

June
2012



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

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Fitness

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Life Lessons

Learning and Living Life Lessons is a foundational key to success, happiness and fulfillment. Create your ever expanding list of Life Lessons as you advance in your quest for constant and never ending improvement.

1. Life isn't always fair but it's still always good or great
2. When in doubt just take the next small step and move forward
3. Life is too short to waste time hating anyone
4. You don't have to win every argument. Is it more important to be right or happy?
5. Save for retirement starting with your very first paycheck or right now
6. Make peace with your past so it won't screw up your present
7. Don't compare your life to others. You have no idea what their journey is all about
8. If a relationship has to be secret, you shouldn't be in it

9. Everything can change in the blink of an eye but don't worry because God never blinks
10. Get rid of everything that isn't useful, beautiful or joyful
11. When it comes to going after what you love in life don't take NO for an answer
12. Over prepare and then learn to just go with the flow
13. The most important organs you have are your brain and your heart
14. No one is in charge of your happiness except YOU
15. Frame every so called disaster with these words "In 5 years will this really matter?"
16. You cannot really start giving until you have completed forgiving
17. What other people think of you isn't any of your business
18. Time and love heals almost everything
19. Your job won't take care of you when you are sick, your friends and family will, so stay in touch with

20. Believe in miracles because you are a miracle
21. God loves you because of whom God is and not because of anything you did or failed to do
22. Don't audit life; show up and make the most right now
23. Your children get only one childhood so make sure it is memorable
24. All that truly matters in the end is that you loved
25. If we all throw our problems in a pile and saw everyone else's we would probably grab our pile back
26. Envy is a waste of time because you already have all you need
27. Your best is yet to come
28. No matter how you feel... get up, dress up and show up
29. Listen to that special inner voice that always tells you what to do
30. Life isn't tied with a bow but it's still a special gift
31. Never say never

**Shaklee Vitalizer – On Sale 50% off this month only!
Was \$96.33 tax incl. Now only \$48.17 tax incl.**

What is Vitalizer?

Vitalizer™ is the most advanced multinutrient supplement pack in the marketplace today, a powerful approach to complete supplementation. Vitalizer provides a comprehensive spectrum of clinically supported vitamins, minerals, antioxidants, phytonutrients, omega-3 fatty acids, probiotics and more in one convenient daily serving.

What's in Vitalizer?

Vita-Lea Advanced Multivitamin - Highly potent, comprehensive, and balanced daily supplement providing 23 essential vitamins and minerals and 100% or more of the Daily Value of all vitamins.

- Microcoated for immediate release in the stomach to enhance absorption of folic acid

Vitamin B+C Complex - Optimal levels of vitamin C, as well as essential B vitamins: thiamin, riboflavin, niacin, pantothenic acid, and biotin.

- Sustained-release delivery to the small intestine; clinically shown to provide up to 198% greater absorption of B vitamins over 12 hours than conventional delivery systems.

Caroto-E-Omega - Ultra-pure, pharmaceutical-grade fish oil that contains seven omega-3 fatty acids—with optimal levels of high potency EPA and DHA

- Triple berry blend—featuring black raspberry, red raspberry, and blackberry seed extracts—provides 77X more polyphenols, ounce for ounce, than juice - Full spectrum of naturally sourced vitamin E, the most effective form

- Robust blend of antioxidants, including lutein, lycopene, beta carotene, and alpha carotene.

- Carotenoids, vitamin E, and omega-3 fatty acids are enteric coated for release in the upper intestine to reduce fishy aftertaste

OptiFlora Probiotic - Extensively studied active cultures of *Lactobacillus acidophilus* and *Bifidobacterium longum*.

- Triple-layer encapsulation protects the live cultures against harmful stomach acid for release in the lower intestine.

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www.chirolongevity.com

Fitness programs: 10 tips for staying motivated

Have you ever started a fitness program and then quit? If you answered yes, you're not alone. Many people start fitness programs but stop when they get bored or results come too slowly. Here are 10 tips to help you stay motivated.

