

May  
2012



# NEWSLETTER

## TO PATIENTS, FAMILY & FRIENDS OF THE

# Chiropractic Care and Longevity Center

### Inside:

May 1 – 7 is Mental Health Week	2
Get Into Your Summer Swing	3
Fun Page	4
Staying On Top Of Your Game	5
Lymphatic Drainage	
Mother's Day Ideas	
GI Kit	6

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

## May 1<sup>st</sup> - 7<sup>th</sup> is Spinal Week

This event raises awareness about spinal health & how poor posture can affect a person's life. This week is a chance to promote good posture which can prevent future health problems.

### Spinal Health & The Nervous System

The spine covers and protects the spinal cord of the nervous system. The nervous system controls every cell, tissue and organ in the body. Poor posture can cause the spine to go out of its natural alignment, affecting the ability of the nervous system to control body functions.

If the spine is out of alignment, even just slightly, pressure may be put on the spinal nerve disrupting the nervous system. A study by Dr. Suh at the University of Colorado showed that a small pressure on the spinal nerve, as little as the weight of a dime, can reduce nerve function by 60 percent.

### Effects Of Poor Posture Include:

- Back Pain
- Joint & Muscles Disorders
- Spine Problems
- Fatigue
- Headache

### Rounded Shoulders

Around 90% of people have poor posture; this could be caused by the way a person sits at work, does things at home, or carries things the wrong way.

### Improving Posture

Good posture is crucial for optimal body function. Posture can directly affect health; improved posture can lead to better wellbeing.

### **A healthy spine means a healthier life.**

Today's technologies, in the form of home entertainment, mobile phones, computers and games consoles mean that more people than ever are adopting poor posture in favor of being active. Sitting for extended periods of time whilst slouched in a chair can affect our spinal health. Spinal Health Week encourages people to become more aware of their posture and to take regular exercise to prevent health problems later in life.

By maintaining good posture, we can help prevent visits to a doctor or chiropractor. In many cases, good posture and regular exercise can also prevent the symptoms of pre-existing

spinal health conditions becoming worse.

The Canadian Chiropractic Association offers the following ten tips for a healthier back:

### **1. Take It Slow**

Many of us are more sedentary during the winter months and lose flexibility and muscle tone. So, take it slow when starting-up spring and summer activities. Try nine holes of golf instead of 18 the first-time out.

### **2. Stretch-Out**

Warm-up your muscles with five to ten minutes of gentle, slow stretching exercises to help prevent injuries and strains on muscles and joints before heading out for the garden or sports field.

### **3. Take a Break**

When working in the yard, alternate tasks and positions, and take three brief breaks every hour. Do the same for sports activities and stretch-out frequently.

### **4. Lift It Right**

When lifting, keep your back straight and bend your knees. Lift with your legs, not your back whether you're unloading sports equipment or moving potting soil.

### **5. Hydrate**

Drink plenty of fluids before, during and after physical activity - especially during warm weather.

### **6. The Right Moves**

In the garden kneel to plant and weed. Rake with one leg in front and the other behind. Use tools that are a comfortable weight and size for you. Make sure your sports equipment is sized correctly for you and learn good technique whether it's swinging a golf club, kicking a soccer ball or cycling. Use a push cart instead of carrying a golf bag on your shoulder or pulling one.

### **7. Wear Protective Gear**

Wear a helmet when cycling, rollerblading or skateboarding and don't forget wrist, elbow and knee guards - there's more than your back at stake.

### **8. Good Footwear Reduces Wear and Tear**

Wear comfortable supportive shoes appropriate for your activity. Ask us to have a free gait scan which is a foot analysis which can tell you if you would

benefit from orthotics. Your work benefits may even cover them.

### **9. Stretch-Out Before You Wrap-Up**

Before you call it a day, stretch-out your back and leg muscles to help prevent tightness and soreness.

### **10. Sleep on Your Back or Side**

Sleeping on your stomach can prompt back pain. Also be sure you have a supportive mattress.

