



# Chiropractic Care & Longevity Center

Dr. Kathy Wickens B.Sc. (Hon.), D.C. & Associates



June 2017

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- Pregnancy & Chiropractic
- UltraFlora Women's
- Father's Day Gift Ideas
- Yoga Classes
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- Office Closure

5 Gore Street West  
Perth, ON K7H 2L5  
613-264-0616

[www.chirolongevity.com](http://www.chirolongevity.com)



## Minimize PREGNANCY-RELATED Back Pain

[www.chiropractic.on.ca](http://www.chiropractic.on.ca)

Did you know that at least half of pregnant women experience back pain? And 10% of those report discomfort severe enough to disrupt their daily routines. The good news is that there are steps you can take to protect your back during pregnancy.

### What causes pregnancy-related back pain in the first place?

When pregnant, it's normal to gain more than 30 pounds. This extra weight places considerable stress on your back, feet, ankles and knees. As your baby grows, your core abdominal muscles become stretched and cannot stabilize your posture as well as they did before.

In the third trimester, levels of a hormone called "relaxin" increase by a factor of ten. Relaxin loosens your joints to allow the pelvis to accommodate the enlarging uterus. These loose joints force the muscles of the back and pelvis to work overtime to keep you upright and balanced, leading to back pain.

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.

### UltraFlora® Women's Probiotic



✓ Helps restore and maintain healthy vaginal flora

✓ Reduces the number of urogenital pathogenic bacteria and yeast on vaginal surfaces for feminine health

✓ Can be used in conjunction with antibiotics to help treat bacterial vaginosis

\$39.55 – 30 caps  
Tax included

#### Pub Med Study:

Oral Lactobacillus rhamnosus GR-1 and Lactobacillus reuteri RC-14 to reduce Group B Streptococcus colonization in pregnant women:

A randomized controlled trial.

Author: Ho M. et al



**Low Back Pain?** We can offer you quick relief during all three trimesters. Within just a few sessions of **Prenatal Massage**, and gentle **Chiropractic Care** we can get you feeling more comfortable now, during and after your pregnancy.

### Are you a golfer??

Pick up your golf stretches at the front desk today!



**Perth's  
World  
Record Kilt  
Run returns  
Saturday,  
June 24<sup>th</sup>,  
2017!  
Come cheer  
on the  
participants!**

The office will be closed on Saturday, July 1<sup>st</sup> and Monday, July 3<sup>rd</sup> for the Canada Day long weekend!

Happy 150<sup>th</sup> Canada!!



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:



## Feeling stressed?

Join me for yoga classes designed to give you tools to manage chronic stress and alter your response to it.

**Thursdays in June**

**10:30-11:30 am**

**12:00-1:00 pm**

Only 8 spaces available  
Prepaid \$60 for the month,  
or \$15 drop-in, per class



Vickie Dickson, RHN  
CYT-200



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**Suitable for beginners**  
**Bring a yoga mat, pillow,**  
**and blanket**

## 15 Facts about Canada That Will Surprise You!!

- Canada is home to the oldest brewery in North America – Molson Coors Canada, founded in 1786 in Montreal, QC.
- Canada has more than 200 national parks, world heritage sites, and national historic sites – 46 national parks, 16 world heritage sites, and 168 national historic sites!
- Canada has 6 time zones from coast to coast!
- About 75% of Canada's population lives within 100 miles of the US border.
- Canada has more water than anywhere else on the planet... 20% of the world's fresh water is in Canada.
- Canada is home to the world's largest coastline – 202, 080 kms.
- Canada's forest makes up 10% of the total forest in the world.
- Second to Paris, Montreal is the largest French speaking city in the world.
- The character "Winnie the Pooh" is inspired by Winnipeg, a Canadian bear cub.

[pinterest.ca](https://pinterest.ca)

## Father's Day is Sunday, June 18<sup>th</sup>, 2017

Why not treat your dad or husband to one of the many services offered at the Chiropractic Care and Longevity Center

- Gift Certificates are available for all services
- Pillows/Back Supports
- Essential Oils
- Nutritional supplements

