questionable so you may spend more money over time replacing them
- Offers generic solutions for a set number of foot conditions, which likely do not address your specific needs

### Stabilizers vs. Over-the-Counter

	Foot Levelers' Spinal Pelvic Stabilizers	Over-the-Counter Orthotics
Managed by Your Chiropractor	YES	NO
Unique to Your Feet	YES	NO
Guaranteed Quality	YES	NO
16-point Precise Measurement	YES	NO
Protects Through Gait	YES	NO
Durability	YES	NO
Corrective Support	YES	NO
Comfort	YES	YES

Foot Levelers has been working with healthcare professionals for more than 58 years to provide patients with custom-made Spinal Pelvic Stabilizers to correct imbalances in the feet, and provide a balanced foundation that can improve a patient's quality of life. Your health is our number-one priority, and we support you every step of the way.

**Ask the front desk staff to book your FREE foot analysis today!**

## Apply the 80/20 Rule to Everything

An Excerpt from "[Eat That Frog!](#)" by Brian Tracy

The 80/20 Rule is one of the most helpful of all concepts of time and life management. It is also called the "Pareto Principle" after its founder, the Italian economist Vilfredo Pareto, who first wrote about it in 1895. Pareto noticed that people in his society seemed to divide naturally into what he called the "vital few", the top 20 percent in terms of money and influence, and the "trivial many", the bottom 80 percent.

He later discovered that virtually all economic activity was subject to this principle as well. For example, this principle says that 20 percent of your activities will account for 80 percent of your results, 20 percent of your customers will account for 80 percent of your sales, 20 percent of your products or services will account for 80 percent of your profits, 20 percent of your tasks will account for 80 percent of the value of what you do, and so on. This means that if you have a list of ten items to do, two of those items will turn out to be worth five or ten times or more than the other eight items put together.

### Number of Tasks versus Importance of Tasks

Here is an interesting discovery. Each of the ten tasks may take the same amount of time to accomplish. But one or two of those tasks will contribute five or ten times the value of any of the others.

Often, one item on a list of ten tasks that you have to do can be worth more than all the other nine items put together. This task is invariably the frog that you should eat first.

### Focus on Activities, Not Accomplishments

The most valuable tasks you can do each day are often the hardest and most complex. But the payoff and rewards for completing these tasks efficiently can be tremendous. For this reason, you must adamantly refuse to work on tasks in the bottom 80 percent while you still have tasks in the top 20 percent left to be done.

Before you begin work, always ask yourself, "Is this task in the top 20 percent of my activities or in the bottom 80 percent?"

The hardest part of any important task is getting started on it in the first place. Once you actually begin work on a valuable task, you will be naturally motivated to continue. A part of your mind loves to be busy working on significant tasks that can really make a difference. Your job is to feed this part of your mind continually.

### Motivate Yourself

Just thinking about starting and finishing an important task motivates you and helps you to overcome procrastination. Time management is really life management, personal management. It is really taking control of the sequence of events. Time management is having control over what you do next. And you are always free to choose the task that you will do next. Your ability to choose between the important and the unimportant is the key determinant of your success in life and work.

Effective, productive people discipline themselves to start on the most important task that is before them. They force themselves to eat that frog, whatever it is. As a result, they accomplish vastly more than the average person and are much happier as a result. This should be your way of working as well.

## Therafirm Compression Stockings and Socks

### What are compression socks/stockings?

Compression hosiery improves venous lymph, and blood flow in your legs. The stockings/socks are designed to deliver a controlled amount of pressure which is greatest at the distal (ankle) end of the garment and gradually decreases towards the top of the stocking. This gradient pressure promotes better blood flow which in turn helps to control swelling, varicosities, leg fatigue and other problematic leg conditions.

### Who should wear compression socks/stockings?

People who have or are experiencing any of the following conditions can benefit from wearing gradient compression hosiery:

- Varicose Veins
- Spider Veins
- Chronic venous insufficiency
- Expecting mothers
- Diabetes
- Tired, aching, fatigued legs
- Swollen feet, ankles, and legs
- Travellers or people who sit for prolonged periods
- Workers who stand for prolonged periods
- Situations requiring enhanced bloodflow or compression in the legs (muscle injury, sprains, strains)

**Please note: It is always recommended to consult your health care professional to determine the appropriate hosiery and compression for your needs. Chiropractors can do this for you.**

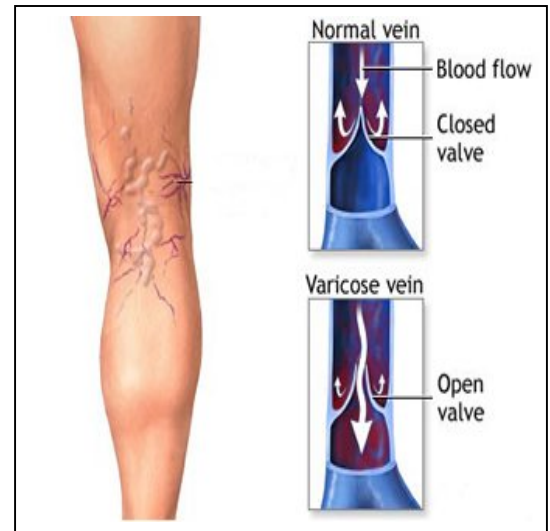
### How much do they cost and are they covered by insurance?