"Despite the best preventive efforts, some people will still end-up with stiffness and soreness," says Dr. Bridge. "Studies show that unless the condition is severe, you're better off returning to light to moderate physical activity after taking it easy for a day or two. In fact, the sooner you begin to move, the faster your recovery will be."

To help ease soreness, the Canadian Chiropractic Association suggests the following:

-Use a lumbar support pillow for any prolonged period of sitting, for example at your desk at work or while driving a car. Ask the front desk staff for a detailed summary of a proper car seat set up as well as detailed instructions on how to set up your computer and work space.

-Apply ice to calm spasms in the muscles and reduce inflammation, 10 min on and 10 min off to any sore areas.

"If you have significant pain that lasts more than a few days, don't tough it out - visit a health professional," advises Dr. Bridge. "An expert evaluation, diagnosis and treatment plan will help ensure that chronic problems do not set-in and will get you back into your favourite activities more quickly."

*Experience the benefits of monthly chiropractic.*

The Canadian Chiropractic Association represents more than 5,000 Canadian chiropractors. Chiropractic is a regulated health care profession recognized by statute in all Canadian provinces, and is one of the largest primary contact health care professions in Canada. Every year approximately 4.5 million Canadians use chiropractic services. Chiropractors provide diagnosis, treatment, and prevention of disorders related to the spine, nervous system, and joints.

## New to the Office: 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

A Bio Impedance Analysis (B.I.A.) done with Hanna Murphy, CFT (Approx. 30 minutes in length).

You would 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.:

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.

With the results of the B.I.A., Hanna will provide you with 1-3 questionnaires to be completed and returned for review.

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

### Appointment #2

Approximately 45 minutes with Dr. Kathy Wickens. 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 (a portion may be covered under your insurance) for appt.'s 1 & 2. Products are extra and prices will be provided during appt. #2 for your consideration.

Reminder that the first Tuesday of every month is senior's Day at the office. All senior's 65+ receive 10% off all products.

New to the office:

Bottle Return Discount:

If you bring your empty bottle back to us at the time of purchase of the same product, you will receive 10% off the new bottle.

### A Useful Warning:

Request the use of a thyroid guard while getting mammograms, dental x-rays or any other x-ray procedures.

The fastest growing cancer in women is thyroid cancer. All dental, mammogram and x-ray offices have thyroid guards but do not tend to use them unless you ask. Protect your thyroid and make sure you ask. Also pass this warning on to all your loved ones.

Reminder:

Please always buy high quality protein powders and supplements. Research your proteins before you purchase them. Not all protein powders are digested as well or useable by your body. Protein powders from bulk bins are not equivalent in freshness or usefulness as a high quality protein. Please ask us for details on the high quality protein powders that we sell at the office.

## Get Into Your Summer Swing By: Cherilee Garofano BA, CPT, CNP, RNCP

If you are like most Canadians you may think our favourite pastime is hockey, but more adults play golf, with tennis not far behind. This is because both sports are enjoyed by women and men of all ages, as well as their children. If you're one of the many Canadians that enjoy a day on the links or the court for fun or competition, consistent, specific cross training exercises will help you become a better athlete, dramatically improve your game and reduce your risk of injury.

Trivia: What is Canada's official sport? (Lacrosse)

Following Kevin's lead

Ex pro golfer Kevin practised thousands of rounds of golf, and lifted weights. For 10 years he thought this was the right training, until he bulged a disc between his L4-L5 vertebrae, in the center of his spine. He had to quit his sport due to the back pain. Two years ago, still in a great deal of pain, a new training program was created to improve his muscle imbalances. Kevin had a weak core along with tight, weak hips leaving his spine prone to injury. The rotational motion of a golf or tennis swing makes it imperative that the muscles encasing the spine (and core) are strong to support the movement; rotational exercises and sport-specific conditioning help to reduce injury, create power and strength.

After 12 months, combining flexibility and strength exercises twice a week with working alongside his chiropractor, Kevin reached his goal and played his first 8 holes this past winter.