1. Set goals. Start with simple goals and then progress to longer range goals. Remember to make your goals realistic and achievable. It's easy to get frustrated and give up if your goals are too ambitious. If you haven't exercised in a while, a short-term goal might be to walk ten minutes once or twice a day. An intermediate goal might be to walk 20 minutes three or four times a week. A long-term goal might be to complete a 5K walk.
2. Start slowly. If you push yourself too hard at first, you may be forced to abandon your program because of pain or injury. It's better to start slowly and progress gradually.
3. Think variety. Vary your activities to keep boredom at bay. Alternate walking or biking with swimming or a low-impact aerobics class. When the weather cooperates, do your flexibility or stretching exercises outside. Play soccer with your kids. Join a health club or martial arts center to broaden your access to different forms of exercise.
4. Have fun. You're more likely to stick with an exercise program if you're having fun. If you're not enjoying your workouts, try something different. Join a volleyball or softball league. Take a ballroom dancing class. Trade your running shoes for a swimsuit. Remember, exercise doesn't have to be drudgery.
5. Make physical activity part of your daily routine. If it's hard to find time for exercise, don't fall back on excuses. Schedule workouts as you would any other important activity. You can also slip in physical activity throughout the day. Be creative! Take a walk during your child's music lesson. Take the stairs instead of the elevator at work. Pedal a stationary bike or do strength training exercises with resistance bands while you watch TV at night.
6. Put it on paper. Are you hoping to lose weight? Boost your energy? Sleep better? Manage a chronic condition? Write it down! Seeing the benefits of regular exercise on paper may help you stay motivated.
7. Seek support. You're not in this alone. Invite a friend or co-worker to join you when you exercise. Ask us for information on getting started with a personal trainer here at the Chiropractic Care and Longevity Center.
8. Track your progress. It may help to keep an exercise diary. Record what you did during each exercise session, how long you exercised and how you felt afterward. Recording your efforts can help you work toward your goals — and remind you that you're making progress.
9. Reward yourself. After each exercise session, take a few minutes to sit down and relax. Reflect on what you've just accomplished. Savor the good feelings that exercise gives you. This type of internal reward can help you make a long-term commitment to regular exercise. External rewards can help, too. When you reach a longer range goal, treat yourself to a new pair of walking shoes or new equipment to enjoy while you exercise.
10. Be flexible. If you're too busy to work out or simply don't feel up to it, take a day or two off. Be gentle with yourself if you need a break. The important thing is to get back on track as soon as you can. Now that you're enthusiastic again, get moving! Set your goals, make it fun and pat yourself on the back from time to time. Remember, physical activity is for life. Review these tips whenever you feel your motivation sliding.

New -Wellness Assessment Appointment

This appointment is designed for people who are looking for a more personalized, in depth, natural approach to meet their health care needs. The health plan developed for you will be customized, personal and very specific. Whether you're just tired and looking for more energy, or stressed, or dealing with hormonal imbalances, weight & blood sugar concerns, or just want a plan to maintain good health. The wellness assessment is broken down in to 2 appointments.

Appointment #1: We will provide you with 3 questionnaires to be completed and returned for our review. They are available by email, if you would prefer.

Bio Impedance Analysis (B.I.A.) with Hanna Murphy, CFT, RNSA (Registered Nutritional Supplement Advisor)

You will be hooked up to a computer with cables attached to your hand and your foot. The cables send a non-painful electrical pulse to each other to analyze what your body is made up of. This test will tell you things like lean body mass, fat percentage, possible hormonal imbalances, hydration level, BMI (Body Mass Index), resting metabolic rate, and whether you are eating enough and so much more. This test is the best way of tracking health improvements.

Instructions for the B.I.A.:

Approx. 30 minutes in length

No alcohol within 24 hours prior

No exercise for 4 hours

Avoid caffeine or food for 4 hours prior

Consume 2-4 glasses of water within 2 hours prior.

You will wait for a phone call from this office to let you know when to book appt. #2.

Appointment #2: Dr. Kathy Wickens and Hanna Murphy review your results together to form a personal plan for you. The appointment will be approximately 30-45 minutes with Hanna. This appt. will be an explanation of the recommendations based on the results of your completed health questionnaires and B.I.A. The recommendations and explanation may include; cleanse(s), nutritional supplements, meal replacements, home and/or on site exercise programs as well as food / diet suggestions. The professional product lines we carry at the office have all been studied and researched. All of the brands we carry have studies to back up their effectiveness and quality to ensure you get the best products on the market.

Cost is \$100.00 for appt.'s 1 & 2. Products are extra and prices will be provided during appt. #2 for your consideration.