The price of compression hosiery varies depending on amount of compression and type of sock/stocking. The Chiropractor can provide you with this information for your medical doctor if your insurance requires a prescription.

**Compression stockings/socks are usually covered by extended health insurance plans, often covering the cost of multiple pairs per year. Please check your insurance policy.**

### Why choose Therafirm® true gradient compression hosiery?

- All Therafirm® hosiery garments are made using Micro-Cool® process, which creates a wicking effect so moisture evaporates from the skin quickly, keeping you cool and comfortable!
- **Core-Spun** by Therafirm™ support socks are made with the superior moisture wicking fibers CoolMax® and X-Static®.
- **Patent-pending Core-Spun technology support socks offer the added benefit of ultra stretchy yarns, making them easier to put on and increasing patient compliance.**
- Therafirm products meet all applicable standards for quality and medical accuracy.
- Each lot of product is tested for compression accuracy at each gradient level using the latest standard testing equipment.
- Therafirm® is 100% made in the USA



### Travel Socks - Buy before you fly, take a train, a bus or automobile!

Whether you travel by plane, train, automobile, or bus, any trip that lasts more than a few hours could leave your legs swollen and achy. And if you travel for a long period of time (5 hours or more), the problem can become more serious, swollen and achy legs are just one part of the problem. Travellers need to be aware of, and take measures against, a more serious condition called a deep vein thrombosis (DVT) or embolism. Once a blood clot develops, it can break away from the vein wall and this could lead to major complications or death. Research has revealed that wearing flight socks can reduce by 90% the risk of developing deep vein thrombosis - DVT.



# Chiropractic Monthly Newsletter

## December Chiropractic Schedule 2010

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
			<b>1</b> Reg. Office Hours.	<b>2</b> Reg. Office Hours. No Chiro	<b>3</b> Dr. KG 9am-1pm Dr.KWaway	<b>4</b> Reg. Office Hours. Dr. KG
<b>5</b> Closed	<b>6</b> Reg. Office Hours.	<b>7</b> Reg. Hours NP Workshop Dr. Wickens 7:15pm - 8:15 p.m.	<b>8</b> Reg. Office Hours.	<b>9</b> Reg. Office Hours.	<b>10</b> Reg. Office Hours.	<b>11</b> Reg. Office Hours. Dr. KW
<b>12</b> Closed	<b>13</b> Reg. Office Hours.	<b>14</b> Reg. Office Hours.	<b>15</b> Reg. Hours NP Workshop Dr. Wickens 2:00pm - 3:00 p.m.	<b>16</b> Reg. Office Hours.	<b>17</b> Reg. Office Hours.	<b>18</b> Reg. Office Hours. Dr. KW
<b>19</b> Closed	<b>20</b> Reg. Office Hours.	<b>21</b> Reg. Office Hours.	<b>22</b> Reg. Office Hours.	<b>23</b> Reg. Office Hours.	<b>24</b> Closed Merry Christmas	<b>25</b> Closed
<b>26</b> Closed	<b>27</b> Closed	<b>28</b> Reg. Office Hours.	<b>29</b> Reg. Office Hours.	<b>30</b> Reg. Office Hours.	<b>31 Jan.</b> Closed	<b>1 Jan.</b> Closed

The Chiropractic Care & Longevity Center

5 Gore St. W.  
Perth, ON K7H 2L5

PHONE:  
(613) 264-0616

If you have any comments or suggestions about our Monthly Newsletter please email them to Hanna Murphy at:

E-MAIL:  
[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 you can now:



The staff of the Chiropractic Care and Longevity Center wishes you all a very healthy, safe and **Merry Christmas and Happy New Year!**



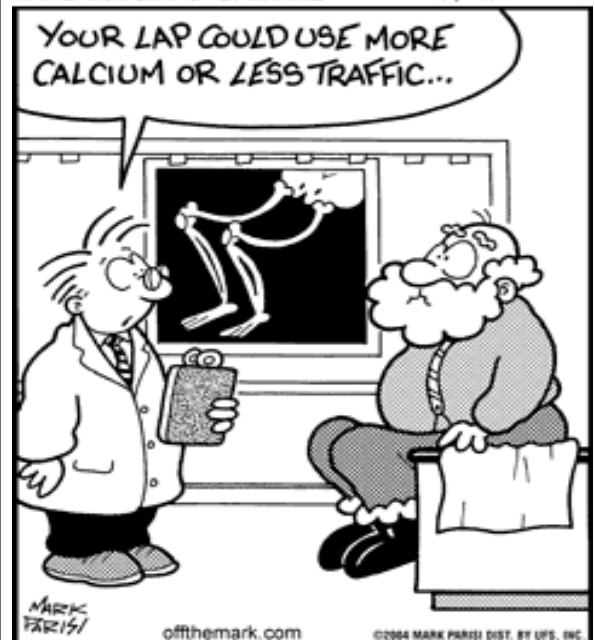
Answers to puzzle on page 3:

Back  
Body  
Healthy  
Nutrition  
Posture  
Exercise  
Massage  
Acupuncture  
Chiropractic  
Adjustment  
Sublimation  
Degeneration  
Spinal Cord  
Nerves  
Wellness

**We've got your back!**

### HealthToons

by Mark Parisi



Experience the Benefits of Monthly Chiropractic!