Each of the following exercises is crucial for balance, dynamic flexibility, core stability, range of motion, strength and speed. Include them in your training program twice a week or as a beneficial spine stretch before you play, to help you score your best game of golf or tennis.

### 1. Leg swings

range of motion-low back, hamstrings, hips

Stand, holding onto golf club or chair, swing leg forwards and backwards, and then swing across the body and outwards, as shown. 10 repetitions each direction.

### 2. Lunge with twist

core strength, legs and hips

Hold golf club or tennis racket behind head to keep spine straight; step right leg forward into a lunge and twist to side over leading leg. Step back. Repeat with left leg. 2 sets of 10-12 repetitions. Progress to weighted bar behind head.

### 3. Good mornings

glutes, low back

Stand feet hip width apart, hold weights, back flat, shoulder blades drawn together and abdominals engaged, bend forward to 90 degrees. Slowly engage glutes to standing. 2 sets of 12 repetitions. (Note: a neutral back, not rounded)

### 4. Woodchopper

core strength, balance

On stability ball, swing medicine ball on horizontal plane. Arms overhead, abs engaged, control chop down to side; return overhead. Keep ball still. 2 sets of 12 repetitions each side.

### 5. Squat with twist

whole body, core strength, torso rotation

Hold cable or flex band. Stand feet hip width apart. Squat as low as you can, hips back, knees behind toes maintain upright posture; stand back up and with straight arms twist torso to right then left. This is one flowing movement. 2 sets of 12 repetitions each side.

### 6. Dynamic side plank with arm rotation

core stability, range of motion, strength

Side plank, elbow under shoulder, feet stacked, lift hips off floor, extend arm to ceiling. Bring extended arm, down under body as shown. Untwist, return to start position. Repeat. 1 set of 10 repetitions each side.

CANADIAN HEALTH & LIFESTYLE SUMMER 2010 - [www.healthandlifestyle.ca](http://www.healthandlifestyle.ca)



## Now this is interesting

- \*If you are right handed, you will tend to chew your food on the right side of your mouth. If you are left handed, you will tend to chew your food on the left side of your mouth
- \*To make half a kilo of honey, bees must collect nectar from over 2 million individual flowers
- \*Heroin is the brand name of morphine once marketed by 'Bayer'
- Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!
- \*People in nudist colonies play volleyball more than any other sport
- \*Albert Einstein was offered the presidency of Israel in 1952, but he declined.
- \*Astronauts can't belch - there is no gravity to separate liquid from gas in their stomachs.
- \*Ancient Roman, Chinese and German societies often used urine as mouthwash.
- \*The Mona Lisa has no eyebrows. In the Renaissance era, it was fashion to shave them off!
- \*Because of the speed at which earth moves around the sun, it is impossible for a solar eclipse to last more than 7 minutes and 58 seconds.
- \*The night of January 20 is "Saint Agnes's Eve", which is regarded as a time when a young woman dreams of her future husband.
- \*Google is actually the common name for a number with a million zeros
- \*It takes glass one million years to decompose, which means it never wears out and can be recycled an infinite number of times!
- \*Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years
- \*Your tongue is the only muscle in your body that is attached at only one end
- \*If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.
- \*Each year 2,000,000 smokers either quit smoking or die of tobacco-related diseases.
- \*Zero is the only number that cannot be represented by Roman numerals
- \*Kites were used in the American Civil War to deliver letters and newspapers.
- \*Drinking water after eating reduces the acid in your mouth by 61 percent
- \*The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.
- \*Nine out of every 10 living things live in the ocean
- \*The tooth is the only part of the human body that cannot heal itself.
- \*In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.
- \*Warner Communications paid \$28 million for the copyright to the song Happy Birthday.
- \*Intelligent people have more zinc and copper in their hair.
- \*A comet's tail always points away from the sun
- \*The Swine Flu vaccine in 1976 caused more death and illness than the disease it was intended to prevent
- \*Caffeine increases the power of aspirin and other painkillers; that is why it is found in some medicines.
- \*When a person dies, hearing is the last sense to go. The first sense lost is sight
- \*In ancient times strangers shook hands to show that they were unarmed
- \*Strawberries are the only fruits whose seeds grow on the outside
- \*Avocados have the highest calories of any fruit at 167 calories per hundred grams
- \*The moon moves about two inches away from the earth each year
- \*The earth gets 100 tons heavier every day due to falling space dust
- \*Due to earth's gravity it is impossible for mountains to be higher than 15,000 meters
- \*Soldiers do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down
- \*For every extra kilogram carried on a space flight, 530 kg of excess fuel is needed at lift-off
- \*In 2011, July has 5 Fridays, 5 Saturdays, and 5 Sundays. This apparently happens once every 823 years! This is called 'money bags'.