Top 10 Natural Ways to Boost Libido

Do you feel like your sex drive just isn't what it used to be? You aren't alone — many people feel that way at some point in their lives. In some cases, a decrease in libido may be due to a medical issue. For many people, however, the situation may be remedied without resorting to medication. Check out the top 10 natural libido boosters. You just may find one that puts the spark back into your love life.

1: Feel Good About Yourself

Nothing reduces your interest in sex more than low self-esteem. Spoil yourself when you're feeling down and take some time to relax or do an activity that makes you feel better within yourself.

2: Try Aphrodisiacs

There is no magic love potion but aphrodisiacs can be fun. Often they are foods that look sexually suggestive like asparagus. Others, like oysters, almonds, chocolate, bananas, avocado, figs and pineapple, gain their love-inducing reputation by containing antioxidants and trace elements necessary for good sexual functioning. For example, oysters are packed with zinc, a mineral central to fertility

3: Stop Smoking

It's well known that smoking can have a terrible affect on blood flow to the sexual organs as it causes the blood vessels to narrow. It also saps your stamina and most people don't like kissing an ashtray.

4: Lose Weight and Keep Fit

Being overweight can affect not only your self-esteem and your feelings of sexuality but you're likely to suffer from blood vessel disease which can reduce essential blood flow to the genitals. Moderate regular exercise will help improve blood flow to the sexual organs. In addition, exercise helps you feel good about yourself. Anything that improves self-esteem will improve libido.

5: Eat the Right Things

If your body becomes frail due to bad health, sex invariably suffers. Five to nine fruits and vegetables a day can provide the cornerstone to your health. The vitamins and antioxidants will help maintain good blood flow to the sex organs and prevent certain chronic diseases. Also invest in a good multi vitamin. Ask the front desk staff about the high quality multi's that we carry.

6. Take MacaSure

Maca is clinically proven to regulate, support and balance the hormonal systems of both sexes by: Increasing energy, elevating mood, enhancing libido and improving fertility, Ask front desk staff for more details.

7. Massage

Massage techniques can do wonders for sexual arousal particularly if you're stressed, worried or angry. If you don't have the right techniques to give your partner a massage buy them a gift certificate to have a registered massage therapist help them relax and relieve muscle tension.

8. Reduce Stress

When the pressures of everyday life are weighing heavily on you, sex is likely the last thing on your mind. Reducing your stress level will not only improve your sex life, but your sense of self as well. Find an activity that **relaxes you** and do it on a daily basis. If you feel like you don't have the time, try scheduling in some "me time" at least three times a week, your relationship with your partner will benefit.

9. Testralin

Testralin is designed for men aged 40 and beyond to support healthy testosterone and estrogen balance and help maintain male reproductive health. This powerful formula provides 14 key ingredients—including green tea, flax lignans, and plant sterols—that may help promote healthy testosterone balance and beneficially influence estrogen and testosterone metabolism. Ask the front desk staff for more details.

10. Chiropractic

Our nervous system goes everywhere in our body. It is the master controller of every muscle, ligament, tendon and organ in your body. A misalignment in your spine called a vertebral subluxation can cause the nervous system not to function properly. If it doesn't work it results in dysfunction of the body and our organs. By correcting subluxations chiropractic care can increase energy and improve sexual libido as well as performance.

Chiropractic and Energy

"Doctor, I feel so tired all the time."

Lack of energy is one of the most common complaints patients have. Doctors hear it all the time. While a medical doctor might recommend prescription "uppers" or stimulants, most people self-medicate. Every morning an ocean of coffee and sodas are swallowed by a population needing their morning "fix." Donuts, sugar-filled "snacks" and other junk food give a high that's followed by a mid-morning crash which is followed by another sugar and caffeine high ... and while riding this roller-coaster the person's overall health deteriorates.

What causes energy depletion?

One of the most common causes of energy loss is an unbalanced body structure. It saps your energy. How? Let's imagine that you carried a bowling ball at your side for a few minutes. "No problem," you may say. But now move that bowling ball a few inches from your body and try it. "Whew, this is getting heavy," you'd say. That's because it takes lots more energy to hold it away from you. It's the same with your body. If your head or

neck or hips or any other body part were out of alignment with gravity (even a tiny bit) it would drain your energy.

Your muscles that work to keep you upright would be off-balance; some would work extra hard and stay tight and contracted (or even go into spasm) while others would be loose and weak. Tension in your body from imbalance can also affect blood and cerebral spinal fluid (CSF) flow to your brain and other internal organs.

