

February
2012



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

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February is Heart Month – Happy Valentine's Day!

Celebrate Valentine's Day by celebrating your heart. Wise Woman herbalist Susun Weed gives us a few simple, easy ways to nourish that vitally important little organ.

Here are ten easy steps to better heart health:

1. Stop smoking. Nourish yourself with a handful of sunflower seeds and a cup of nettle or oat straw infusion daily for 4 to 6 weeks before quitting. Sunflower seeds reduce the body's craving for nicotine by filling the nicotine receptor sites. The infusions strengthen blood vessels and nerves and cushions the impact of withdrawal. Also see details on the driven to quit contest on page 3 of this newsletter.

2. Touch and be touched. Many scientific studies have shown that people who were touched lovingly every day had significantly fewer heart problems.

3. Eat seaweeds. They have been shown to stabilize blood pressure, regulate levels of triglycerides, phospholipids and cholesterol, they dissolve fatty build-ups in the blood vessels, they can restore cardiac efficiency and prolong the life of the heart muscle, and they encourage a steady

heart beat.

4. Eat foods rich in beta-carotenes: they can cut your risk of a stroke by 40 percent. Foods rich in beta-carotenes include carrots, cabbage, winter squash, sweet potatoes, dark leafy greens, apricots, and seaweed. Ask our staff about supplementing with CartoMax from Shaklee.

5. Eat garlic. Study after study has confirmed garlic's abilities to lower blood pressure, reduce phospholipids and cholesterol, strengthen heart action, increase immune response, reduce platelet clumping and clotting (thus reducing strokes) and stabilize blood sugar levels. Eat garlic raw or lightly cooked, several cloves a day or ask front desk staff about supplementing with Garlic Complex from Shaklee.

6. Eat foods rich in essential fatty acids. Fresh pressed oils of wheat germ or flax seed are especially nourishing or ask us about supplementing with EPA DHA by Metagenics.

7. Drink lemon balm tea. It is so strengthening to the heart that there's an old saying

about it: "Those who drink lemon balm tea daily will live forever!" You can also make lemon balm vinegar to use on your salads.

1½ cups chopped lemon balm leaves
3 cups white vinegar
¼ cup honey

8. Move! Go for a walk, jump rope, swim, or do leg lifts and arm raises. Regular exercise is key.

9. Avoid restrictive diets. Frequent dieting, fasting, binging and purging imbalance your electrolyte levels, causing weakening of the heart muscle and damage to the heart. Ask about our 8 Weeks to Wellness program.

10. Eat as much as you want of: vegetables, beans, greens, fruits, fish, seeds, and yogurt. Go easy on: nuts, cheese, and milk.

"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied." -Herophilus

Please ask us about the products we carry that support a healthy digestive system!

Are you Depressed? Watch Your Digestive System

When someone is depressed, anxious, or brain foggy, rarely will they think about weighing up their digestive health as the cause for their condition. Most people don't think their brain and their stomach have anything in common, even less so that these two are intimately linked and contain the answer to improving your health and disposition, but they certainly do.

New research has shown that an unhealthy digestive system can cause more than an upset stomach; it can truly affect your nervous system too, causing depression and chronic fatigue. A study performed not long ago centered on patients with irritable bowel syndrome and inflammatory bowel disease. The scientists discovered that these individuals had an important verbal IQ insufficiency, or lesser ability to remember words, than a control group of healthy people, and this becomes more obvious when we consider that almost everyone who suffers from irritable bowel syndrome shows signs of depression and anxiety. But this is just the beginning. Another example of the strong relation between the stomach and the brain is chronic fatigue syndrome. Almost 50% of the individuals who suffer from this syndrome have depression and irritable bowel syndrome symptoms.

In addition, there is ample research that links a leaky stomach, harmful bacteria, and yeast overgrowth as important factors in the development of autism in children. But even in the presence of such proof, don't despair. There are many ways to keep your stomach healthy... and as a consequence, heal your mind.