Y B O D Y N O I T I R T U N U  
 D A P S N I M A T I V N S O U  
 V G J T T Z M E S C T O C I A  
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 ALIGNMENT  
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 BESTHEALTH  
 BODY  
 BONE  
 CHIROPRACTIC  
 EXERCISE  
 HEALTHY  
 INJURY  
 JOINT  
 LIGAMENT

MUSCLE  
 NECK  
 NERVE  
 NUTRITION  
 PREVENTION  
 SCOLIOSIS  
 SLEEP  
 SPINE  
 STRESS  
 TENDON  
 VITAMINS  
 WELLNESS

## MOTHER'S DAY

ON MOTHER'S DAY WE SAY THANK YOU TO OUR MOTHERS



AND MAKE A BIT OF AN EFFORT, PERHAPS BY  
 TIDYING OUR ROOMS A BIT

**Staying On Top Of Your Game – May 7<sup>th</sup> – 13<sup>th</sup> is Mental Health Awareness Week**

**Some Strategies**

**1. Relationships**

- Remind yourself regularly of all the people in your life who are special to you. Then, think of ways to make them a priority in your life.
- Connect with others in your community and meet new people by getting involved with organizations of interest, or by volunteering for a cause that you are passionate about (e.g., join a club or work association, volunteer at your child's school).
- Try getting to know some of your neighbours where you live, or just smile and say "hello".
- If you notice that someone may need a friend or a helping hand, reach out to them.

**2. Self Regard**

- Take time for reflection (e.g., try writing in a personal journal, mediation etc.).
- Regularly share your thoughts and feelings with others and be open to receiving their feedback.
- Try new things that involve you moving out of your own comfort zone.
- Indulge yourself sometimes (e.g., treat yourself to a nap jog, favourite dinner, bubble bath, etc.).
- Speak up and stand up for yourself.

**3. Physical Health**

- Maintain your healthy body weight through a combination of a balanced diet and exercise that is right for you. Clinical studies show that exercise is more effective than anti-depressants.
- If you drink alcohol, drink in moderation (i.e., for most people, the general guideline is no more than one drink a day for women

and no more than two drinks a day for men).

- If you smoke or use drugs, kick the habit by finding a program that can help. Talk to your doctor, or find a reputable, local program in your telephone book or by searching on the Internet.

- For detailed information and tips on how to manage stress, please refer to Workplace Mental Health booklets posted at [www.psychologyfoundation.org](http://www.psychologyfoundation.org).

**4. Financial Health**

- Use resources that are available to you to help you with your financial planning. For example, see a reputable financial advisor if you think it would help, or use online tools available to you through your employer, bank or insurance company.
- Create an overall monthly budget that includes a savings plan.
- Become aware of (and take advantage of) opportunities to save even more (e.g., government re-imburement programs, employer pension plan/RRSP matching programs, etc.).
- Review your financial portfolio regularly, and make any necessary changes in it as your life circumstances change, but make sure your portfolio is a diversified one, no matter how old you are.

