



Chiropractic Care & Longevity Center

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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.

7 Tips for Buying a Mattress

www.chiropractic.ca

Consider the importance and value of a good night's sleep (beyond the price tag) when you are looking for a new mattress. Your back will thank you.

A 2011 study by the British Chiropractic Association (BCA) reports that 41% of women and 36% of men claimed their back pain was caused by a poor night's sleep. The pain can often be attributed to the firmness, size, or the offered back support of the mattress. If you've ever woken up with a sore neck or back, you may want to evaluate the quality of your mattress. Your mattress can play an important role in maintaining your musculoskeletal health. Here are a few tips to consider when making a purchase.

When to replace your mattress

Mattress size depends on the number and size of people sleeping on the bed; therefore, consider the following:

1. Buy a mattress that provides the proper support for the entire body and promotes good posture.
2. The sleeper's spine should lay parallel and not sag in any area because the bed is too soft, or bow because the bed is too hard.
3. The mattress should be six inches longer than the tallest person sleeping in the bed.
4. The width of the bed should allow enough space for the person's pillow and even for a person to put their hands behind their head without their elbows touching any other person sleeping.
5. If the person is a restless sleeper, it is recommended that the bed be wider to accommodate some tossing and turning.
6. Take time to try out the bed before you buy and see if it's right for you.
7. Make sure it is the right height.

There are many options to consider when it comes to purchasing a mattress. Make sure to take the time to explore and do your research, especially if you are looking for specific features to meet your needs. A good night's rest is important for your musculoskeletal health and ensures you can continue doing your daily activities. Consider these tips for your next mattress – your back depends on it!

Purelab Magnesium Glycinate + Melatonin

Helps to reduce the time it takes to fall asleep in people with delayed sleep phase disorder and helps to reset the body's sleep-wake cycle.

Combining the well-known relaxing properties of Magnesium Glycinate with the well-known sleep regulating properties of melatonin into a powerful, natural, non-addictive and versatile sleep remedy.

Common conditions that could benefit from Magnesium Glycinate + Melatonin use:

- Insomnia/Shift work/Jet Lag
- Antioxidant/Radical Scavenger
- ADD/ADHD
- Premenstrual Syndrome (PMS)
- Migraines
- Autism

90 capsules
\$23.00 + tax



REST, RELAX, REPLENISH

dōTERRA On Guard® Protective Blend Essential Oil



15 ml bottle
\$54.33 + tax

As one of dōTERRA's most popular oils, dōTERRA On Guard is a powerful proprietary blend that supports healthy immune function and contains cleansing properties.

On Guard® Primary Benefits

- Supports healthy immune and respiratory function
- Protects against environmental threats
- Supports the body's natural antioxidant defenses
- Promotes healthy circulation
- Energizing and uplifting aroma

dōTERRA OnGuard® is also available in:

- Cleaner Concentrate
- Foaming Hand Wash
- Natural Whitening Toothpaste
- Touch Roller Ball
- Laundry Detergent



OnGuard was added to half the bread and then put into a sandwich bag. Months later look at how the bread with OnGuard was protected.

HOW WE USE ONGUARD DAILY DURING THE SCHOOL YEAR

- We diffuse OnGuard every day from September through to June
- We use the toothpaste
- Hand wash at every sink
- Spray lunch bags with the cleaner concentrate diluted
- One OnGuard beadlet daily after brushing teeth in the morning

If you haven't tried this yet, don't wait. It's the perfect time of year!

Upcoming Events in

 Civitan Haunted Halloween Palace

October 31st 6:00 pm

A haunted house for kids of all ages, each child receives a treat, no admission fees. Bring your boos and ghouls for a spooky good time!

Sleep Diffuser Blend

- 1 drop dōTERRA Fennel EO
- 5 drops dōTERRA Lemon EO
- 2 drops dōTERRA Wild Orange EO
- 1 drop dōTERRA Cedarwood EO

The Chiropractic Care & Longevity Center

If you have any comments or suggestions about our Monthly Newsletter please email:

chirocare@primus.ca

Thank you for reading our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com

Also:



Join Dr. Kathy Wickens for a tasting party for the NEW Shaklee® Performance products.
Wednesday, October 18th 6:30-7:00 pm

Spooky Riddles

What is the favorite health insurance for Goblins, Ghosts and Monsters?

Medi-Scare

What is a Mummie's favorite type of music?

Wrap!

Why do demons and ghouls hang out together?

Because demons are a ghouls best friend

What do you call a witch who lives at the beach?

A sand-witch

Why did the game warden arrest the ghost?

He didn't have a haunting license

Why didn't the skeleton dance at the party?

He had no body to dance with

www.humormatters.com

Crispy Pumpkin Treats

www.familycircle.com

Ingredients:

- 3 tbsp unsalted butter
- 1 bag (10 oz) marshmallows
- 1 tbsp orange gel food colouring (optional)
- 6 cups Rice Krispies cereal
- 12 Tootsie Rolls



Directions:

1. In a large saucepan, heat butter over low heat until melted. Add marshmallows, stirring occasionally until completely melted. Add food colouring and stir until orange is spread throughout.
2. Remove from heat and stir in Rice Krispies cereal.
3. Grease a bowl and pour mixture into bowl. With your hands, form pumpkin shapes using 2/3 cup of the mixture for each pumpkin. Roll and shape Tootsie Rolls to resemble stems. Add stems to pumpkins. Let stand 3 hours before serving.