One of the best ways is to include a good probiotic in your diet. Probiotics are healthy intestinal bacteria, and their levels decrease as you age. Not only this, but factors like disease, stress, and drugs can negatively affect it too. In order to neutralize the damaging consequences, you can strengthen your stomach and your disposition by taking Lactobacilli and Bifidobacteria. Some probiotics have been known to control intestinal inflammation, and several probiotic combinations can truly improve short-term memory and concentration in people suffering from chronic fatigue, at the same time that these improved tryptophan levels, a decisive aspect of acceptable serotonin production and depression relief.

Among other mixtures to soothe the stomach are: - Glutamine, to boost the intestinal walls - Oligosaccharides, strong prebiotics that support the growth of probiotic bacteria - DGL,

which fights H. pylori - Nacetyl glucosamine, to repair tissue - Marshmallow root, to protect mucous membranes - Berberine, to control inflammation - Cabbage and phosphatidycholine, to ease and heal ulcer pain - Slippery elm, to protect against excess acidity - Gamma oryzanol, to boost gastric movement

Another important part of your digestive health is colon cleansing. The colon is an organ that directly affects all the others. When fecal matter gets stuck in your colon clogging it up, the liver can't work properly, and if this happens, the kidneys suffer, and so it goes. You start suffering from brain fog, lethargy, and many other disturbing symptoms. The truth is that our colon's natural state is an unhealthy one; it is filled with mucoid plaque and toxins, in other words, it is a mess, and this is because of our unhealthy diets, poor lifestyle choices, and sad living conditions. The only way to free our organs from these poisons is through a full body detox. Afterwards, you will feel an immediate improvement in your disposition and health, because your organs will start working optimally, without blockages and nasty toxins getting in the way of your healthy mind and body. For detox and other supplements, ask us!

Get longer-lasting digestive relief... faster

Introducing the Gastrointestinal (G.I.) Kit to support digestive health and wellness. Gastrointestinal distress affects 1 in 4 of us and can seriously impact quality of life. Now there is a simple way to address your G.I. concerns and get on a path to wellness. **This Month on special for: \$118.44 tax included - With a value of \$154.90 tax included**

Ideal Program for:

- Abdominal discomfort
- Uncomfortable gas
- Loose stools
- Food sensitivities (dairy, ect.)
- Constipation or irregularity
- G.I. distress in stressful situations

Kit includes:

- Insulated Lunch Tote Bag
- Shaker Cup
- Foundation GI Health Program Guide
- MTG-D3 Metagenics - D3 1000 120 Tabs
- MTG-ENDE Metagenics - Endefen - 14.81 oz. Powder
- MTG-UFDF60 Metagenics - Ultra Flora Plus DF Capsules 60 Caps



Pregnancy and Chiropractic

Pregnancy is a life-altering experience that is shared by women. It is an amazing time filled with activities like reading books on pregnancy and labour, watching birth stories, shopping for maternity clothes and choosing baby names. In addition to all the excitement and joy it brings, pregnancy puts a great deal of stress on your spine. The body goes through a period of rapid physiological and endocrinological changes. The spine must adapt to postural, hormonal and weight changes—all of which may contribute to the back pain some women experience. Many women decide pregnancy is a time to make healthy choices such as improving

their diets, cutting out coffee and alcohol and quitting smoking. It is also a time to consider chiropractic care as a complementary component of prenatal care.

Chiropractors are doctors with over seven years of education at the university level. They have studied the art and science of hands-on healing and therapy. 50% of pregnant women complain of low-back pain—often a result of ligament laxity and the protruding abdomen. Chiropractors are trained to locate and relieve the discomfort many women experience during

pregnancy. Patients often report that labour is shorter and more comfortable after receiving chiropractic care during pregnancy.

Dr. Kathy Wickens is a chiropractor, a mother of two children, and grandmother of two. She has the personal and professional experience to help women in any stage of pregnancy feel more relaxed and comfortable about the new and exciting changes taking place at this special time. All Chiropractors are trained to help pregnant women.