Whew! Doesn't that sound exhausting?

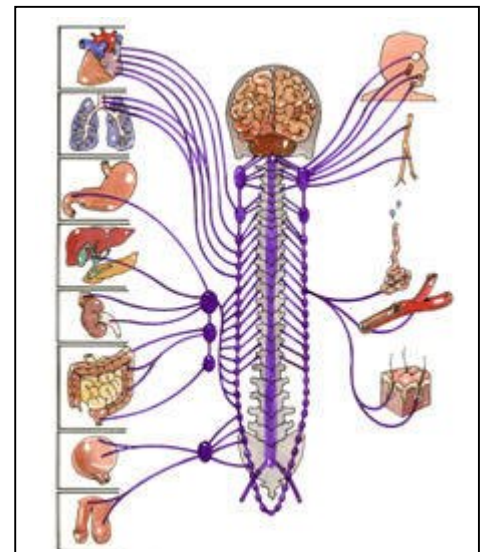
What can chiropractic do?

Your chiropractor is specially trained to locate areas of imbalance in your body that are causing unnatural pressure on your skeletal structure and nervous system. This imbalance can drain your energy and cause weakened resistance to disease, ill health, premature aging and chronic fatigue.

Chiropractic care can improve your quality of life, giving you more energy and physical and mental health. Why wait? Fatigue or exhaustion may be just the first sign of subluxation deterioration that can affect your

vertebrae, discs, muscles, joints and internal organs.

If you know anyone who is tired all the time, living on coffee, sugar and other stimulants, please suggest chiropractic care.



You can't control the wind, but you can adjust your sails.
– Yiddish proverb

Happy Father's Day Joke:

Annie, 6 years old, gets home from school.
She had her first family planning lesson at school.

Her mother, very interested, asks;"
How did it go?"

"I died of shame!" she answers.

Kenny from over the road, says that the stork brings babies.
Sally next door said you can buy babies at the orphanage.
Peter in my class says you can buy babies at the hospital.

Her mother answers laughingly "But that's no reason to be ashamed?"
"No, but I can't tell them that we were so poor that Daddy had to make me himself!"

Roasted Corn with Basil-Shallot Vinaigrette
4 servings, about 1/2 cup each
Active Time: 15 minutes
Total Time: 40 minutes

Ingredients
3 cups fresh corn kernels
2 tablespoons extra-virgin olive oil
1/4 cup chopped fresh basil
1 tablespoon minced shallot
1 tablespoon red-wine vinegar
1/4 teaspoon salt
Freshly ground pepper, to taste

Preparation
Preheat oven to 450°F. Toss corn and oil to coat and spread out on a large baking sheet. Bake, stirring once, until some kernels begin to brown, about 20 minutes. Combine basil, shallot, vinegar, salt and pepper in a medium bowl. Add the corn; toss to coat. Serve warm or cold.
Tips & Notes
Make Ahead Tip: Cover and refrigerate for up to 1 day.

Nutrition
Per serving: 165 calories; 8 g fat; 0 mg cholesterol; 23 g carbohydrates; 0 g added sugars; 4 g protein; 3g fiber; 163 mg sodium; 332 mg potassium.

BBQ RULES

We are about to enter the BBQ season. Therefore it is important to refresh your memory on the etiquette of this sublime outdoor cooking activity. When a man volunteers to do the BBQ, the following chain of events are put into motion:

Routine...

- (1) The woman buys the food.
- (2) The woman makes the salad, prepares the vegetables, and makes dessert.
- (3) The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill - beer in hand.
- (4) The woman remains outside the compulsory three meter exclusion zone where the exuberance of testosterone and other manly bonding activities can take place without the interference of the woman.

Here comes the important part:

(5) **THE MAN PLACES THE MEAT ON THE GRILL.**

More routine...

- (6) The woman goes inside to organise the plates and cutlery.
- (7) The woman comes out to tell the man that the meat is looking great. He thanks her and asks if she will bring another beer while he flips the meat

Important again:

(8) **THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN.**

More routine...

- (9) The woman prepares the plates, salad, bread, utensils, napkins, sauces, and brings them to the table.
- (10) After eating, the woman clears the table and does the dishes.

