



# Chiropractic Care & Longevity Center

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## July 2017

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- Upcoming Office Talks
- Yoga Continues
- doTERRA's Essential Oil Tick Spray
- August Holiday Closure
- Upcoming Local Events
- Shaklee® Carotomax
- Shaklee® Plain and Simple Life Shake \*NEW\*

5 Gore Street West  
Perth, ON K7H 2L5  
613-264-0616  
[www.chirolongevity.com](http://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.

**Stress much?**  
**Anxious?**  
**Depressed?**

You're not alone!



Chiropractic Care & Longevity Center

5 Gore Street W, Perth, ON  
613-264-0616  
chirocare@primus.ca

### FREE

### 1 hour class

Thursday, July 13th  
6:00 pm - 7:00 pm  
Save your seat today!



Presented by:  
Ashley Finnigan & Sarah Salisbury

Learn how Essential Oils can help you to manage stress and anxiety naturally.

## Ladies, Are You Concerned With Your Hormonal Health?

Do you suffer from?

- Night sweats
- Hot flashes
- Irregular periods
- Fatigue or Low energy
- Mood Changes
- Vaginal dryness or Loss of libido
- Weight gain and slowed metabolism
- Hair loss or thinning

Join us for this FREE information class to learn about pre and post-menopausal symptoms and how to regulate your hormonal system naturally!

Wednesday, July 19th  
6:00 pm - 7:00 pm



Save your seat today!



Presented by:  
Dr. Malisa Carullo,  
Naturopath



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## Yoga is continuing at CCLC for a 9-week Summer Series!

\$105 for 9-weeks or \$15 drop-in, per class

Bring yoga mat, pillow & blanket. Beginners welcome!



**Upcoming Events in Perth:**

**26<sup>th</sup> Annual Stewart Park Festival**

Friday, July 14<sup>th</sup> –  
Sunday, July 16<sup>th</sup>



Three free days of music under the majestic maples in beautiful Stewart Park.

Music, artisan vendors, workshops, and activities to keep you entertained all weekend long.

**Perth BBQ Ribfest**

3<sup>rd</sup> Annual Ribfest and Car Show event featuring 3 days of enjoyment for the entire family.

Friday, July 28<sup>th</sup> –  
Sunday, July 30<sup>th</sup>



The office will be closed Saturday, August 5<sup>th</sup> and Monday, August 7<sup>th</sup> for the Civic Holiday Weekend!

The Chiropractic Care & Longevity Center

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

[chirocare@primus.ca](mailto:chirocare@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:



**Shaklee® CarotoMax**

Studies have shown that the highest concentration of lutein and zeaxanthin in the body are found in the eye. CarotoMax contains potent nutrients, along with other beneficial carotenoids, including beta-carotene and astaxanthin.

The key nutrients in CarotoMax have been shown to:

- Help maintain immune function, eyesight, night vision, skin, membranes, bones, teeth, and overall good health
- Help filter harmful UV light to protect against sunburns
- Support healthy eye aging



1 month supply  
\$30.74  
tax included

**Tick Repellent  
Essential Oil Blend**



**\$59.89 Retail  
tax included**



Recipe:  
• 20 drops dT Lemongrass EO  
• 20 drops dT Eucalyptus EO  
• Fill bottle with distilled water  
Shake before each use.

Pack includes (makes 12 spray bottles!!):  
4 oz. Glass Spray Bottle  
doTERRA 15ml Lemongrass Essential Oil  
doTERRA 15ml Eucalyptus Oil

Safe for the whole family  
including your pets!

**Shaklee® Plain and Simple Life Shake**

**Plain and Simple Life Shake contains:**

- Added leucine to help to preserve lean muscle mass and achieve a healthier weight
- Prebiotics to support digestive and immune health
- Alpha-linolenic acid (ALA), an essential omega-3 fatty acid known to support cardiovascular health
- Non-GMO protein sources

**Plain and Simple Life Shake is:**

- Vegan, with no sugar added
- Unflavored
- Gluten free
- Lactose free
- Kosher – certified by the Star-K Kosher Certification agency
- Low glycemic
- Free of artificial colours and preservatives



15 servings – \$51.87  
tax included