Tips for Pregnancy

♥Be sure to get adjusted regularly. Chiropractic care is important to help maintain a healthy skeletal structure and nervous system function throughout a pregnancy and childbirth.

♥Do some gentle exercise each day. Walking, swimming, or stationary cycling are relatively safe cardiovascular exercises for pregnant women.

♥Avoid any activities that involve jerking or bouncing movements. Stop exercise immediately if you notice any unusual symptom, such as nausea, dizziness or weakness.

♥Wear flat shoes with arch supports/orthotics. Your feet become more susceptible to injury during pregnancy, partially due to a rapidly increasing body weight, but also because the ligaments the support the feet become more lax.

♥When picking up children, bend from the knees, not the waist. Your low back is much more prone to injury during pregnancy.

♥When sleeping, lay on your side with a pillow between your knees to take pressure off your lower back. Full-length "body pillows" or "pregnancy wedges" are very popular and can be helpful.

♥Eat several small meals or snacks every few hours, rather than three large meals per day. This will help alleviate nausea, stabilize blood sugar and allow your body to extract the maximum amount of nutrients from the foods that you eat.

♥Take vitamins with at least 400 micrograms of folic acid every day; 800 micrograms is even better. Folic acid has been shown to dramatically reduce the risk of neural tube defects in a developing fetus. **(critical in first few weeks)** Be sure to check with your doctor before taking any vitamin or herbal supplement to make sure it's safe for you and the baby.

Thinking about Quitting Smoking? Check out the Driven to Quit Contest and register by February 29, 2012, go online to DrivenToQuit.ca for more details

Go tobacco-free for March 2012 and you could win your choice of a 2012 Ford Fusion hybrid or 2012 Ford Edge, one of two \$5,000 vacation getaways or one of seven \$2,000 cash prizes! If you have quit recently, you may be eligible to enter too. To be eligible, you must be an Ontario resident who:

- is 19 years of age or older as of March 1, 2012
- has used tobacco at least:
 - once a week for a minimum of 10 months in 2011
 - and 100 times in your life

Step 1: Find a support buddy

Buddies of winners will win* a \$200 cash prize! Must be an Ontario resident 19 years of age or older as of March 1, 2012.

Step 2: Register for *The Challenge* by:

- 1) Going online at DrivenToQuit.ca by midnight on February 29, 2012, EST.
- 2) Calling *Smokers' Helpline* at 1 877 513-5333 by 9:00 p.m. EST on February 29, 2012.
- 3) Faxing your entry form by midnight on February 29, 2012, EST to: 1 800 706-0112 (toll-free).
- 4) Or mailing your entry form postmarked no later than February 29, 2012, to:
Canadian Cancer Society
328 Mountain Park Ave. 3rd Floor
Hamilton, ON L8V 4X2

Step 3: Quit smoking or tobacco use

Quit by March 1, 2012, and remain tobacco-free for the month of March 2012. To remain eligible, potential winners must remain tobacco-free until after testing. Winner contact can take several weeks. To increase your chance of quitting, contact *Smokers' Helpline* at 1 877 513-5333 and SmokersHelpline.ca.

The Driven to Quit Challenge is presented in collaboration with your local public health department. All prizes made possible through the generous support of McNeil Consumer Healthcare. *No purchase necessary. Registration deadline: Feb 29/12. Open to residents of Ontario (19+ as of Mar 1/12) who meet certain tobacco use restrictions. Registration, full rules, complete eligibility requirements and prize descriptions at: www.driventoquit.ca. One grand prize (ARV: \$32,000; Odds: depend on number of eligible entries); two secondary prizes (ARV: \$5,000 each payable in the form of travel vouchers; Odds: depend on number of eligible entries); seven regional prizes (ARV: \$2,000 each; Odds: depend on number of eligible entries per region); ten buddy prizes (ARV: \$200 each); and one survey prize (ARV: \$250; Odds: depend on number of eligible entries). Skill-testing question required. Regions are determined by the seven Ontario provincial tobacco control area network regions, as defined by the Government of Ontario. The buddy associated with each eligible prize winner will be eligible to win a buddy prize. All cash awards are payable by cheque. Prizes may not be exactly as shown.

