



# Chiropractic Care & Longevity Center

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



November 2017

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- Welcome to the office:  
Kara Penfold, CA  
Ashley Colling, CA
- Gift Certificate Program
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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.

## Laser Therapy NEW to CCLC!

### 9 Reasons why Erchonia Cold Laser PL-Touch will enhance your Chiropractic experience.

By: Dr. Burt

Every living cell in a human body that makes up muscles, organs, bone, nerve cell and other tissues, functions at a specific frequency, or environment that it knows as its "normal". Cells may change its frequency when exposed to emotional and physical stresses, chemical toxins, surgeries and even injuries. During this process cells stop sending messages to neighboring cells and communication between brain and cells being interrupted. Erchonia is the only cold laser that will help to activate the communication between the brain and the damaged cells. Thus, flawless performance can be achieved.

Chiropractic care utilizes equipment that can help speed up the effectiveness of each rehabilitation session. One of these equipments is the Erchonia PL-Touch Laser. This is a lightweight and low level laser that is used to inhibit or stimulate the cellular functions. Depending on the case, one might need a laser therapy and the Erchonia PL-Touch Laser is the one gadget used for therapy by many chiropractors and other health care providers. Depending on the purpose of the treatment, a health care provider will program the laser to help treat different musculoskeletal conditions:

1. **Pain relief** – documented that pain is decreased up to 59%
2. **Increases Range of Motion** – extremely important to prevent progressive, degenerative joint and disc disease
3. **Strengthens** immune system by increasing lymphocyte activity
4. **Speeds** up healing and recovery time by 30-50%
5. **Regenerates** damaged nerve tissue
6. **Releases** Myofascial restriction
7. **Restores** muscle strength
8. **Increases** ATP production
9. **Decreases** Edema & inflammation

The use of the Erchonia laser is the perfect complement to chiropractic spinal adjustments for enabling the body to restore its natural state of balance and health.

Ask for more information about Laser Therapy today!



# Join us in welcoming our new Chiropractic Assistants! 😊



Ashley Colling is originally from Perth but now resides in the Merrickville area with her husband, Neil, and two children, Thomas and Adelaide. She enjoys the outdoors, time with her family and travelling. Ashley is passionate about her new found love for yoga. She enjoys exploring more alternative forms of medicine and healing. Ashley graduated from Algonquin College in Perth from the PSW course in 2004 with honors, after which she worked full time as a PSW until recently taking her skills to an office environment.

Kara Penfold graduated from Carleton University in 2017 with a Bachelor of Arts in Psychology. Kara currently resides in Perth with her family. Kara enjoys travelling around the world; recently she travelled to Europe for one month and met lots of wonderful people. In her downtime, she spends time with family and friends, and enjoys baking. Kara is coming from working at a golf course for the summer and is excited to work in an office environment.



## Upcoming Events in Perth:

BIA Festival of Good Cheer  
A Downtown Heritage  
Perth VIP Shopping Event!  
Saturday, November 25<sup>th</sup>  
10:00 am – 6:00 pm

Festival of Lights  
Lighting of the Community  
Christmas Trees in the  
Crystal Palace.  
Friday, December 1<sup>st</sup>  
6:00 pm

Santa Claus Parade of Lights  
Saturday, December 2<sup>nd</sup>  
5:00 pm

## 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:



Find us on Facebook



Instagram



Remembrance Day is Saturday, November 11<sup>th</sup>



Happy Hunting!



**"BANG!!"**  
JUST KIDDING



## Coming Soon!

Our once a year gift certificate program is back!

Do you know anyone who would like to benefit from chiropractic care and would like to come to our office?

Ask for the front desk staff how you can give the gift of health to your family and friends at no cost to you!

December 1<sup>st</sup> – December 15<sup>th</sup>

## Heading south this winter?

### Travelling?

Be prepared naturally. We have products to help!

- Prevent digestive issues
- Be prepared for emergencies and travel sickness

Ask us about our travel handout!