And most important of all:

- (11) Everyone **PRAISES** the MAN and **THANKS HIM** for his cooking efforts.
- (12) The man asks the woman how she enjoyed 'her night off', and, upon seeing her annoyed reaction, concludes that there's just no pleasing some women.

Testimonial for Shaklee's NutriFeron (Ask front desk staff for more information)

"Last week for the first time in at least a decade, I got sick with a nasty cold and congestive flu. I was shocked! And this was so awful it put me in bed! I think I caught it at my grandson's basketball tournament. He was sick and playing with a 101 degree temperature! I thought I'd let you know what I did to get over it and maybe this will help others, too.

When NutriFeron came out several years ago, I took it to keep my immune system strong while teaching. That happened, but I was surprised when taking it also eliminated the seasonal allergies and sinus problems I'd suffered from for many years.

Since then I've faithfully taken two a day and have never had any more problems with either of those conditions. Plus, I haven't had any colds, and that's been a blessing, but I did catch one last week. So, as I was in bed, miserable and emptying a kleenex box, I thought that if a person can take two Tylenol every four hours when sick, then I could surely take two NutriFeron every four hours. That's what I did and by the next morning all of the symptoms were totally gone! I was really amazed and so happy that I could get up and get going again!

I was sharing this with you this morning, and you both told similar stories of how NutriFeron has helped you and others you know with different health conditions. I think the immune system, just like any part of the body, benefits from being fed what it needs, and when it's overtaxed, it just needs more help. Sometimes, for me, it's been a matter of experimenting a bit to discover which Shaklee products and what amounts of those products are needed.

I hope this is encouraging to anyone who reads it - that the power to give the body what it needs to sustain and build health is within our Shaklee grasp."

- Jan Christensen

The Genius Diet - Stool Interpretation

This funny subject tells any Natural Health Practitioner a number of things about your body's health. Getting to know your body is crucial for identifying early signs of immune imbalances and body toxicity. Your bowel is the window to your digestive system and is constantly communicating the state of your health.

I believe all parents should check their child's stools regularly from the time they are on solids to the time they are in High School.

Teaching your child at a young age to understand their stools, empowers them to be in tune with their body and to be able to identify and link potential food intolerances, dehydration, body toxicity and the effects emotional stress may be having on their body. My suggestion is to pin this chart to the wall of your family toilet so everyone may be able to start attuning to how their body is functioning.

Floaters or Sinkers?

There are two sides to this. Stools should float because buoyancy is a sign that the body has absorbed the minerals in the food and that these nutrients are not contained in the waste. However, if the stools are greasy looking this could mean your body isn't digesting fats efficiently and digestive enzymes and probiotic therapy may help. If your stools are high in fibre they will often sink because of their bulk and fibre content, either way they should be shaped or coloured like type 3 and not greasy.

What Colour Should It Be?

The colour of a bowel movement generally depends on the colour of the food eaten and the state of the bile that is produced by the liver. If your stools change colour often it may indicate a fast transit time which may be a result of digestive imbalance and could indicate malabsorption. If your motions are not chocolate brown for more than a few weeks, consult your health care provider. If they are black, seek medical advice. This is usually the result of internal bleeding. Refer to your handout on colour interpretation.

Should About Smell?

While it's hard to imagine sweet smelling stools, they shouldn't have a foul odour. Rotten egg smell indicates sulphur loving bacteria or parasites may be thriving, usually from the protozoa family. Sulphur loving bacteria feed off sulphur preservatives found mainly in dried fruits and beer and wine. If your stools are usually offensive, bacterial imbalance may be indicated.

How Often Should I Go?

Despite the medical consensus being anywhere from 3 times a day, to 3 times a week, a healthy system should go two to three times a day, input-output. If you struggle to go 3 times a week and your stools are not Type 3, you need a full bowel repair program.

When should I seek help?

Experiencing Types 1,2,4,5,6,7 or 8 for more than one month means your body ecology is imbalanced and toxins may be accumulating in the body. Proper Gut and Bowel Repair and Detoxification may be indicated.

Ask the front desk staff for more information on different types of detoxes and bowel repair products that we carry!

The Genius Diet *Bristol Stool Chart*



Type 1: Stools appear in separate, hard lumps, similar to nuts. Type 1 stools remained in the colon the longest amount of time; a sure sign you're constipated; most common stools.



Type 2: Stools are sausage-like in appearance but lumpy. Indicate toxic constipation and need for intestinal cleansing.