Vitamin B complex to help heart disease risk

Increased intake of folic acid and B-12 through diet or supplements may help reduce the "bad" amino acid homocysteine and help us live longer, recent research reveals. High homocysteine levels are suspected of contributing to 6 to 10 percent of all heart attack deaths in the United States.

Scientists at the University of Michigan used a computer model to investigate everything known about homocysteine's harmful effects and how folic acid and vitamin B-12 seem to regulate the amino acid's level in the blood. They worked under the assumption that reducing homocysteine levels would reduce the homocysteine-related heart-disease risk by 40 percent in any particular group. They found that with vitamin supplements, about eight years of life could collectively be gained for every group of 1,000 men and four years for every group of 1,000 women. This came about no matter whether the vitamins were given to all at-risk people or just those whose blood test showed elevated homocysteine levels. Full findings are published this week in the US journal ,Archives of Internal Medicine.

* It is important to take a B-Complex rather than just individual B vitamins. *

A Dog's Purpose (from a 6-year-old)

Being a veterinarian, I had been called to examine a ten-year-old Irish Wolfhound named Belker. The dog's owners, Ron, his wife Lisa, and their little boy Shane, were all very attached to Belker, and they were hoping for a miracle.

I examined Belker and found he was dying of cancer. I told the family we couldn't do anything for Belker, and offered to perform the euthanasia procedure for the old dog in their home. As we made arrangements, Ron and Lisa told me they thought it would be good for six-year-old Shane to observe the procedure. They felt as though Shane might learn something from the experience. The next day, I felt the familiar catch in my throat as Belker's family surrounded him.

Shane seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. Within a few minutes, Belker slipped peacefully away. The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after Belker's death, wondering aloud about the sad fact that animal lives are shorter than human lives. Shane, who had been listening quietly, piped up, "I know why." Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation. It has changed the way I try and live. He said, "People are born so that they can learn how to live a good life -- like loving everybody all the time and being nice, right?" The six-year-old continued, "Well, dogs already know how to do that, so they don't have to stay as long."

Live simply. Love generously. Care deeply. Speak kindly. Remember, if a dog was the teacher you would learn things like: When loved ones come home, always run to greet them. Never pass up the opportunity to go for a joyride. Allow the experience of fresh air and the wind in your face to be pure ecstasy.

Take naps. Stretch before rising. Run, romp, and play daily. Thrive on attention and let people touch you. Avoid biting when a simple growl will do. On warm days, stop to lie on your back on the grass.

On hot days, drink lots of water and lie under a shady tree. When you're happy, dance around and wag your entire body. Delight in the simple joy of a long walk. Be loyal. Never pretend to be something you're not. If what you want lies buried, dig until you find it. When someone is having a bad day, be silent, sit close by, and nuzzle them gently.

There comes a time in life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh, forget the bad, and focus on the good. So, love the people who treat you right. Think good thoughts for the ones who don't. Life is too short to be anything but happy. Falling down is part of LIFE...Getting back up is LIVING...

Heart Facts

♥Your system of blood vessels – arteries, veins and capillaries – is over 60,000 miles long. That's long enough to go around the world more than twice!

♥The adult heart pumps about 5 quarts of blood each minute – approximately 2,000 gallons of blood each day – throughout the body.

♥When attempting to locate their heart, most people place their hand on their left chest. Actually, your heart is located in the center of your chest between your lungs. The bottom of the heart is tipped to the left, so you feel more of your heart on your left side of your chest.

♥The heart beats about 100,000 times each day.

♥In a 70-year lifetime, the average human heart beats more than 2.5 billion times.