**5. Love**

- Regularly demonstrate to your partner that you understand and care for him/her (e.g., ask how he/she is doing, buy a small gift to show you care, take on an extra household chore to help out, etc.).
- Allow your partner to speak his/her mind and listen carefully and non-judgmentally.
- Encourage your partner to enjoy his/her own separate friends, interests and activities.

- Always be open and honest with your partner.
- Make time to laugh and have fun together!

**6. Meaning**

- Set priorities and goals for your life and regularly review and rank them in order of importance to you.
- Make time to pursue your passions and even rekindle old interests you once had - ones that made you feel energized and gave you an appreciation for life.
- Set aside a few minutes each day to stop and "smell the roses" or to day-dream, while remembering personal goals for your life. Then, try to visualize yourself reaching your goals.
- Involve yourself in your community and with organizations that are of interest to you.
- Develop meaningful relationships with co-workers, your family, your friends and your higher power.

**7. Work**

- Take the time to get to know colleagues at work and/or join a relevant group or association to meet new people in your industry.
- Consider how you might be able to set up a career "mentorship program" with someone you admire, to further support your career goals.
- Make sure that your manager and others in the organization are aware of your strengths and interests.
- Show initiative at work (e.g., ask how you might help with challenges facing your manager or organization, ask to be involved in projects or new roles that develop your skills, take training that will keep you current in your industry).

**A Winner's Creed**

If you think you are beaten,  
you are;  
If you think you dare not,  
you don't;  
If you'd like to win, but think  
you can't  
It's almost certain, you won't.  
If you think you'll lose,  
you're lost;  
Since out in our world we find  
success begins with a  
person's will,  
It's all in your state of mind.  
Life's battles don't always go  
to the stronger or faster hand;  
But sooner or later  
the person who wins  
is the one who thinks.....  
**"I CAN".**

**Nervoheel®**

**Emotional distress, psychosomatic disorders, climacteric neurosis, nervous tension, sleep disturbances and emotional symptoms of menopause**  
**Unlike other "natural" mood enhancers, Nervoheel does not cause liver damage or photosensitivity.**

Many people all over the world suffer from restlessness, agitation, and depression. Nearly 75% of people say they experience "severe" stress at least twice a week. Up to 90% of all visits to primary care physicians are for stress-related problems, and job stress is by far the leading cause. Nervoheel is used by increasing numbers of practitioners all over the globe with great success. More than 80% of patients treated with Nervoheel describe its efficacy as "very good" or "good".

Nervoheel can be used successfully not only as monotherapy but also in combination with other medications, especially in treating disorders with psychosomatic components, such as ulcerative colitis or menopausal symptoms. Nervoheel is also suitable for children – in stressful school situations, for example.

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

## 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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We're on the Web!

See us at:

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



## 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.

### 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

**This Month on special for: \$99.97 plus tax**

**With a value of \$134.77 plus tax**



**Remember a healthy gut also promotes a healthy mind!**

### Happy Mother's Day! Ideas for a Mother's Day Gift from the Chiropractic Care and Longevity Center:

- Gift certificate for a massage
- Gift certificate for a session on the hydrotherapy massage bed
- Xocai healthy chocolates
- Space foam or water pillows
- Natural skin products by Shaklee
- B-complex for stress relief
- Crackle nail polish
- Ice packs

*(Ask the front desk staff for assistance)*



**Beth Fequet, RMT**

**Lymphatic Drainage** is a type of gentle massage which is intended to encourage the natural circulation of the lymph through the body. Lymph returns protein and excess interstitial fluid to the circulation, and picks up bacteria and brings them to lymph nodes to be destroyed. Lymph also transports fats from the digestive system.

The lymph system depends on essential contractions of the smooth muscle cells in the walls of lymph vessels and the movement of skeletal muscles to propel lymph through the vessels to lymph nodes and to the lymph ducts which return lymph to the cardiovascular system. Manual lymph drainage uses a specific amount of pressure and rhythmic circular movements to stimulate lymph flow.

Interested in booking in for a lymph drainage massage? Book with Beth Fequet, RMT!

**Experience the Benefits of Monthly Chiropractic!**