Type 3 (Normal): Stools come out similar to a sausage but with cracks in the surface.



Type 4: Stools are smooth and soft in the form of a sausage or snake. This may indicate calcified faecal waste build up. Could indicate a blockage, or even colon cancer.



Type 5: Stools form soft blobs with clear-cut edges, and easily pass through the digestive system. Soft diarrhoea, it may indicate a possible risk for bowel disease; also indicate you are toxic and need regular intestinal cleansing.



Type 6: Stools have fluffy pieces with ragged edges. Considered mushy stools, they indicate diarrhoea; and that you are toxic and need regular intestinal cleansing.



Type 7: Stool is mostly liquid with no solid pieces. Passed quickly through the colon; is indicative of severe diarrhoea possibly as a result of a viral or bacterial infection.



Type 8: Stool has a mucous-like consistency, with bubbles and a foul odor (sprayed out). This may indicate unsafe amounts of alcohol and/or recreational drugs.

If your body could talk what would it say about you?

We've all heard the old adage 'you are what you eat', but have you ever stopped to think exactly how true that is? Put simply, healthy eating is the key to wellbeing. We all have up to 100 trillion cells in our bodies, each one demanding a constant supply of daily nutrients in order to function optimally. Food affects all of these cells, and by extension, every aspect of our being: mood, energy levels, food cravings, thinking capacity, sex drive, sleeping habits and general health. If you feed your body junk and convenience foods, it'll simply lay down fat, lower your energy, even your brain power.

The Chiropractic Care & Longevity Center

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

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hmurphy@primus.ca

Thank you for reading our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com

Also:



8 Weeks to Wellness Information Session

8 Weeks to Wellness® effectively blends *chiropractic, diet, exercise, massage, meditation and education* with personal accountability. Over the 8-week program, we teach our patients ideal habits to reach lifelong optimal health and give them an achievable timeframe in which to get it done. We've documented drastic reductions in weight, body fat, blood pressure, inflammatory markers, blood glucose levels, cholesterol and other blood lipids. Patients are thrilled with their improved mood, energy and strength, sense of self-worth and overall well-being.

Come learn the details of this program

- **Supplements & diet restrictions**
 - **Scheduling**
 - **Blood work required**
 - **Commitment required**

We have a gym in the basement!! All of your appointments are done here for your convenience!

Please ask the front desk staff for information and to sign up for the next session.

Treat yourself to a service
from esthetician:

Connie Burke

Available Thursday!

Services Include:

Waxing, Pedicures, Manicures, Foot Care, Reflexology, Facials and more!

Ask front desk to book your appointment!

To Dad on Father's Day

I sure hope this Father's Day
Is your very best by far,

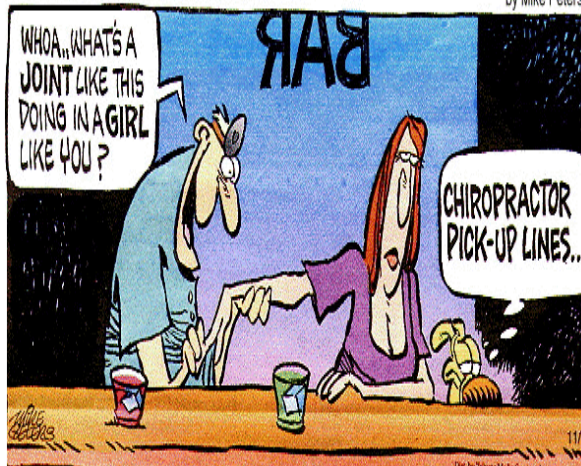
Extra nice and extra fun
The way you always are.

Times are fun when you're around,
No nicer Dad could ever be found!

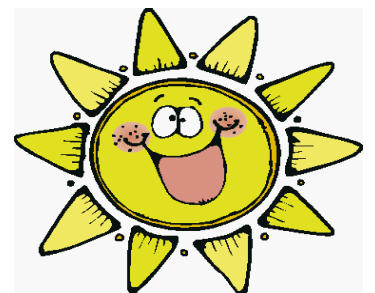
You're the greatest kind of Dad
Any kid has ever had...

MOTHER GOOSE AND GRIMM

by Mike Peters



HAVE A SAFE AND HAPPY SUMMER!



Experience the Benefits of Monthly Chiropractic!