♥An adult woman's heart weighs about 8 ounces, a man's about 10 ounces.

♥Blood is about 78 percent water.

♥Blood takes about 20 seconds to circulate throughout the entire vascular system.

♥The structure of the heart was first described in 1706, by Raymond de Viessens, a French anatomy professor.

♥The electrocardiograph (ECG) was invented in 1902 by Dutch physiologist Willem Einthoven. This test is still used to evaluate the heart's rate and rhythm.

♥The first heart specialists emerged after World War I.



"Is it just me or is it a bad idea to eat at a place that prints CPR instructions on their placemats?"

*“There is more hunger for love and appreciation in this world than for bread.”
Mother Teresa*

Hints for Healthier Eating

1. Plan your meals. You should be eating five little meals every day. This will rev your metabolism and you will have more energy.

2. Every meal should be a balance of carbohydrates, fats and proteins; in other words, if you have an apple for a snack you should also have some protein such as a small piece of cheese. However, it is more important to have the apple than nothing. What to avoid are meals or snacks that are purely carbohydrates as these will stimulate insulin and then will drop your blood sugar. In other words avoid bagels and muffins on their own

3. Make an effort to plan five little meals, maybe six, especially if you are extremely active. Eat roughly every 3 hours; you will feel great and as a result you will look terrific.

4. If you desire a fat burning body rather than a sugar burning one, for one week you should eat five meals a day but only protein, fat and low glycemic vegetables in a ratio of 20-30 grams of protein, 10 grams of fat and 30 grams of carbohydrates. (Proteins equivalent to the size of your palm, carbohydrates the size of your fist and fat the size of your thumb bearing in mind that with animal protein there is already enough fat.)

What does this mean- for the first seven days as you strive to make your body a fat burning machine rather than sugar burning from having eaten too many simple carbohydrates such as bread and pasta, the goal will be to eat no breads, pastas, rice nor vegetables like potatoes, carrots, parsnips. (high glycemic index)

5. Buy around the perimeter of the store. That is where the most natural foods are. Plan ahead so that you can plan your vegetables around what is on sale for the week. For instance eggs and red peppers make a great breakfast if the red peppers are priced right. If you have a grain cereal for breakfast you cannot put sweetener on it but you can use cinnamon. The first week you can also have cottage cheese and vegetables but no fruit. There are protein shakes and meal replacement bars that you can use when you are in a really big hurry or if you have nothing else to grab. Speak to staff about the best types as they are not all created equal. For example anyone on Carnation Breakfast for a long time may develop a thyroid condition.

6. You can eat lentils and beans. They are a wonderful source of protein and carbohydrates, inexpensive and you can use them in many ways. You can cook up a huge crockpot full of chili and then freeze it in small containers for grabbing

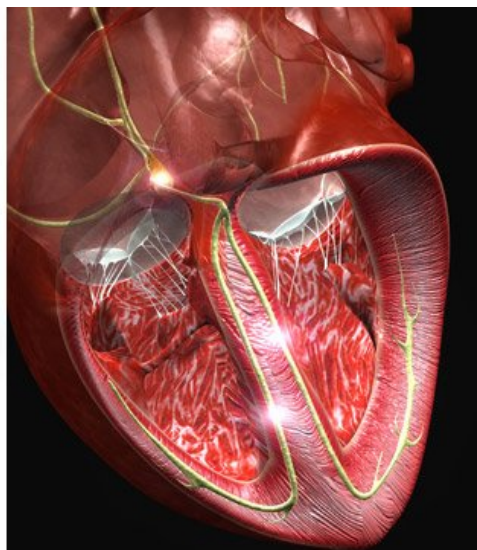
on the way out the door for lunch or for a quick supper when you are in a hurry. That combined with a salad is delicious and healthy.

