



# Chiropractic Care & Longevity Center

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March 2017

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Happy St. Patrick's Day

5 Gore Street West  
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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.

## World Kidney Day is Thursday, March 9<sup>th</sup>, 2017

### Did you know?

Your Kidneys:

- Make urine
- Remove waste and extra fluid from your blood
- Control your body's chemical balance
- Help control your blood pressure
- Help keep your bones healthy
- Help you make red blood cells

### Did you know?

A person can lose up to 90% of their kidney function before experiencing any symptoms.

### What can you do for your kidneys?

Kidney diseases are silent killers, which will largely affect your quality of life. There are, however, several easy ways to reduce the risk of developing kidney disease:

1. Keep fit and active.
2. Keep regular control of your blood sugar level.
3. Monitor your blood pressure.
4. Eat healthy and keep your weight in check.
5. Maintain a healthy fluid intake.
6. Do not smoke.
7. Do not take over-the-counter pills on a regular basis.

[www.worldkidneyday.org](http://www.worldkidneyday.org)



**The nerves control everything!**

A chiropractic adjustment may help kidney function.



May help with concussions



## Cranial Release Technique®

### Stress and the Brain

It is now recognized that chronic stress has significant negative effects on the brain and central nervous system. Chronic stress can cause the brain to "lock" into an almost permanent "fight or flight" state. This results in one brain hemisphere becoming overly active or dominant and the other in effect shutting down and reducing activity. This "stress state" in the brain creates imbalance within the muscular system of the body leading to abnormal stress on the spine and joints. This structural imbalance can lead to injury, pain, weakness, poor performance and degeneration.

90% of ALL illnesses can be linked to chronic stress  
- World Health Organization

For more information about Cranial Release Technique®, ask us for a brochure or speak with Dr. Kathy Wickens or Dr. Elizabeth Carter ☺

# Allergies & Inflammation Talk

Do you suffer from Seasonal Allergies?

Or find you're sensitive throughout the year?

What is an Allergy anyway?



**Chiropractic Care & Longevity Center**  
 5 Gore Street West Perth, ON  
 613-264-0616  
 chirocare@primus.ca

Sign-up today!

Wednesday, March 29th  
6:00-7:00 pm



**Dr. Malisa Carullo, Naturopath**



Join us for a **FREE** talk about Allergies & Inflammation!

Learn about chronic allergies and the effects of pharmaceuticals

- Are you sick of taking over the counter medications with no results?
- What are the causes of hidden allergies and environmental sensitivities?
- What can you do to eliminate or decrease your allergy annoyances - take action now!

## Shamrock Shake

### Ingredients:

- 2 scoops Vanilla Life Shake Mix
- 1 cup unsweetened almond milk
- 2 cups baby spinach
- ½ medium banana

### Instructions:

- Blend to desired consistency



Vanilla Life Shake Mix available for purchase here!



Try this *Diffuser Blend* to welcome the Leprechauns

- 2 drops *Rosemary*
- 2 drops *Lavender*
- 2 drops *Lemon*

dōTERRA

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:



## March is National Nutrition Month

When you book a food journal review for the month of March you get a FREE "Risk of Disease" test. \$100 value, for \$39.00. **Limited spaces available.** Call 613-264-0616 to schedule.

### Upcoming Essential Oil Talks for the month of March

#### Essential Oil 101 Class

Thursday, March 9<sup>th</sup> 6:00-7:00 pm  
Learn the benefits of how and why essential oils work to support overall wellness. Find out which oils can improve your life today!

#### Oils & Teens

Thursday, March 16<sup>th</sup>  
2 classes available!  
12:00-1:00 pm & 6:00-7:00 pm  
Learn how to use Essential Oils to help

## Yoga Classes by Donation! Starting March 9<sup>th</sup>



**Thursdays  
10:30 am**

**Chiropractic Care & Longevity Center**

**Please bring your own mat, pillow and blanket**

Yoga by donation to Lanark County Interval House



**Taught by: Vickie Dickson  
Yoga Teacher in Training**