7. Avoid junk food as they have many useless calories as do crackers.

8. Stay away from juices. Most are high in sugar that is hard on the pancreas. When you are playing sports use a good quality sports drink that will give you a nice slow release of energy. Remember to drink water. Take your body weight in pounds and divide it by 2 - that is the number of ounces of water to consume each day. It is a good idea when you first wake up in the morning to have a drink of water. Then if you haven't had any by the time you eat lunch you should drink a bottle before lunch and the same before supper. Try not to drink with meals as it will dilute the enzymes.

9. Remember input output. When you are eating a balanced amount of soluble (vegetables) and insoluble (grains and cellulose) fiber you should be having at least two to three bowel movements a day.

10. Keep a diary of what you are eating and how you feel. You may be surprised at the correlation and it will help you to know what is right for you.



Eat Tomato for Heart Health From: Foods That Look Like Body Parts They're Good For

Learn how you can stay healthy by eating 10 anatomically shaped eats

By Amanda Greene

Slice open a tomato and you'll notice the red veggie has multiple chambers that resemble the structure of a heart. Studies have found that because of the lycopene in tomatoes, there is a reduced risk for heart disease in men and women who eat them. If you mix them with a little fat, like olive oil or avocado, it will boost your body's lycopene absorption nearly tenfold.

<http://www.womansday.com/search/?SearchText=%22WomansDay.com%22&SourceLink=1>

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

E-MAIL:
hmurphy@primus.ca

We're on the Web!

See us at:

www.chirolongevity.com

Also:



Everyday Heart Health Tips

If you're not convinced about the need to develop an exercise program for your life, you can at least try following some of these tips in your everyday routine. Take advantage of any opportunity for exercise. Try some today.

- Take the stairs instead of an elevator or escalator at school or the mall. Just start with one flight. Soon, you'll be ready for two.
- Park your car at the far end of the parking lot. The short walk to and from the store or school helps your heart.
- If you ride a bus or subway, get off a stop before your destination. Walk the rest of the way.
- If you can, spend a few minutes of your lunch break taking a stroll. It should help you stay awake after lunch.
- Think of housework as an extra chance to exercise. Vacuuming briskly can be a real workout.
- Mowing the lawn, pulling weeds, and raking leaves are chores that can be done yourself as a chance to exercise.
- If you have a dog, think of the dog as an exercise machine with fur. A brisk walk with the dog is good for both of your hearts. Make it a part of your daily routine.
- If you have a family, schedule an after-dinner walk. Make it quality time.

Chickpeas (aka garbanzo beans) are a great source of fiber, protein, Folic acid and Vitamin B6; they are also heart-healthy and touted as a depression-fighting food.

This recipe, created by Myra Kornfeld and published in Experience Life, is fast but does not compromise flavor or nutrition. For more tips from Kornfeld and other chefs on quick and delicious food, click here.

Lemony Spiced Chickpeas With Spinach

Serves four

3 tbs. extra-virgin olive oil
2 cups thinly sliced onions (2 medium onions)
2 cloves garlic, minced
1 15-ounce can chickpeas, drained and rinsed (or 1 1/2 cups cooked chickpeas)
1 tsp. ground cumin
1 tsp. paprika
1/8 tsp. cayenne
3 tbs. fresh lemon juice
1 tsp. salt
3/4 pound baby spinach
Freshly ground black pepper
Warm the oil over low heat in a large skillet. Add the onions and garlic and cook for 15 minutes, stirring occasionally until they are juicy and tender.
Add the chickpeas, spices, lemon juice and salt. Cook five minutes uncovered, stirring from time to time.

Stir in the spinach; cover and cook until the spinach has wilted, about four minutes. Uncover and sprinkle with black pepper. Taste and add a pinch more salt if necessary.



Valentine's Day Gift Ideas From the Chiropractic Care and Longevity Center

- Gift certificate for a massage
- Gift certificate for the hydrotherapy massage bed
 - Crackle nail polish
- X o c a i H e a l t h y C h o c o l a t e
- Gift certificate for any esthetic services (pedicures or manicures are popular gifts)
 - Aromatherapy

Experience the Benefits of Monthly Chiropractic!